Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NUTRITION CHALLENGE

**Design a Healthy Meal!**

**Your challenge is to make a healthy lunch bright, enticing and fun and write a report to share your learning**

PART 1: YOUR LUNCH

1. Use ChooseMyPlate.gov to figure out about how much of each type of food you should have in your lunch.
2. Brainstorm food ideas for a healthy lunch
3. Look at healthy cooking cookbooks or check out the internet for lunch menu ideas (tip: check out kidshealth.org for great ideas!)
4. Plan a balanced, healthy, delicious meal for lunch that matches your ChooseMyPlate recommendations
5. Analyze and record the nutritional value of your lunch on the chart entitled NUTRITION VALUES – Information Chart for Each Food (attached). Be sure to fill in all columns!
6. Look at your analysis. Ask yourself if your lunch is healthy? If not, substitute some food choices to improve the nutritional values and calorie counts!
7. Make your lunch and bring it to school on the assigned day. We will display it at the ST. JOHN CAFÉ for students to see and you will get to enjoy it for lunch that day.
8. Think of a creative way to present your lunch. What would make it appealing to children? Use your best ideas when you actually create your lunch.

PART 2: YOUR REPORT

**Your report needs to have the following elements:**

1. A cover page with the photo or drawing of your meal. This is where you write your heading information, too.
2. A paragraph describing all the types of food in your meal
3. A paragraph describing why this meal will be fun & enticing for kids to eat
4. A paragraph describing what you have learned about healthy eating in our Nutrition Unit
5. Include a recipe for one of the foods in your lunch.
6. Completed Nutrition charts

**DUE DATES:**

**Bring your meal to school and turn in report on**

**Tuesday, April 17th.**

**NUTRITION CHARTS**

**ChooseMyPlate.gov planning information**

Record information from the website. Notice the column labeled 1/3 of daily servings/amounts. Lunch is 1 out of 3 main meals in a day, therefore your lunch should have about 1/3 of your daily nutritional elements.

Your daily recommended calories:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1/3 of your daily recommended calories:\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
|  | Recommended servings/amounts | 1/3 of daily servings/amounts |
| Vegetables |  |  |
| Fruit |  |  |
| Protein |  |  |
| Grains |  |  |
| Dairy |  |  |
| Fat |  |  |

Ideas for your lunch:

**FOODS IN YOUR LUNCH**

In the chart below, list all the foods in your lunch and tell how many calories and how much of each type of food you have included. You may write the amounts in grams, tablespoons, cups or ounces. Feel free to re-create this chart in your own style if you need more space, would like to type your info or prefer a different style.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| FOOD | CALORIES |  Veggies (cups) | Fruits (cups) |  Protein (ounces) |  Grains (cups/ ounces) |  Dairy (cups/ ounces) |  Fat(tablespoons/teaspoons,etc.) |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**TOTAL NUTRITION VALUES-GRAND FINALE**

After you finish listing all your foods and recording the amounts/servings you have included in your meal, add it all up and record the grand totals here. You may write the amounts in grams, tablespoons, cups or ounces.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Total** **Calories** | **Total** **Fats** | **Total** **Veggies** | **Total** **Fruit** | **Total** **Protein** | **Total** **Grains** | **Total** **Dairy** |
|  |  |  |  |  |  |  |