

My Healthy Diet



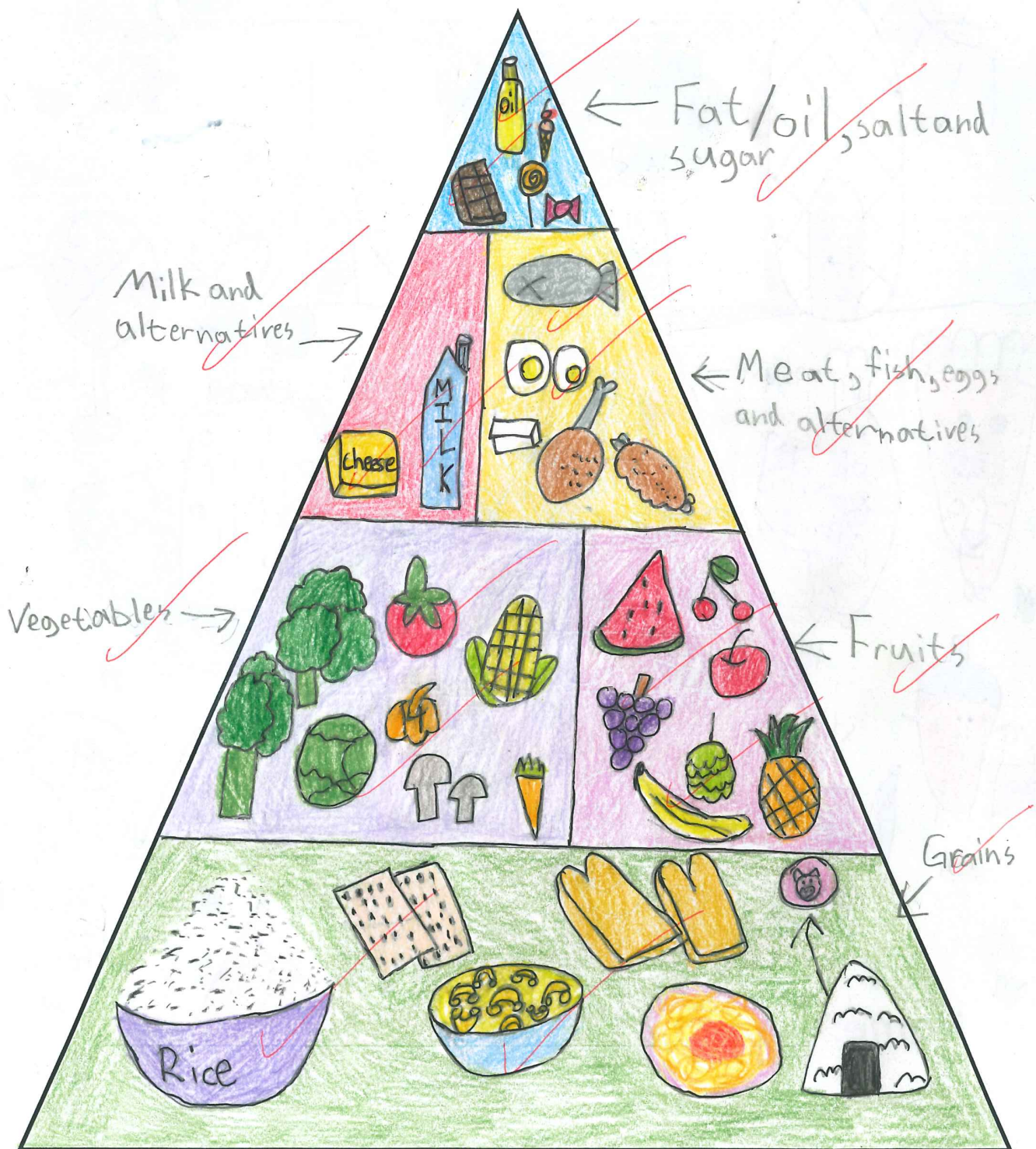
Name: Jaycee Fung

Class: P2-Joy

No.: (8)

Part A: Healthy Eating Food Pyramid

- i. Write all the names of the food groups. Draw & colour / stick the pictures of at least 2 examples of food from each group on the Food Pyramid.



- ii. Write the name of your favourite snack / drink. Stick the nutrition label of your favourite snack / drink in the box.

My favourite snack / drink is Glico Winter

Melty Pocky Biscuit Stick

| | |
|---|---------------|
| Glico Winter Melty Pocky Biscuit Stick | |
| Ingredients: Wheat flour, Sugar, Whole milk powder, Cacao mass, Vegetable oil (Palm oil, Cocoa butter, Vegetable shortening/Palm oil, Fully hydrogenated palm oil, Palm kernel oil, Fully hydrogenated rapeseed oil, Coconut oil, Soy bean oil, Sunflower oil, Cocoa powder, Emulsifier(E322, E473), Salt, Flavours, Flavouring, Acidity regulator(E339(ii)), Raisin agent(E509(i)) | |
| This product contains milk, soyabean and cereals containing gluten | |
| Produced in factory where eggs and peanuts also handled | |
| Storage Method: Keep in cool dry place and avoid direct sunlight and high temperature | |
| Manufactured By: Oyatsu Company, Ltd | Origin: Japan |
| 428-1 Tajiri, Ichihashi-Chuo, Ichihashi, Mie 515-2592, Japan | |
| Sole Agent: FOUR SEAS MERCANTILE LTD | |
| 21/F, Manhattan Place, 23 Wang Tai Road, Kowloon Bay, H.K | |
| 此日期前最佳(日/月/年): 31-07-2024 | |
| Best Before(DMM) | |
| Net Weight: 56g | |
| Nutrition Information | |
| Per 100g | |
| Energy | 510kcal |
| Protein | 8.7g |
| Total Fat | 23.9g |
| - Saturated Fat | 13.8g |
| - Trans Fat | 0.1g |
| Carbohydrates | 62.8g |
| - Sugars | 39.5g |
| Sodium | 191mg |
| GCJ51261 | |

