



Plan a healthy plate!

Use the [Eat Well Plate](#) to teach children how to build a healthy meal. A healthy plate makes eating well easier.

- Offer a variety of foods from the food groups in Canada's Food Guide.
- Fill half the plate with Vegetables and Fruit.
- Fill the other side of the plate with Meat and Alternatives, and Grain Products.
- Serve the meal with a glass of milk.



See the [Plan a Healthy Plate](#) section of the [Healthy Eating Starts Here](#) website for more ideas.