

Making a Balanced Plate

Balanced Plate

The balanced plate is a tool to assist in educating athletes about different food groups, the importance of eating a variety of foods at each meal, and the functions of each food group. This information is reinforced at the three nutrition stations. Ideally, athletes will be sent home with a Balanced Plate Placemat which will serve as a visual prompt of what their plate should look like. If a placemat is unavailable, athletes should be sent home with a paper plate that has the colored section it to serve as a visual representation for the athlete.

Steps to making a balanced plate

1. Gather paper plates and coloring utensils (green, red, orange, and blue).
2. Draw a circle about the size of a golf ball in the middle of the plate.
3. Draw a line down the middle of the plate.
4. Draw a line down the middle of one of the halves.
5. Label the circle Dairy; color blue.
6. Label the half Fruits and Vegetables; color green.
7. Label $\frac{1}{4}$ Meats and Beans; color red.
8. Label $\frac{1}{4}$ Grains; color orange.

