The Eatwell plate

Aim
Images of food items are displayed on a table. The children can select 'their' or 'perceived healthy' foods to go in a lunchbox (little plastic basket). Once a maximum of 5 items are collected they go to the 'Eat well plate' and attach the food items in the correct sections of the plate: fruit & vegetables, cereals, dairy, protein, high fat/sugar.

Numbers
Children: 1 per plate
Staff/helpers: 1 per plate

What is needed?

Borrowed materials
- 2 paper borders of the 'Eatwell plate'
- 2 sets of section indicators
- Food images
- 6 baskets
- Wooden display tools

Self-sourced
- Pin board or velcro board
- Pins
- Table
- String

Setting up
1. Stick the plate to the board.
2. Create sections in the plate using a piece of string (please note the example, the bottom sections are smaller than the top sections).
3. Attach the section indicators to the board.
4. Place the wooden display blocks on a table.
5. Slot the food items in groups in the display units (e.g. following supermarket aisle layout).
6. Place the baskets ('lunch boxes') on the table.
Step-by-step instructions
1. Ask a child to pick a maximum of 5 food items from the display to create their lunch.
2. Ask them to put the food items in the appropriate sections in the plate.
3. Discuss the completeness of the meal. What alternatives could be used? (Depending on time, the latter could be done in groups).
4. Return all food items back to the display.

Supporting activities
While the children are waiting to have their turn they can discuss the completeness of their meals, i.e. are all sections of the plate covered when they have their breakfast, lunch and dinner? If not, which foods could they add to do so?

Clearing up
Dissembling of the plates will have to be done by an adult.

Please fill in the evaluation form provided in the activity box and put on top of the activity when returning it. Your feedback will help us to improve our activities and the library. Thank you

What to return?
Please return any materials listed under ‘borrowed materials’. Please use the box/bag in which you received it. Arrange for a return date by phoning: 01223 748681.

Risk assessment
Additional risk assessment might be needed to cover local circumstances and environment. Please contact your (school) representative if in doubt.

<table>
<thead>
<tr>
<th>Number</th>
<th>Risk</th>
<th>Control element</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sharp items</td>
<td>The plates are attached to pin boards using pins which should be firmly attached by an adult. Assembling and dissembling of the activity should be done with care. Spare pins should be safely put away.</td>
</tr>
<tr>
<td>2</td>
<td>Falls</td>
<td>Laminated cards that have fallen off the table or plate are a trip hazard. Please pick them up as quickly as possible and return them to the table / plate.</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>