

Session 7

Balancing Food Choices

In today's lesson you are going to be the chef of a restaurant. No, you will not have to cook a large meal, but we want you to think about the options that you would choose if you were able to. We have learned about healthy drinks, snacks and the 5 food groups so today we want you to put everything together as a fun way to show what you are learning. Here is today's question for you to think about:

What is your favorite meal? This could be your favorite meal at a restaurant or the favorite meal you have had at school or home.

What is your favorite meal? _____

Session 7 Activity

Creating your Restaurant

For this activity we want you to create 3 meals for your own personal restaurant. You are going to create breakfast, lunch and dinner and be sure to include the things we have learned so far about foods. This restaurant is one of the best in town so it will include at least one of each of the five food groups. Remember those categories are: Fruits, Grains, Vegetables, Protein and Dairy. Your meal may include drinks such as milk or fruit juice in order to meet each needed area as well. Be creative as this is your restaurant and you are creating meals for you!

Write down each meal below. Also please pick out your favorite meal and draw a picture of that meal. Along with your picture you can write a sentence describing why it is your favorite meal.

Meal	Breakfast	Lunch	Dinner
Fruit			
Grain			
Vegetable			
Protein			
Dairy			

Session 7 Conclusion

Today you were able to be creative and invent your very own restaurant meals. When we are young, most of the time we do not get to choose exactly what we eat or make our own meals, but it is great to understand the parts that make up a healthy meal for the future. Each meal is unique, just like we are and the differences in meals do not make any of them better or worse than the others, but it is the contents of those meals that matters. Keep this fact in mind if you are ever down on yourself or think you may be different, each of us are special and the contents of our personality and self are what makes us special! Now take the time to fill out session 7's section on your "What I Like About me" page.