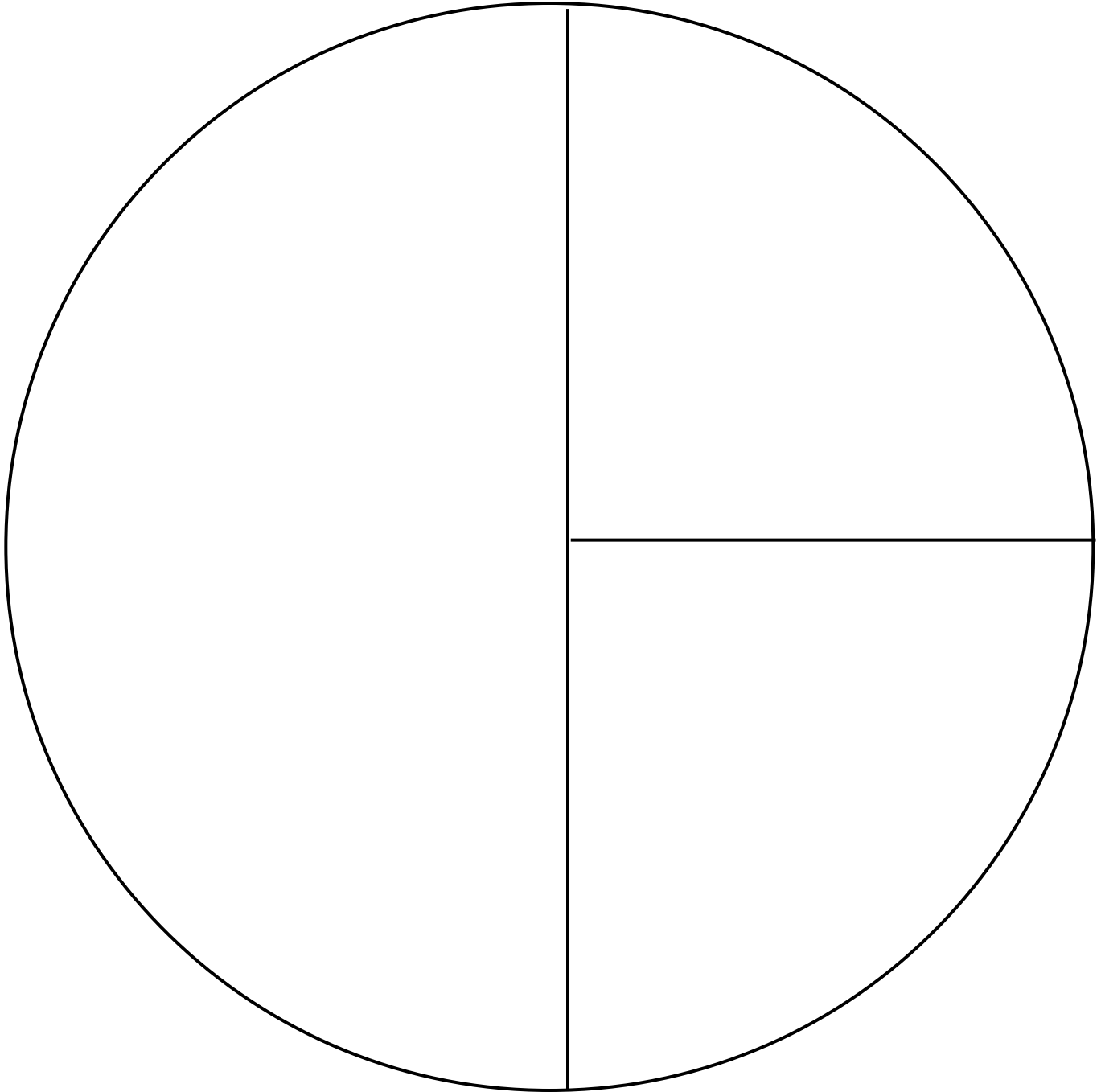


What's on Your Plate? Worksheet

Grade 5

Name: _____

Draw your favourite foods in the correct section of the plate and list 2-3 benefits of eating these foods for your health and well-being. (Draw at least 2 food examples per section).



Date: September 2025

Part of Balanced Bites activity from [Grade 5 Food and Nutrition Teaching and Learning Resources](#)