

2 *November Supplemental Activity: 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.

Background:

MyPlate was created by the United States Department of Agriculture (USDA) to help Americans understand the foundation of a healthy diet. To learn more about MyPlate, please visit: www.choosemyplate.gov

The Nurture curriculum reinforces general nutrition guidelines as set forth by the USDA 2010 dietary guidelines. It does not promote the exclusion of any food group, nor strict consumption of select 'super' foods. The Nurture nutrition message is broad; its primary goals are to emphasize balance and promote a healthy relationship with food.

Children have a hard time remembering the benefits of the various food groups. To help them remember, Nurture uses specific food group actions every time a food group is mentioned.

We encourage the students to use these symbols as well.

Vegetables – Smile because they make our bodies happy

Fruits – OK symbol with hand because fruits keep us feeling okay

Grains – pump arms like your running in place because grains give us energy

*Protein – flex your muscles (biceps) because muscles are made of protein
Dairy – point to your teeth because dairy helps build strong teeth and bones*

Lesson:

This month we are learning about the new food guide, MyPlate. Raise your hand if you can list all 5 food groups.

*(Vegetables **smile**, fruit **OK sign**, grains **pump arms**, protein **flex biceps**, and dairy **point to teeth**).*

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 grow strong and healthy.

MyPlate provides a good visual of what our meals should look like. We should fill half of our plates with fruits **OK sign** and vegetables **smile**! 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).

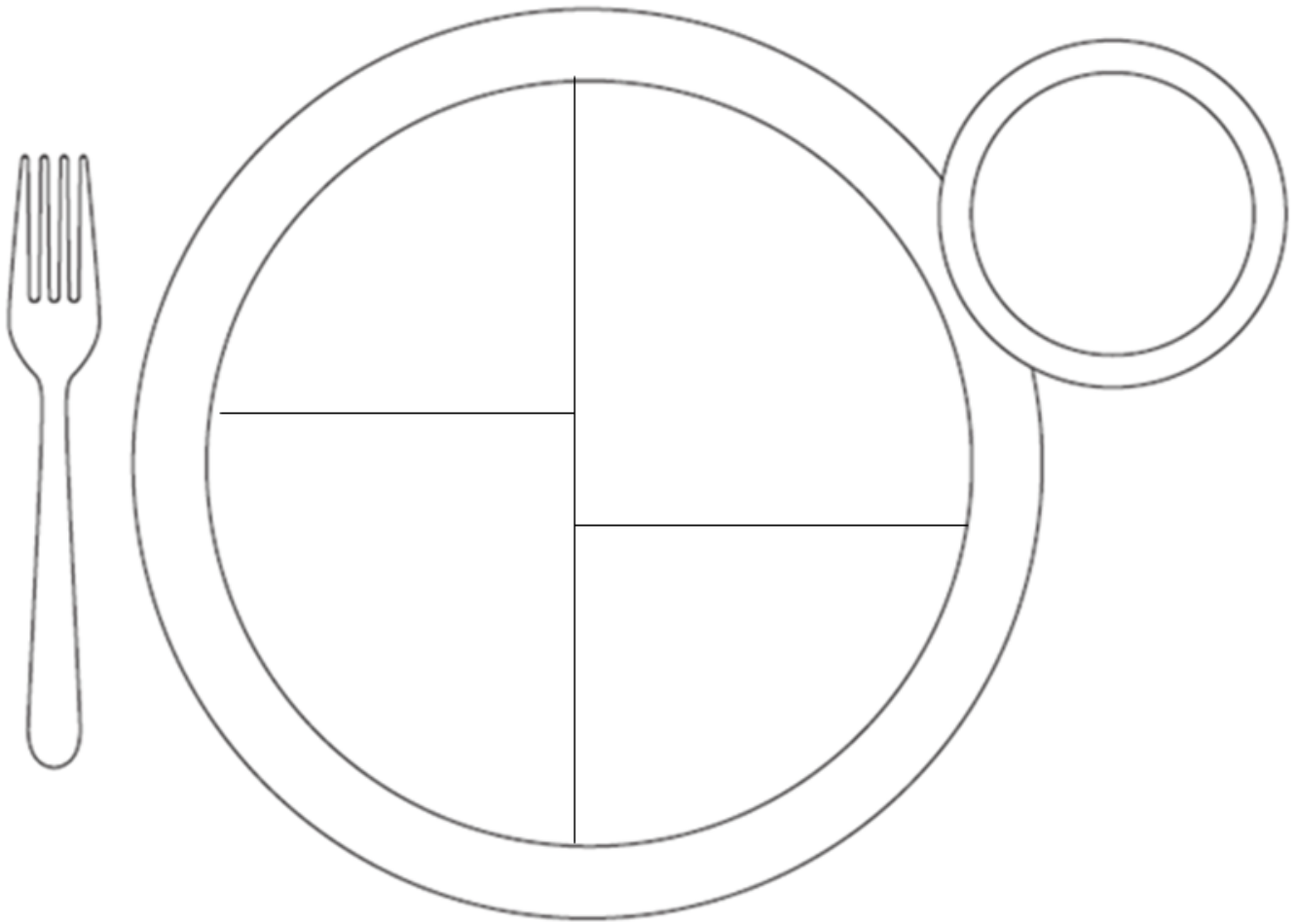
Draw a picture of a food for each of the food groups. Then write 2 to 3 sentences to describe your yummy lunch.

Remember to use descriptive words to make your lunch sound appealing! For example, instead of writing apples and carrots, try writing sweet apples and crunchy 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.*).

Name: _____

Date: _____



Nombre: _____

Fecha: _____

