



Healthy Menus

Lesson

Goals

Students will learn how to make healthier diet choices by furthering their understanding of MyPlate.

Objectives

Students will list better food choices for a healthy body. Students will make a menu for a fictitious restaurant that contains good food choices from each of the areas of MyPlate.

Standards

Comprehensive Health: Physical & Personal Wellness

- GR.2-S.2-GLE.1
- GR.3-S.2-GLE.1
- GR.5-S.2-GLE.1
- GR.6-S.2-GLE.4

Total Time – 60 minutes

Materials

- 2-4 Menus from local restaurants
- Paper
- Markers, crayons or colored pencils
- MyPlate Handouts (Available on DUG's curriculum website: <http://dug.org/school-garden-curriculum/resource-sheets/myplate-information.html>)
- Journals
- Healthy snack

Did you know?

Eating some fat is essential, but eating too much of the wrong kind can damage your heart. Fat contains lots of energy, but if we do not use this energy we store it as fat in our bodies, saving the energy for future use. Large reserves of body fat can increase the possibilities for high blood pressure and heart disease.

Method

Introduction (10 minutes)

1. Review MyPlate with the class. If you have not gone over MyPlate, this is a great time to introduce it.
2. Read the restaurant menus aloud to the class. After each menu have the class vote on whether or not the menu sounded healthy.
3. Discuss a few ideas about healthy foods they might want to see on a menu when they go out to eat.

Activity (40 minutes)

1. Break the class up into groups of three or more students.
2. Hand out the paper and markers.

3. Have the groups come up with a creative name for their restaurant.
4. Instruct the groups to create at least two healthy meals for the restaurant and put them in their menu.
5. Groups can decorate their menus if they have time.
6. Have each group share their menu and describe why each item was chosen.

Snack & Conclusion (10 minutes)

1. Have a healthy snack and discuss why it is a healthy option.
2. Have the students write in their journals a healthy meal that they will eat tomorrow.

Assessment Tools

- Menus
- Journals

Possible Modifications and Extensions

- Have the class create a healthy lunch menu for the week and suggest it to the cafeteria or principal.

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