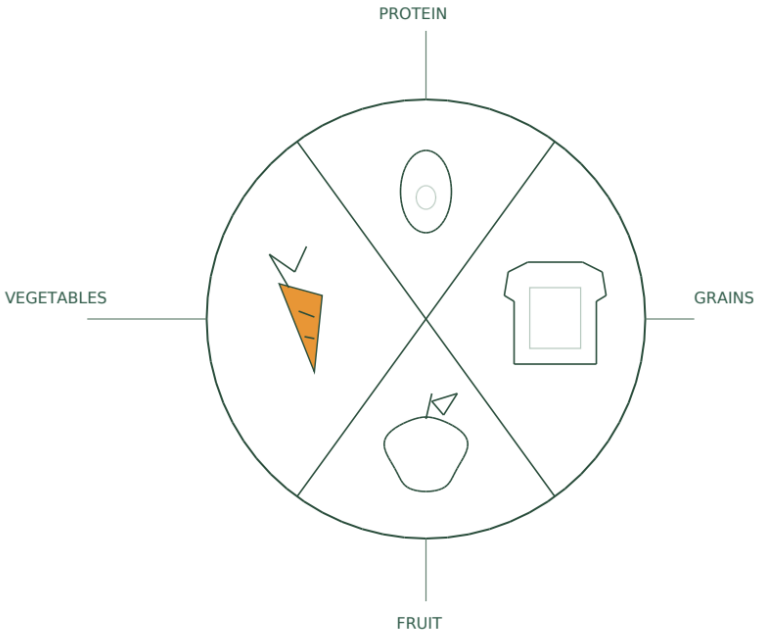
Balanced Meal Plate Sketching: A Drawing Lesson for Class 5

Ordinary topic reference / separately checked pixels

Balanced Meal Plate / selected drawing shares, NOT a nutrition standard



Worked example: carrot / vegetables, bread / grains, egg / protein, apple / fruit. Larger vegetable and grain shares and smaller protein/fruit shares implement this lesson drawing choice only.

Balanced Meal Plate Sketching: A Drawing Lesson for Class 5

Original worked example / unchanged complete key

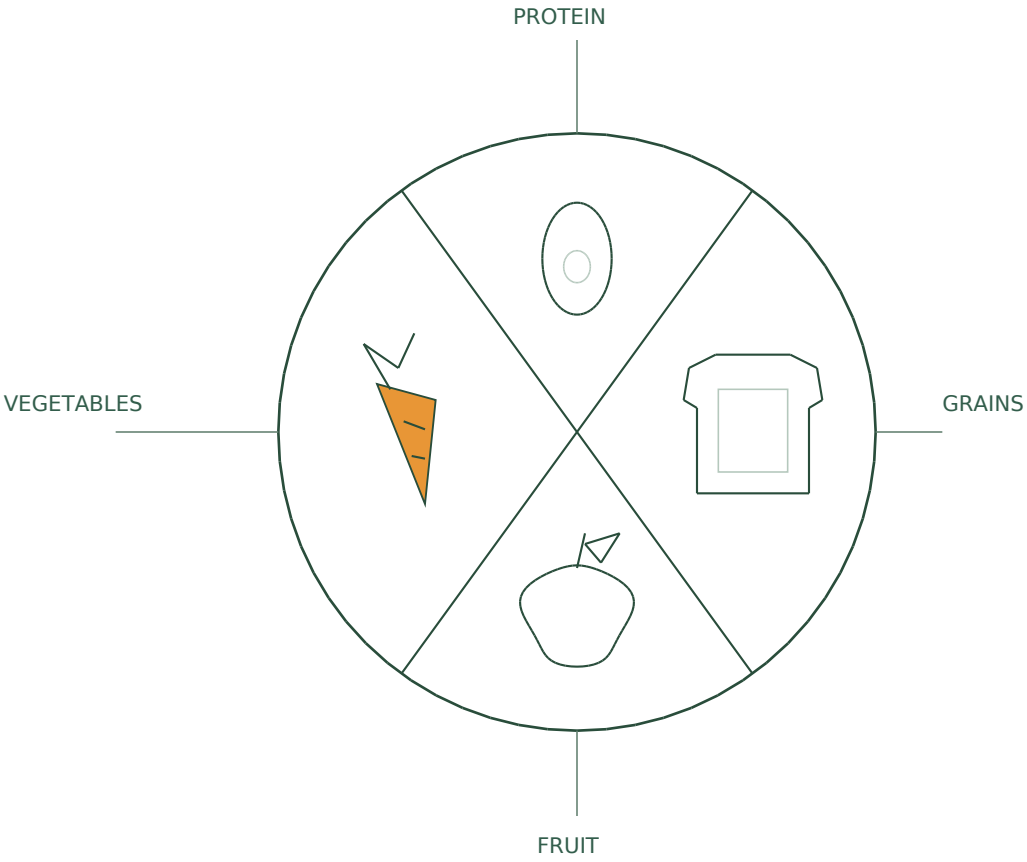
Prompt: Sketch a balanced meal plate with four labeled sections. Use one simple symbol per section. Describe your drawing in words.

Answer: Draw a large circle. Divide it into four unequal sections: a large vegetables section on the left, a large grains section on the right, a smaller protein section at the top, and a modest fruit section at the bottom. Label each section. In vegetables, sketch a carrot. In grains, sketch a bread slice. In protein, sketch an egg. In fruit, sketch an apple. Add the title Balanced Meal Plate. Check that every section has a label and a symbol, and that no symbol crosses a boundary.

Balanced Meal Plate Sketching: A Drawing Lesson for Class 5

Worked reference / reference

Balanced Meal Plate / selected drawing shares, NOT a nutrition standard



Worked example: carrot / vegetables, bread / grains, egg / protein, apple / fruit. Larger vegetable and grain shares and smaller protein/fruit shares implement this lesson drawing choice only.