



Name: _____

Class: _____ Date: _____

Design a Plate for _____

An activity of "Making it Simpler to Eat Healthily".

Read "Making it simpler to eat healthily" (page 16, *What's Up* April 2026). The article explains that guides such as food pyramids can help people eat healthily, but they do not tell the full story because different people have different nutritional needs.

1. Based on the article, share with your partner:

a) What might be difficult about making one food guide for everyone? (For instance, would a baby, teenager, and athlete need exactly the same kinds of food? Why not?)

b) Do you have any friends or relatives who have special diets? What are their unique requirements and why?

2. The following is a list of different profiles of individuals with different dietary needs.

- A 7-year-old child who dislikes vegetables
- A 14-year-old student with busy school days
- An elderly grandmother with a small appetite
- A football player who trains every day
- A vegetarian teenager
- A person who loves sugary snacks
- Other profile of your choice: _____

Select one profile from the list above / add your own profile. Plan what that person especially needs in a unique food plate. Your plate must include:

- A title
- The name or type of person it is made for
- At least four labelled food sections
- Examples of foods in each section
- At least three notes explaining why your guide suits this person
- A short slogan
- A written explanation at the bottom (who it is for, why this person's needs are different from others', how your guide is better than a general food pyramid).

3. Fill in the graphic organiser to show your unique food plate.

Title _____

A plate for _____

NOTE

NOTE

NOTE

Explanation: _____

Slogan _____

4. Present your unique food plate to the class, explaining how your plate suits the individuals better than a general food pyramid.