

## **Meal Planning: Cooperative Learning Activity**

**Group name:** \_\_\_\_\_

1. As a group, plan meals and snacks for one day that follow the Food Guide Pyramid. Discuss and list in menu format items for each meal.
2. Each student is a “watchdog” for one or more of the food groups to make sure it has the recommended number of servings for the day. He/she suggests additions or deletions as necessary.
3. Each student individually refers to the completed meal plans and places menu items under corresponding food group headings below. Other group members should check their work for accuracy.
4. Each student is also a “watchdog” for meal appeal for one meal or snacks. In the chart the student should complete the chart by giving examples from the meal of how the meal meets the criteria for each.

**Write meals below...**

**Breakfast**

**Dinner**

**Supper**

**Snacks**

<b>MyPlate Guidelines</b>	<b>Breakfast</b>	<b>Dinner</b>	<b>Supper</b>	<b>Snacks</b>
<b>Watchdog Person</b>				
<b>Grains 6-11 oz</b>				
<b>Vegetables 2 ½ cups</b>				
<b>Fruits 2 cups</b>				
<b>Meat 5 ½ oz</b>				
<b>Dairy 3 cups</b>				
<b>Extras</b>				

<b>Meal Appeal Guidelines</b>	<b>Breakfast</b>	<b>Dinner</b>	<b>Supper</b>	<b>Snacks</b>
<b>Watchdog Person</b>				
<b>Flavor</b>				
<b>Color</b>				
<b>Texture</b>				
<b>Size and Shape</b>				
<b>Temperature</b>				