

## Food groups and meal planning activity-

- Targets:
1. Be able to divide foods into their appropriate food group.
  2. Be able to share which nutrients are commonly found in food groups.
  3. Be able to plan a daily meals based on the dietary needs recommend.

### Materials:

- \*Box containing various foods (with nutritional fact label)
- \*Writing tool & paper
- \*Colored pencils

### Procedure:

1. Get a box containing various food items
2. Dived foods into food groups based on the "My Pyramid"  
(For foods that possibly contain multiple food groups- say a hamburger, you'll have to use your own judgment on where that food will be placed & have a reason for why.)
3. After foods are in groups, on your paper, record nutrients that are common for these food items. (For example: all of the foods in the dairy group will be high in the mineral calcium.)
4. You will then need to plan an entire meal plan for the day to include a balanced breakfast, lunch and dinner with a daytime snack and an evening snack. Make sure each meal contains each of the food groups based on the "My Pyramid" and the total daily food intake is 2200 calories or less. Record your food choices on your paper under Breakfast, Lunch, Dinner, Day Snack and Evening Snack and include the amount of calories they contain. Total the calories and make sure you are under 2200.
5. Now try to create the worst possible daily meal plan using the foods available in the box. Again you must have breakfast, lunch, dinner and the two snacks. You can have as many calories as possible, but you must represent each food group (According to the "My Pyramid") in each meal. Record your foods for each meal on your paper with their calorie amount.
6. Explain what the major differences were in each of your two meal plans and what makes one better than the other.
7. Using a blank piece of paper, design a label for a food product advertising its health benefits and encouraging the consumer to buy to product. Remember color attracts people, big words that are positive attract people and terms that are "healthy" attract people.
8. Select a prompt and write a story with illustrations (must be one page in length NOT COUNTING illustrations)
  - People who do not eat meat are the healthiest people on the planet...
  - Eating junk food, fast food, and energy drinks is not bad for you...
  - Suzie Smothers loves Frosted Fruit Pebbles for breakfast, lunch & dinner...
  - Fredrick Fonzarelli only eats food that comes in a can...