School Lunch Menu Makeover

Nutrition Lesson(s) Supported:
-MyPlate

Supplies Needed:
- MyPlate poster
- Menu makeover worksheet
- Writing utensils (pencils, crayons).

Length of Time to Complete:
5 minutes to introduce activity
15 minutes to write and share school lunch menu

Audience (grades): *2nd*

Common Core Standards Taught:
- English Language Arts: Speaking and Listening: 2.2
  - Recount or describe key ideas or details from a text read aloud or other information presented orally or through other media
- English Language Arts: Writing: 2.8
  - Recall information from experiences or gather information from provided sources to answer a question
- English Language Arts: Comprehension and Collaboration 2.4
  - Tell a story or recount an experience with appropriate facts and relevant, descriptive details, speaking audibly in coherent sentences.

Lesson:
This month we are learning about the new food guide, MyPlate. Raise your hand if you can list all 5 food groups.
(Vegetables, fruit, grains, protein, and dairy).

Why is it important to eat food from different food groups?
The five food groups provide different nutrients, vitamins and minerals that your body needs to grown strong and healthy.

MyPlate provides a good visual of what our meals should look like. We should fill half of our plates with fruits and vegetables! Today, we have an important job to do. The school cafeteria would like your help in designing a school menu. Using MyPlate as a guide, you will each design a tasty school lunch (distribute handouts).

Draw a picture of a food for each of the food groups. Then write 2 to 3 sentences to describe your yummy lunch.

Remember to use descriptive words to make your lunch sound appealing! For example, instead of apples and carrots, how about sweet apples and crunch carrots? Think of ways to make your lunch a school favorite!

After you are done designing your menu, you will share your menu with the rest of the class (neighbor or small group etc.).