

What's for Lunch? with Marianna

Instructions:

Check out this sample lesson plan and activity ideas for inspiration, ideas, and more. Feel free to edit, delete, or highlight to make it your own! These notes are yours to customize. They will not be published anywhere such that you're held to teaching exactly what's here.

Topics

Cooking, recipes, salad, sandwich, smoothie, healthy plate, dessert, lunch

Lesson Ideas

Lesson Title

What for Lunch?

Duration

1 Hour

Lesson Plan

1. **Introduction to Healthy Eating** (10 minutes)
 - Discuss the concept of a balanced meal.
 - Introduce the food groups and the idea of a "healthy plate."
2. **Salad Station** (10 minutes)
 - Create a simple salad using lettuce, tomatoes, cucumbers, and carrots.
 - Discuss the benefits of eating fresh vegetables.
3. **Build-Your-Own Sandwich** (10 minutes)
 - Provide a selection of whole-grain bread, deli meats, cheeses, and toppings.

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- Discuss how to balance proteins, carbs, and vegetables in a sandwich.

4. ****Smoothie Making**** (10 minutes)

- Use fruits like bananas, strawberries, and blueberries with yogurt and milk to make a smoothie.
- Discuss the nutritional benefits of fruits and dairy.

5. ****Creating a Healthy Plate**** (10 minutes)

- Have the kids assemble their salad, sandwich, and smoothie on their plates.
- Engage them in a conversation about portion sizes and balance.

6. ****Simple Dessert Discussion**** (5 minutes)

- Talk about occasional treats and balance.
- Introduce a simple dessert option like fruit salad or yogurt with honey.

7. ****Wrap-Up and Share**** (5 minutes)

- Invite kids to present their plates and share what they like about their creations.
- Close with a quick reminder on the importance of healthy eating.

Materials List

- Variety of fresh vegetables (lettuce, tomatoes, cucumbers, carrots)
- Whole-grain breads
- Deli meats and cheese
- Selection of toppings (lettuce, tomato slices, etc.)
- Fruits for smoothies (bananas, strawberries, blueberries)
- Yogurt and milk
- Plates, bowls, knives, and cutting boards
- Blender
- Access to utensils and napkins

Adaptations for Different Ages

- ****Younger Kids:**** Pre-cut vegetables and fruits, simplify instruction steps.
- ****Older Kids:**** Allow them to cut simpler ingredients and measure ingredients for smoothies.

Movement Break

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- In the middle of the lesson (after the Salad Station), let the kids do a "Fruit and Veggie Dance."
- Have them mimic growing plants, picking fruit, and moving like different animals who eat these foods.

Bonus Activities

- **Recipe Sharing Challenge:** Ask kids to bring in family recipes that are healthy and delicious.
- **Food Art Project:** Allow kids to use slices of fruits and veggies to create fun, edible art on their plates.
- **Healthy Plate Craft:** Have children draw and color a healthy plate with sections for veggies, protein, grains, and fruit.

Series Outline

Week 1: Introduction to Cooking

- Discuss kitchen safety and basic utensil use.
- Explore different cooking methods (baking, boiling, sautéing).
- Hands-on activity: Make simple scrambled eggs together.

Week 2: Exploring Recipes

- Learn how to read and follow a recipe.
- Discuss the importance of ingredient lists and measurements.
- Group activity: Write a simple recipe as a class.

Week 3: Salad Creations

- Introduce different types of salad greens and toppings.
- Interactive session on building a balanced salad.
- Activity: Create custom salads using pre-prepared ingredients.

Week 4: Sandwich Artistry

- Explore various types of bread and sandwich fillings.
- Discuss flavor combinations and sandwich assembly.
- Activity: Make-your-own sandwich bar.

Week 5: Smoothie Station

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- Learn about choosing fruits and liquids for smoothies.
- Discuss the health benefits of different ingredients.
- Activity: Blend and taste test different smoothies.

Week 6: Constructing a Healthy Plate

- Introduce the concept of food groups and portion sizes.
- Create paper plate collages of balanced meals.
- Group discussion on favorite healthy foods.

Week 7: Exploring Desserts

- Talk about different types of desserts and occasional indulgence.
- Demonstrate a simple no-bake dessert recipe.
- Activity: Decorate pre-made cookies or cupcakes.

Week 8: Building a Complete Lunch

- Discuss the components of a balanced lunch.
- Introduce meal prep tips and hacks.
- Create individual lunch box plans incorporating learned concepts.

Week 9: International Lunches

- Explore traditional lunch dishes from around the world.
- Interactive map activity to locate countries and dishes.
- Activity: Sample a global-inspired dish prepared in class.

Week 10: Review and Celebration

- Review and reflect on what was learned over the weeks.
- Host a “mini potluck” where each student shares a dish made at home.
- Create and compile a class cookbook of favorite recipes and learnings.

For additional support, reference this [experience outline template](#) which includes tips and prompts to help you develop and lead an excellent Grasshopper Kids experience.

Note: This lesson plan outline was drafted by Hopper. If you would like to see different results, you can [submit another idea](#), or text us with feedback so we can work to make the algorithm better. We built this tool to help save you time in bringing more kids enrichment experience ideas to life!

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