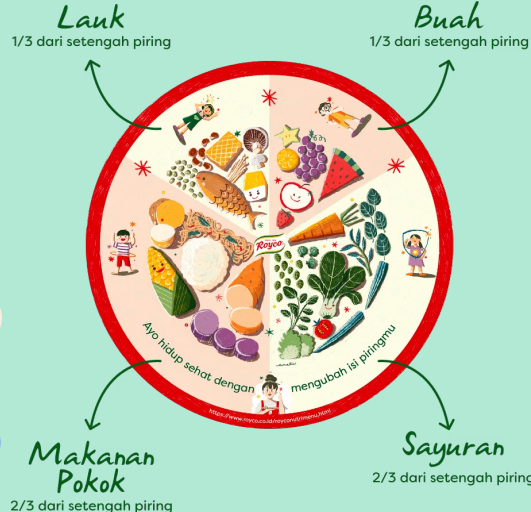


Understand My Plate and the Importance of Healthy Food for Students



Healthy foods are the types of foods that provide essential nutrients to the body without being excessive in sugar, salt, or saturated fats. These include vegetables, fruits, whole grains, lean meats, fish, nuts, as well as low-fat dairy or plant-based alternatives that are rich in nutrients. A healthy diet can help maintain good health and prevent disease.

The contents of my plate



My Plate is a visualization of one meal. The contents of my plate are a form of implementation of the Balanced Nutrition Guidelines. In addition to the visualization of the meal, it includes handwashing, physical activity, drinking 8 glasses, monitoring body weight, and limiting consumption of fat, sugar, and salt.

The portion of my plate consists of staple foods, namely :

1. carbohydrates, 2/3 of 1/2 plate.
2. side dishes, 1/3 of 1/2 plate.
3. vegetables, 2/3 portion.
4. fruits, 1/3 portion.

What happens if you have an unhealthy diet??



Ease of Disease



Decreased brain concentration/intelligence



Increases the risk of obesity

Tips for implementing a healthy diet as a student

- Get into the habit of eating 3x a day
- avoid eating instant foods
- Eat more vegetables and fruits
- avoid buying unnecessary things, so that food is maintained



Simple Recipes for Healthy Meals Suitable for Boarding Students



Breakfast

Egg Soup

Ingredients: Leek, tomato, egg, garlic, cornstarch, salt, sugar, flavoring.

How to make:

1. Sauté garlic and tomatoes until wilted and cooked.
2. Then add ground beef, saute until cooked.
3. Add water, then add beaten eggs and stir immediately, wait until boiling.
4. Enter 5 eggs slowly, do not stir so that the eggs are not damaged.
5. After the eggs are cooked, add ground pepper, salt, sugar, broth powder and sliced green onions. Taste test and serve.



Lunch

Stir-fried tofu meatballs

Ingredients: Tofu, meatballs, garlic, shallots, chili, eggs, salt, flavoring, oyster sauce, sweet soy sauce.

How to make:

1. Prepare the ingredients mentioned above.
2. Heat oil, saute shallots, garlic, chili, until fragrant and cooked. Use medium heat.
3. Add salt, flavoring, sweet soy sauce, oyster sauce, and stir well.
4. Add tofu and meatballs, mix well and stir-fry for a while.
5. Pour in water, stir well until cooked, absorbed and the sauce recedes. Taste test and serve



Dinner

chicken apcay

Ingredients: Chicken, carrot, chicory, cauliflower, flavoring, garlic, egg, cornstarch, salt, sugar, pepper.

How to make:

1. Sauté spice paste until fragrant. Add chicken, stir until it changes color. Add beaten egg, mix well. Season with broth.
2. Pour broth, cook until boiling. Add carrots and cauliflower, let it cook until half cooked.
3. Add cabbage, chicory, stir and cook until cooked and the spices are absorbed.
4. As soon as it is lifted, thicken with meizena flour solution, stir well.
5. Serve warm.

