FRUIT

VEGGIE

CARBS

DRINK

PROTEIN

FAT & OIL

glue

livitfood

1. Throw the dice.
2. Ask students to give examples of healthy foods for each category.

ANSWER GUIDE:

FRUIT — Any fruits. You could also mention Dried fruits (unsweetened). Note: Grape and raisins don't have a lot of fiber, so they are not considered very healthy. Explain that some dried fruits (e.g. dried cranberries) and canned fruits have added sugar which we should avoid.

VEGGIE — Any veggie.

DRINK — Pure water, water with lemon or fruits (for flavor), seltzer/sparkling water, tea (uncaffeinated, particularly for kids and teens) and milk. Highlight that healthy beverages shouldn't have a lot of sugar. Sugary drinks such as soda and juices or artificially sweetened beverages need to be avoided.

CARBS — Whole grain like whole wheat, brown rice, whole oats and whole corn. The less processed, the better.
Explain that Whole grain is different from Multigrain (more than 1 grain, which can be either whole or processed).
If a diet is based on whole grains and multigrains, it's even better than an one grain diet as it provides more nutrients. Ask them how many types of grains or carbs they have already tried.
Potatoes, due to its high glycemic load (creating a spike on blood sugar), should be consumed with balance.

PROTEIN — Lean meats (beef, chicken, pork, etc), seafood, fish, meat-substitutes (beans, peas, chickpeas, tofu and edamame from soybeans, etc). Highlight that meat should be lean (less fatty or marbled).

FAT & OIL — Healthy oils (monounsatured fat, polyunsaturated fat) which can be found in olive (oil), avocado, nuts.
Avoid saturated fat in butter, lard, shortening, coconut oil and palm oil.