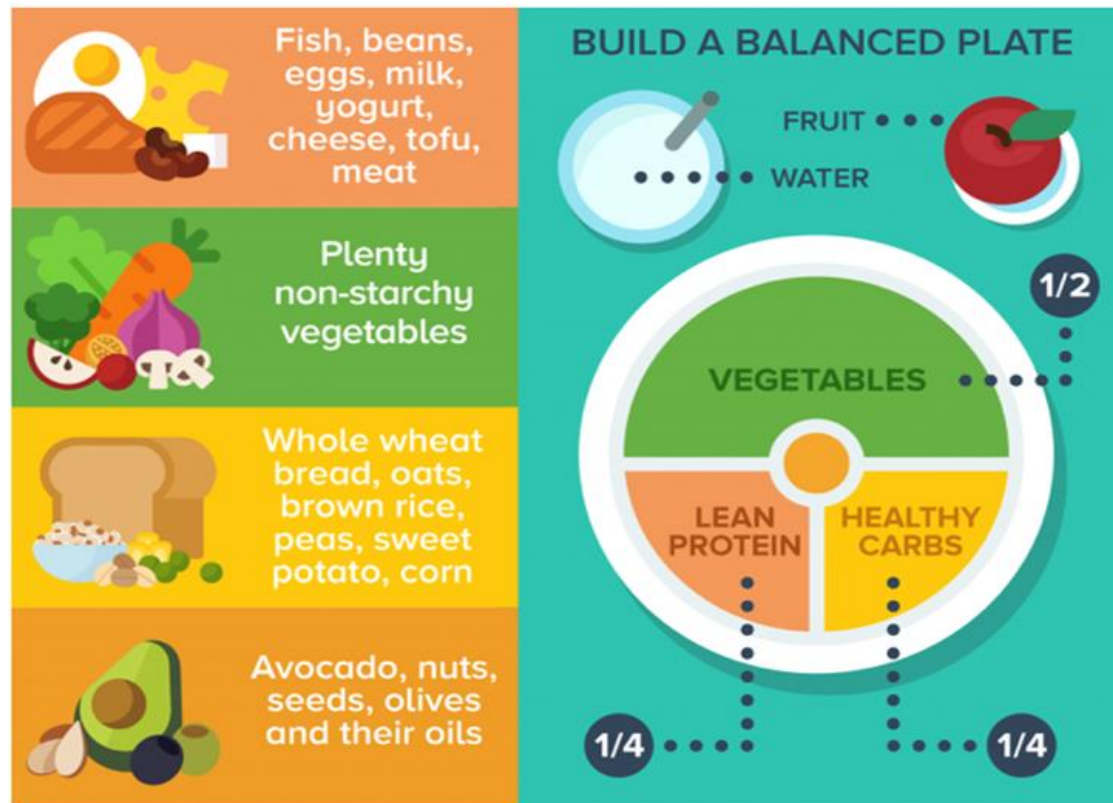


VIRTUAL PROGRAM ACTIVITIES FOR ADULTS AND CHILDREN

Building A Balanced Plate



A guide that aims to bring balance to your plate – easily. No measuring cups or scale needed.

Fill 1/2 (half) your plate with vegetables, a quarter with healthy carbohydrate-rich foods, quarter with lean protein foods, and a small dollop of healthy fats.

Throughout the day, snack on a couple of pieces of fresh fruit and sip on mostly water.

When you approach each meal with this mindset, no matter your dishware —bowl, plate, lunchbox, three-course meal, you will be able to build your own healthy balanced meals.

Resource: <https://blog.fitbit.com/build-a-balanced-plate>



VIRTUAL ACTIVITIES

Go to FB Live and display your created Plate (if unfamiliar go to your search engine and type in "How to create Facebook Live session?")

Create Discussion regarding your Balanced Plate

Display your creation and encourage Everyone to Display their Creation Virtually – Send Pictures

Discuss the Need for Healthy Fats

Provide Healthy Fats Suggestions, examples are avocado, olives, nuts, seeds

Gut Health: <https://twitter.com/mustlovefoods/status/1249160912860217347?s=09>

PROGRAM QUESTIONS THAT CAN BE POSTED ON SOCIAL MEDIA



What Colors are on half (1/2) of your Plate?

What are your Green vegetables?

What are your Red vegetables?

What are your Yellow vegetables?

What are your Purple vegetables?

Create discussion regarding colorful varieties.

PROGRAM QUESTIONS THAT CAN BE POSTED ON SOCIAL MEDIA



What carbohydrate rich foods are on a quarter (1/4) of your plate?

Virtual Programs and Activities for Children



EACH ONE...

TEACH ONE

KIDS IN THE KITCHEN

Have fun with children in the kitchen and keep them safe with these recipes and resources on food safety and cooking: www.nutrition.gov/topics/audience/children

Create programs for children that teach children about healthy eating by using games, coloring books, MyPlate activities and so much more!

Resources

Building a Balanced Plate:

<https://blog.fitbit.com/build-a-balanced-plate>

Try a vegan recipe. For Crispy Tofu with Black Pepper Sauce, go to [https://www.tasteofhome.com/recipes/crispy-tofu-with-black-pepper-sauce/? cmp=stf](https://www.tasteofhome.com/recipes/crispy-tofu-with-black-pepper-sauce/?cmp=stf)

Links to American Heart Association's Instant & Healthy recipes:

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/aha-cookbooks/instant-and-healthy-cookbook>

HeartLinks Tool Kit – visit www.linksinc.org, go to Members Only Section, click on the HeartLinks Toolkit, go to Physical Activity, Nutrition and Heart Disease