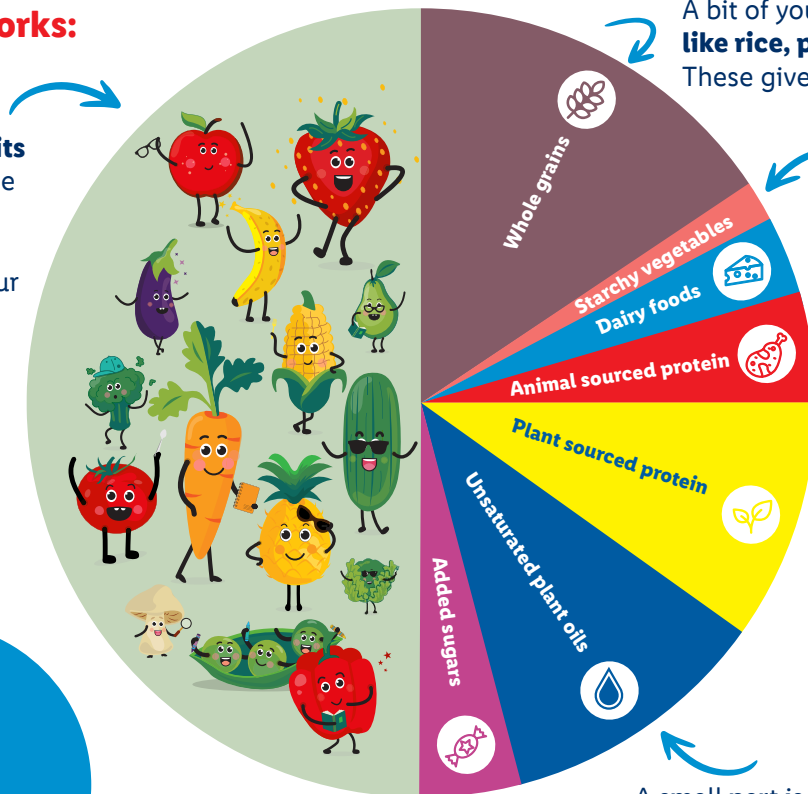


What is the Planetary Health Plate?

Ever wondered what a healthy meal that's also good for the planet looks like? Meet the Planetary Health Plate — your guide to eating well and looking after the Earth at the same time.

Here's how it works:

Half your plate is **fruits and vegetables** — the more colourful, the better! They're full of fibre, which helps your body digest food.



A bit of your plate is **wholegrains**, like **rice, pasta, bread or oats**. These give you energy.

A tiny part is **starchy veg**, like **potatoes**.

A very small part is **animal foods** like **eggs, milk, chicken or fish**. You only need a little bit to stay healthy.

A small part is **plant proteins** like **beans, lentils, peas and nuts**. These replace animal proteins and help build strong muscles.

A small part is **healthy oils**, like **olive oil**, which is used for cooking and drizzling.

A **tiny part** is for sugary treats.

Don't forget water!
It's the best drink for you — and for the planet.

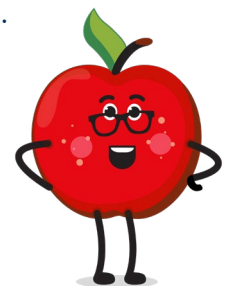
When we eat like this, we help:

- Use less land and water
- Waste less food
- Keep the Earth healthy, so there's enough food for everyone in the future

Your turn:

