

Learning Journey

Food and the Family

Learning About Healthy Food 1 - What is Healthy Food?

DAY 3 - Tape script

Today, you are going to take the slightly abstract notion of a plate with different food groups, and make it much more practical - so you can really see what a healthy and balance diet looks like.

Ok, so I get there are 5 food groups, and I am even patient when at times people (including nutritionists and health specialists) mix their terminology. I mean sometimes they talk about vegetables in one category and carbohydrates in another - but vegetables contain plenty of carbohydrates, the starchy complex ones that are good for you right? So how can they be in different categories.

Well, I get it - they are just trying to simplify food right, so we can get the main message.

The challenge for me though is to go from the abstract to the concrete.

For example - from the My Plate website - 'children age 9-13 have a daily recommendation of 5 ounce equivalents of grains' - errrm, come again, sorry, but what does the mean? Help!

Fortunately, the friendly people at the US Department of Agriculture have put up some photo galleries of the different groups, as you can see below, and together with the Recommended Daily Amounts chart that helps.

However, if you want to make this even more real, we need more pictures of meals, and where better to turn than [Pinterest](#).

If you are into food, you probably already know all about Pinterest; if not, you are about to open up a whole new world of seeing the Internet. Pinterest is basically a visual tour of the Internet's websites.

So when you are on the Pinterest website, and you see a Pinterest Board (or picture), you click on the picture and it takes you to the website where the picture came from. You can gather up all these links by pictures.

There are hundreds of boards not only about food, but quite a few about MyPlate on Pinterest.

Check out the one below that presents some meals placed on top of the My Plate template.

We are probably sacrificing a bit of accuracy here (i.e. avoiding talking about ounces) for a bit of practicality - but it's well worth it.

Of course many meals mix everything up in a sauce or a soup, we don't always separate our meals into 4 neat sections (at least I hope you don't). But it's just a tool right? We oversimplify to get some practicality. And that's fine.

Now, the task today is nice and simple - at your next meal, just before you eat, take a look at the food on your plate (get someone to take a photo of the meal) and decide how close you are to matching the photo to the My Plate suggestions.

If you are not close, what are you going to do about it?

Try this for a few meals this week, and see what happens.
Keep reading, keep trying new things out, and you will keep learning.

If you keep learning, you have a better chance of changing your health for the better.

Enjoy your week and your meals!