(Stick the nutrition label of your favourite snack / drink here.)

According to the Healthy Eating Food Pyramid,

I should eat / drink (more / less) (circle the correct

answer) of this kind of snack / drink because

it has a lot of sugar, it contains 39.5g

sugar per 100g

Part B: Food Ratio in a Meal

- i. Design a healthy meal for yourself according to the food ratio. Draw & colour / stick the food in the

| | |
|--|--|
| | |
| | |

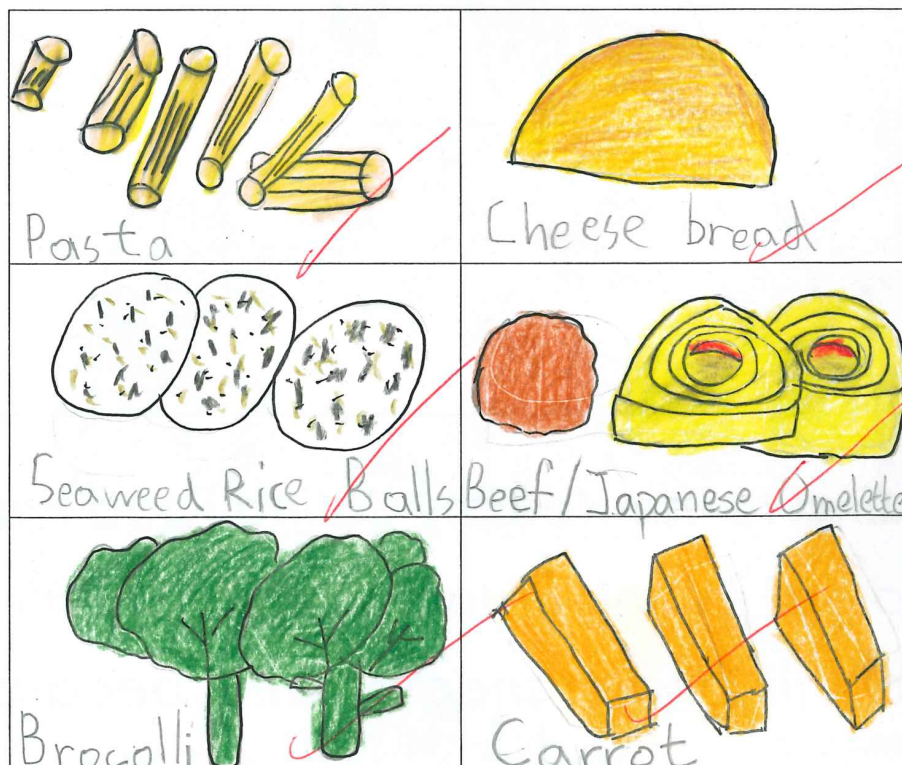
 and label them.

According to the food ratio, my meal should have:

3 part(s) of grains
(name of the food group)

2 part(s) of vegetables and
(name of the food group)

1 part(s) of meat and alternatives
(name of the food group)



My meal is healthy because it follows the Healthy Eating Food Pyramid.

ii. Prepare the healthy meal that you have designed (on Pg. 3) with your parent. Take a photo of your healthy meal when you are tasting it. **Stick the photo in the box.**



(Stick the photo of your healthy meal here.)

Do you like your meal? Why?

(Yes / No) (circle the correct answer), **because**

it is delicious and healthy. Also egg and ~~broccoli~~ are my favourite food.
broccoli

Part C: My Eating Habits

Take a photo of yourself showing one of your **eating habits** and stick it in the box.



(Stick

here.)

I eat fresh fruits every day. ✓

This eating habit is (**healthy** / not healthy)

(circle the correct answer), **because** fruits provide

vitamins and minerals, which can reduce

heart disease and diabetes

the chance
having

Part D: My Good Habits of Food Hygiene / Safety

Take a photo of yourself showing how you pay attention to food hygiene / safety and stick it in the box.



(Stick t

ion to

I pay attention to food hygiene / safety by

washing my hands before handling food

This habit can help me prevent cross-contamination,
because my hands can spread germs



Marks:

| | |
|--------------------------------|----------------|
| Content | 26 / 26 |
| Class Presentation | 2 / 2 |
| Visual Presentation / Neatness | 2 / 2 |
| TOTAL | 30 / 30 |



Good job! Beautiful design and well-presented contents!
 Appreciate your effort in including some extra knowledge
 in the project. 😊