
Healthy Plate

The Healthy Plate exercise includes an image of a plate (page 82). Begin by discussing with the child (and caregiver) examples of healthy eating and balanced diet compared to unhealthy food choices. Then, instruct the client to fill the plate with drawings or magazine image cut-outs of healthy foods.

Consider making a copy of this plate and repeating this exercise to include healthy behaviors. Ask the client to identify healthy behaviors or actions and then fill the second plate with drawings or magazine image cut-outs of healthy actions. Some of these might include sleep, exercise, or healthy relationships.

After completion of this exercise, discuss with the child (and caregiver) the importance of healthy choices and how they can effect mood, behavior, and overall well-being. Ask the client to identify if it felt easy or challenging to identify healthy versus unhealthy. Engage in discussion about times when the client makes healthy versus unhealthy choices and the differences he/she feels after these choices.

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