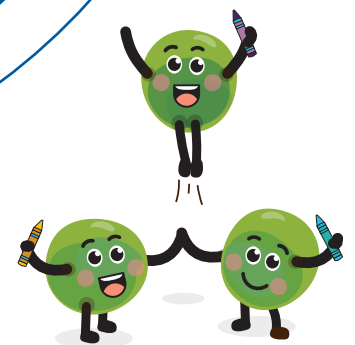
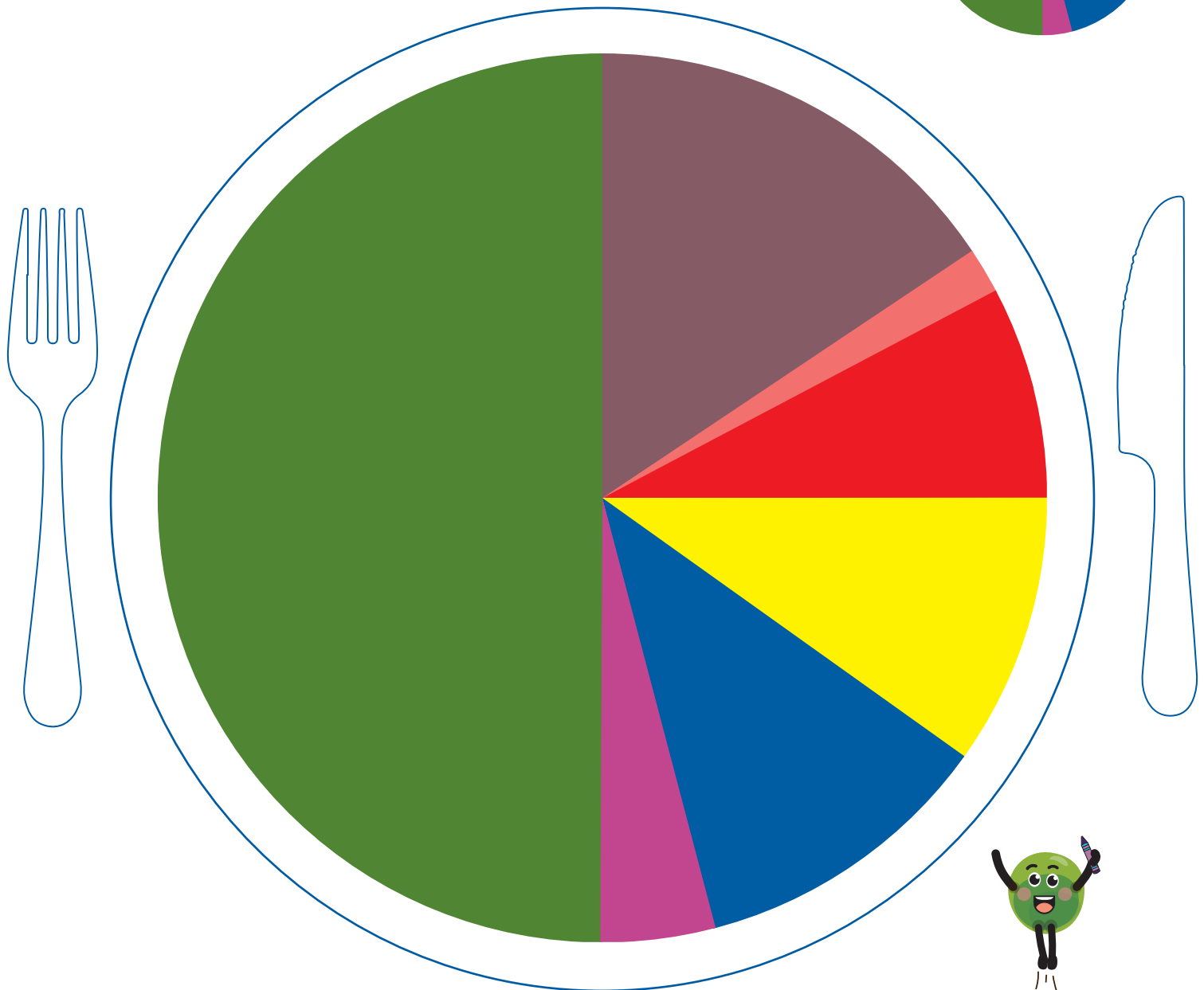
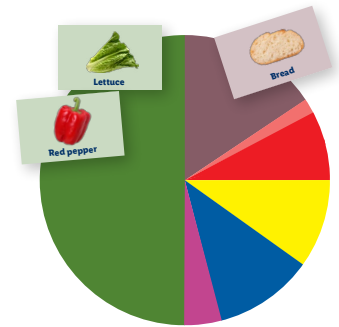
Build your very own Planet Plate by cutting out and using the ingredient cards or drawing and labelling your meal.

Fancy an extra challenge? Don't use the template to create your meal. Try to get the correct amounts of each type of food on a blank plate instead!



My Planet Plate

Now it's your turn. Cut out the **Ingredient Cards** on the next pages and stick them onto your plate or draw and label your meal to build your very own **Planetary Health Plate** meal.



Once you're finished, have a think:

- Why do you think fruits and veg take up the biggest space on the plate?
- Is there anything you'd like to try that you haven't before?
- Could you make this plate at home?

Ingredient Cards Fruits and vegetables



Lettuce



Apple



Red cabbage



Red pepper



Banana



Carrot



Broccoli



Tomato



Sweetcorn



Strawberries



Courgette



Mushroom



Orange



Cucumber



Peas in a pod



Grapes



Spinach

Wholegrains



Bread



Pasta



Rice



Oats



Pitta bread



Wholegrain cereal



Couscous



Wholemeal wrap

Plant proteins



Peas



Baked beans



Lentils



Almonds



Chickpeas



Kidney beans



Peanut butter



Cashews

Animal products



Egg



Milk



Chicken



Fish



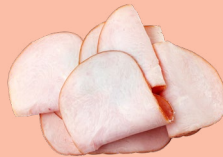
Cheese



Yoghurt



Prawns



Turkey

Healthy oils



Olive oil



Avocado



Sunflower oil



**Seeds
(sunflower/sesame)**

Starchy veg



Potato



Sweet potato



Parsnip

Sugary treats



Biscuit



Cake



Chocolate bar



Fizzy drink

Water



Glass of water