

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

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

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