



Activity #3: Chef For A Day!

Directions for Teachers

Health, Language Arts

Objective: Students will learn how to use MyPlate to plan a day's worth of healthy meals with foods from each food groups.

Directions:

1. Review MyPlate with your students. Discuss **MyPlate Tips for Healthy Eating** (see **Background Information, page 1**), and review the five food groups.
2. You may wish to use the school lunch as a model. On the board, break down the lunch into the five food groups. Again, if a food or combination food comes up which belongs in multiple food groups, help your students break it down into its components and decide to which food group each belongs. For example, a fresh sub sandwich contains bread (Grains), turkey (Protein), and lettuce, tomato, and onions (Vegetables).
3. Ask your students what are some of their favorite meals? Start with breakfast, then lunch, then dinner. It's interesting to see why some meals are favorites — often it is because they are related to a family tradition, celebration, or “momma's home cooking!”
4. Tell students that each of them gets to be a “Chef For A Day” and come up with a menu for three balanced meals — breakfast, lunch, and dinner. They'll see that it's not that easy, but something that their school's food service staff, as well as their parents, often have to do every day!
5. Direct students to the **Activity #4** worksheet. Have them write the name of each meal in the space provided. Encourage students to become creative and healthy “chefs!” Invite them to think up exciting names for their meals, and label them in the spaces provided. Coming up with descriptive names like “Eat-Like-A-Rainbow Salad,” is a great way for kids to develop their communication skills.
6. Next, have students fill in the foods and drinks that make up each meal in the boxes next to each MyPlate. When they have completed this, have them put the names of the foods in the corresponding food groups on each MyPlate.
7. Review students' meals as a class, discussing their selections. What was hard for them? What was easy?

Additional Activity:

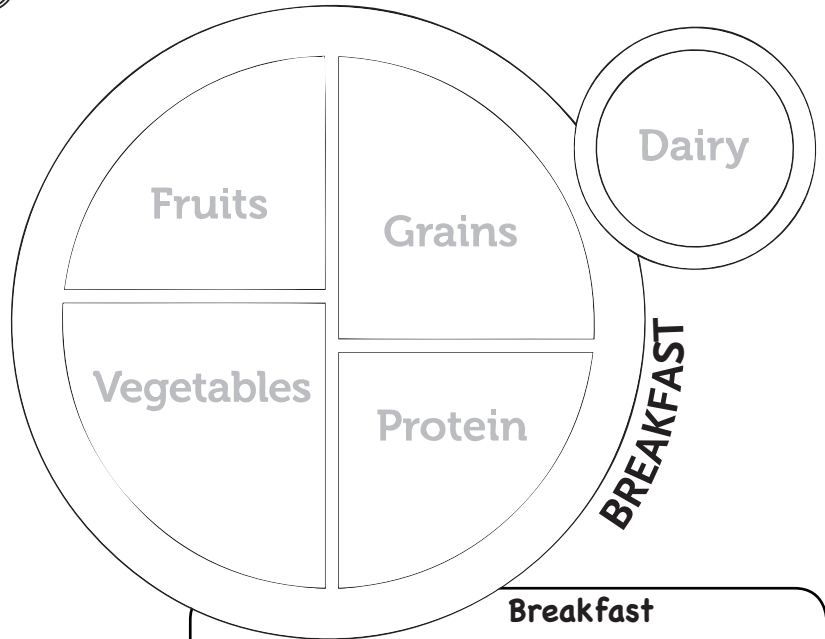
1. Have students create an imaginary restaurant. What would they call it? What kinds of foods would they serve? Have them create an attractive menu with healthy specials.

Activity #3: Chef For A Day!

Name: _____

You're the chef! Create a day's worth of three balanced meals with your favorite GO foods! Make a MyPlate for breakfast, lunch, and dinner. For fun, create delicious-sounding names for your meals, such as "Eat-Like-A-Rainbow Salad!" Write the names in the spaces marked "Name of Meal."

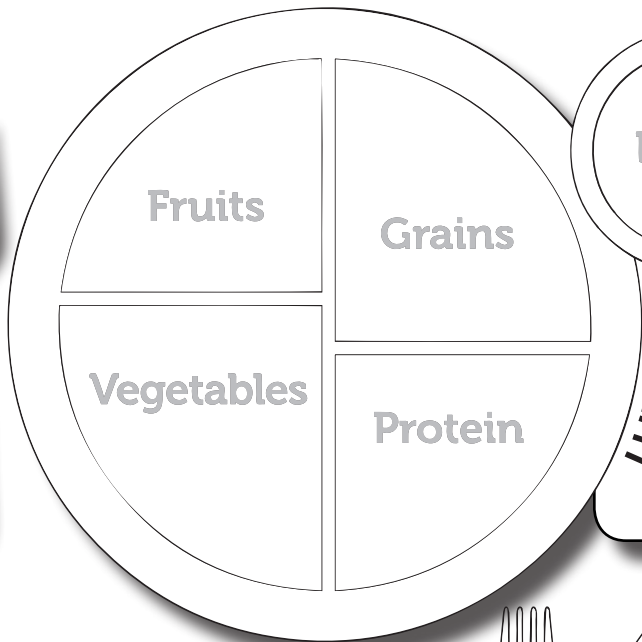
Next, write in the foods and drinks that make up each meal. Can you find the right food group to which each food or drink belongs? Put the name of each food in its food group section on each meal's MyPlate.



Breakfast

Name of Meal: _____

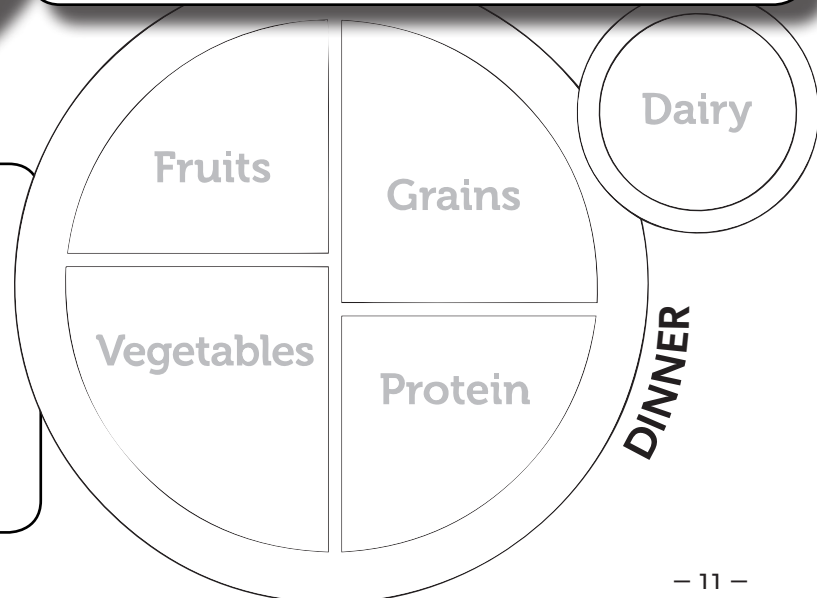
Food + Drinks: _____



Lunch

_____ (Name of Meal)

_____ (Food + Drinks)



Dinner

Name of Meal: _____

Food + Drinks: _____
