

學習目標：區分日常生活中的食物，屬於六大類食物中的哪一類。



# Balanced Meals

By Judy



Video



**IT'S ALL ABOUT FOOD**



Magi

C

6

vegetables

六類食物吃光光，均衡飲食保健康



fat



protein



fruits



grains



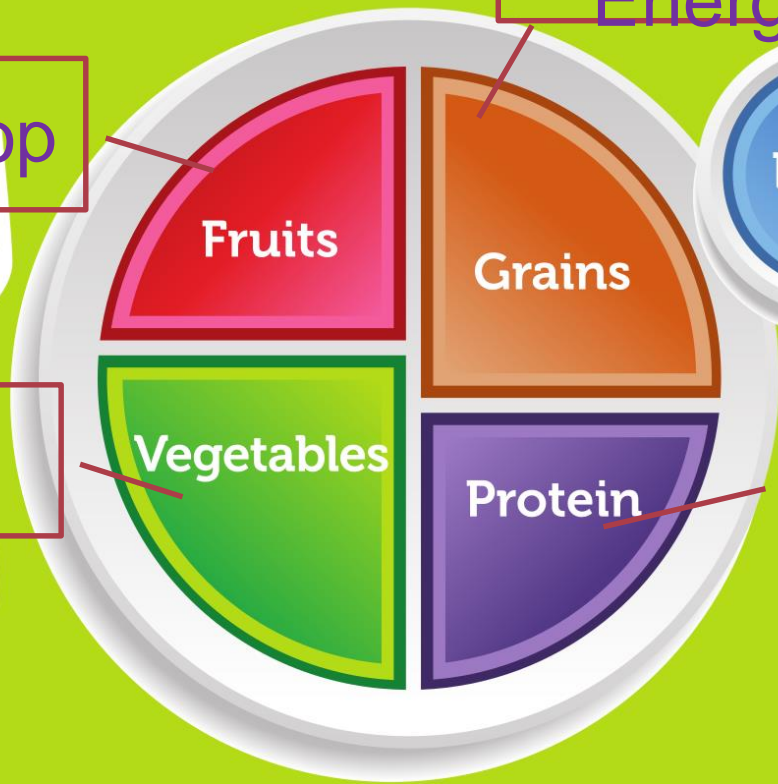
我的超級便當

# Magic

5

Help you poop

Help you  
poop

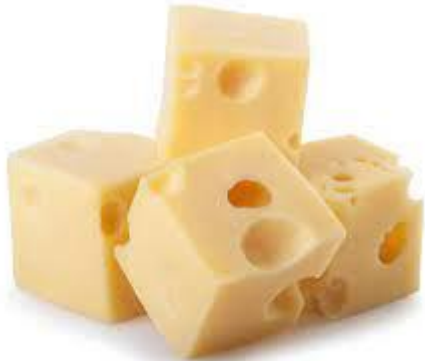


Give  
Energy

Good for  
bones

Grow up

# Dairy, Grains, Fruits



# Fruits,Dairy,Grains



# Grains, Vegetables, Dairy



yogurt

# Fat, Fruits, Dairy





# Fat, Fruits, Vegetables



# Vegetables, Fruits, Grains



# Protein, Vegetables ,Fat



# Protein, Fat, Fruits



# Fat, Protein, Vegetables



# Fruits, Grains, Dairy



# Grains, Vegetables, Protein



# Dairy, Vegetables, Fruits





# Vegetables, Fat



## Unhealthy Choices



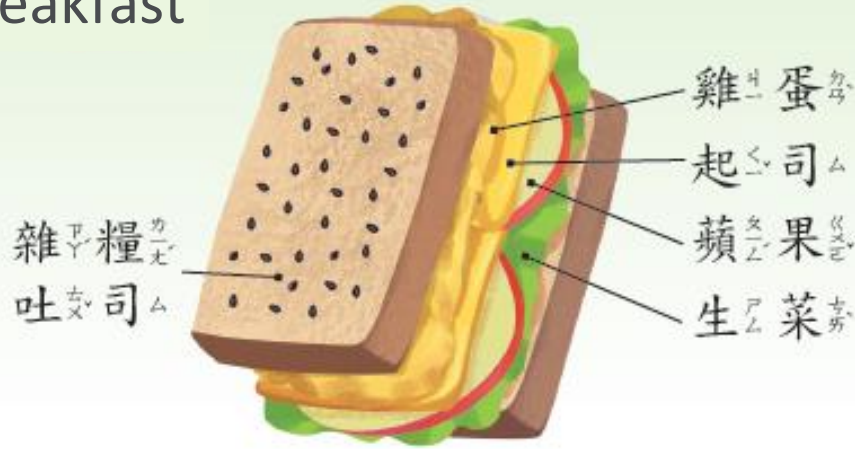
## Healthy Choices



WE  
ARE  
WHAT  
WE  
EAT!

Think Before You Eat, It Matters !

