

“Go” Lunch Play

Nutrition Lesson(s) Supported:

- Pack a better Lunch

Supplies Needed:

- Writing paper and pencils
- Large paper for brainstorming ideas
- Construction paper for creating visuals
- Markers/crayons

Length of Time to Complete:

Two or Three 30 to 40 minute sessions

Audience (grades): 3-5

Lesson:

Today we're going to write a play on how to create a healthy lunch. What goes into a healthy lunch?

A healthy lunch includes a food from each of the five food groups.

- Lean protein
- Whole grains
- Fruit
- Vegetable
- Calcium rich food

Healthy lunches help kids....

- stay alert and energetic all day
- build healthy bodies
- fight illnesses.
- do better in school
- meet a big part of their daily nutritional needs

Let's make a list of some **go** and **slow** lunch options.

What are some healthy lunch options that you enjoy?

Next we need to come up with a fun storyline for the play. Here are a few examples.

Super heroes Vs. Villains

The Fantastic Five (Dynamic Dairy, Captain Protein, Incredible Grain, Veggie Girl and Super Fruit) are fighting to save the town of Healthyville from the tricky villain Artificial Man.

- What super powers do each of these heroes have (or how do they help your body)? For example, power to fill your body with fiber so you feel full, build strong bones and teeth.
- What powers and tricks does Artificial Man use to get people to eat unhealthy foods?
- How can the Fantastic Five defeat Artificial Man and build a healthy lunch for the town?

Courtroom

The plaintiffs and defendants will build a case for packing a healthy lunch. The judge and jury will decide who is telling the truth and has the better lunch.

- Decide which side will truly have the healthy lunch. What would be in it? What evidence could be used to prove it's healthy?
- For the unhealthy side, what would be in the lunch? How would they try to persuade the judge and jury that it is healthy? Can you think of any tricks you can use?

Your play needs to include one major idea or problem and have a clear message. Let's brainstorm some ideas or messages to include in the play.

Be creative, and use visuals or humor as long as they reinforce your idea(s).

Assist the groups as they

- Choose a theme and brainstorm ideas.
- Write a short play.
- Create visual aids if needed.
- Assign roles and practice the play.
- Perform the play for the class/group.