

Your Plate as a Clock

Imagine your plate as a clock, with 12 at the top and 6 at the bottom. This may help you identify and remember where each food item is. Ask others to use this method to tell you where different foods are on your plate.

On this plate, pasta with tomato sauce is at 3 o'clock, asparagus is at 6 o'clock, and garlic bread at 10 o'clock.