# Breakfast



三明治 (San-ming-zhi)



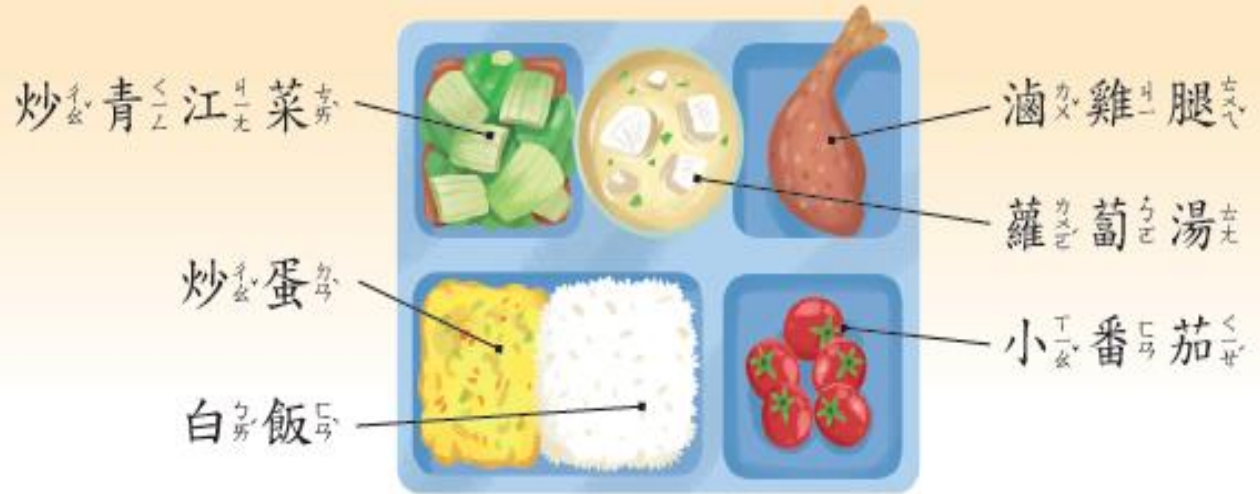
牛奶 (Niú-nǎi)



開心果 (Kāi-xīn-guǒ)

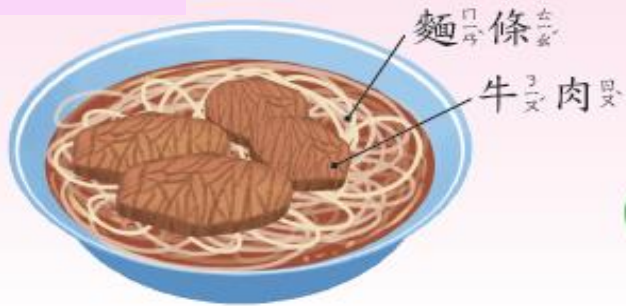
Grains		Vegetables	
Protein		Fruits	
Dairy		Fat	

# Lunch



Grains		Vegetables	
Protein		Fruits	
Dairy		Fat	

# Dinner



牛肉麵



涼拌豆腐



炒彩椒








香蕉



南瓜子

Grains		Vegetables	
Protein		Fruits	
Dairy		Fat	

## Checklist 檢核表

Food·Group/Meal	Breakfast	Lunch	Dinner
 <b>Grains</b>			
 <b>Protein</b>			
 <b>Dairy</b>			
 <b>Vegetables</b>			
 <b>Fruits</b>			
 <b>Fats·(Oils·&amp;·Nuts)</b>			

I eat  
healthy.  
Not a  
picky  
eater.



# Breakfast



# Lunch



# Dinner



Checklist 檢核表			
Food-Group/Mean.	Breakfast.	Lunch.	Dinner.
 Grains.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Protein.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Dairy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Vegetables.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Fruits.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Fats-(Oils-&-Nuts).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

六類食物吃光光，均衡飲食保健康



Fats (Oils & Nuts)



Protein



Fruits



Dairy



Grains



Vegetables

我的超級

Balanced Diet  
(6 food groups inside)



# Review 6 food groups



Read and drag the correct food to the right group. (請依照字數長短及字母順序由左而右放置)

Grains	Protein
Vegetables	Fruits
Dairy	Fat

FOOD GROUPS

EGG	AVOCADO	TOMATO	PASTA	CHIPS	BEANS
BRUSSELS SPROUTS	BROCCOLI	APPLE	NUTS	SPINACH	YOGURT
STRAWBERRIES	PEAS	SWEET POTATO	CHICKEN		WATERMELON

FOODS

EGG	AVOCADO	TOMATO	PASTA	CHIPS	BEANS
-----	---------	--------	-------	-------	-------

EGG	AVOCADO	TOMATO	PASTA	CHIPS	BEANS
BRUSSELS SPROUTS	BROCCOLI	APPLE	NUTS	SPINACH	YOGURT
STRAWBERRIES	PEAS	SWEET POTATO	CHICKEN		WATERMELON

LIVEWORKSHEETS

Finish!!

Dairy	Fat
-------	-----

What do you want to do?

Check my answers

Send my answers to my teacher