

Healthy Menu

Objectives:

Students will:

- use their knowledge of the food pyramid to plan a full meal that incorporates at least one serving of food from each group
- classify their ingredients according to the food groups.

Materials:

- Copies of sample menu
- Paper
- Pens
- Visual of the Food Pyramid (optional).

Procedure:

1. Review the food groups with students.
2. Tell students that they are going to design a menu for one meal that includes at least one serving of food from each food group.
3. The menu must include an entree or main dish, at least one side dish, and a beverage.
4. Pass out the sample menu, and discuss it with the class. Does it meet the requirements? How?
5. Encourage students to get creative with the assignment.
6. Provide time for students to work. Help as little as possible, if this is an end of the unit assessment.
7. As students finish, look over the assignment with them. Have students identify which of the food groups each of the ingredients belongs to.
8. Closure: Discuss the menus as a class. Have students share their meal ideas.
9. Send this assignment home with the students. Have them write out the recipe and directions with the help of an adult.
10. Making the Cookbook: When all menus and recipes are returned, proofread them and hand them back to students.
11. Have students make a final copy and return it to you.
12. Design an interesting cover and bind the pages together.

Assessment:

- Have students write out which food group each ingredient in their menu belongs to.
- Does each menu include at least one item from each of the food groups?



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Sample Menu

Tuna Casserole

Lettuce Salad

Milk

Tuna Casserole

Ingredients:

1 can of tuna in water

2 cups egg noodles

1 can Cream of Mushroom soup

1 can of peas

Directions:

Preheat oven to 180 degrees Celsius. Boil noodles for 8 minutes, then drain. Also drain tuna and peas. Combine all ingredients in a casserole dish and mix by hand until ingredients are evenly distributed. Bake for 20-25 minutes.

Lettuce Salad

Ingredients:

variety of lettuce

grated carrots

cherry tomatoes

low-fat salad dressing

Directions:

Rinse lettuce and tomatoes in cold water. Put the lettuce on the salad plate first, then top with grated carrots and tomatoes. Add dressing sparingly.

Serving Hints:

If you put the salad together while the tuna casserole is baking, it will still be fresh and crisp when the tuna casserole is ready.



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