

Grades K-2

What Is a Balanced Meal?

Lots for Lunch!

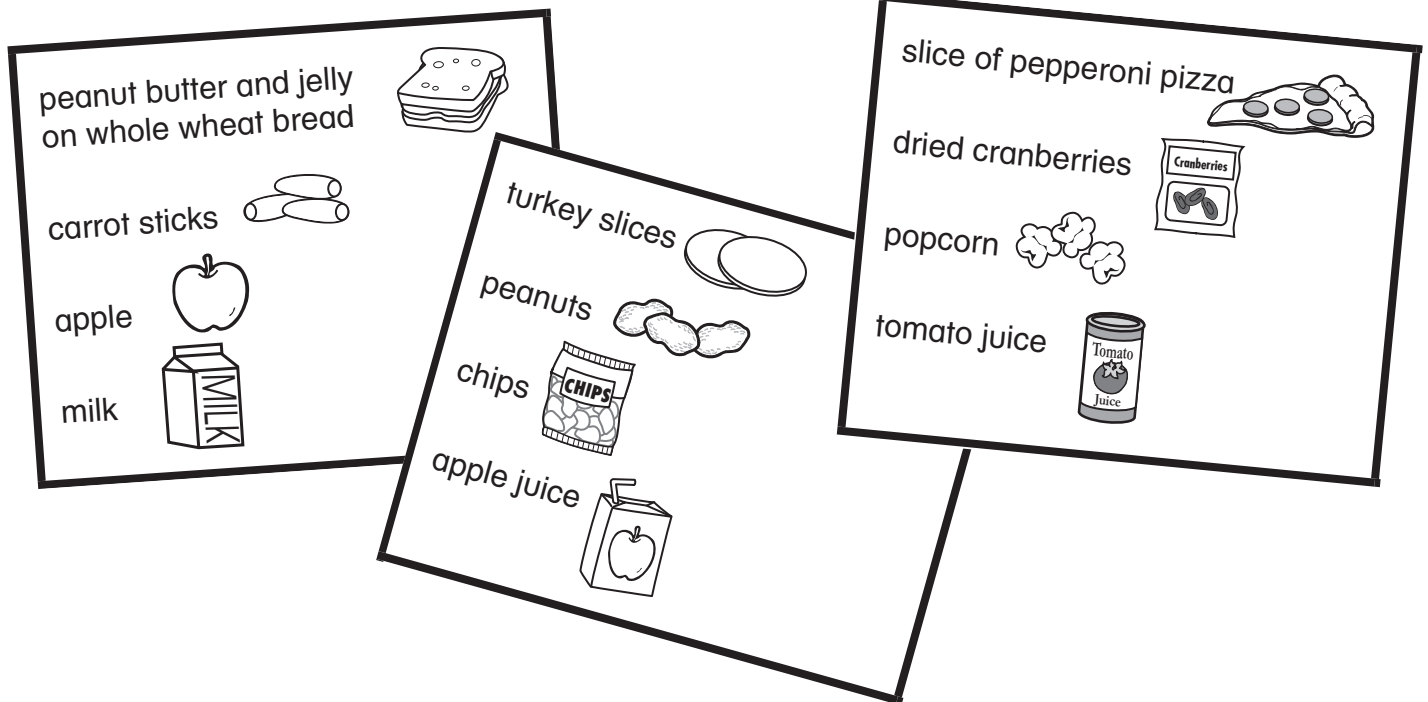
Identifying a balanced meal

For this small-group activity, place in separate lunch bags a different copy of a meal card (scroll down). To begin, each group takes a bag and “unpacks” their lunch. A volunteer reads the card to her group. Then the group decides if the meal is balanced or not balanced. If it is a balanced meal, the group explains how it includes foods from each food group. If it is not a balanced meal, the students tell how to make the meal balanced, and students see that even snacks can fit in moderation. Continue until each child has had a turn.

Fun Fact:

What is MyPlate?

MyPlate was developed by the US Department of Agriculture to provide an easy way for Americans to keep healthful eating in mind each time they look at their plate! Learn more at ChooseMyPlate.gov.



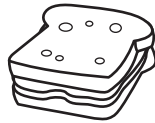
ALLIANCE TO
FEED THE FUTURE



Lending support to rural America

Meal Cards

peanut butter and jelly
on whole wheat bread



carrot sticks



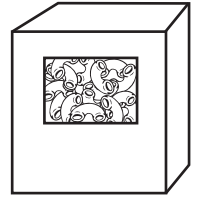
apple



milk



macaroni and cheese



yogurt



milk



turkey slices



peanuts



chips



apple juice



cheese sandwich
on white bread



celery sticks



apple slices with
peanut butter dip



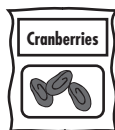
water



slice of pepperoni pizza



dried cranberries



popcorn



tomato juice



ham sandwich on
whole wheat bread



pretzels



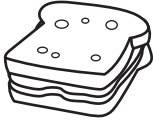



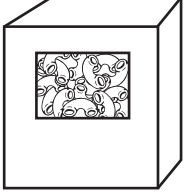





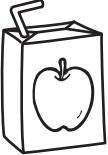

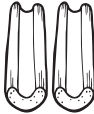



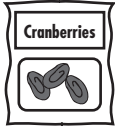


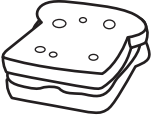



cookie



water



Answer Key

<p>peanut butter and jelly on whole wheat bread</p>  <p>carrot sticks</p>  <p>apple</p>  <p>milk</p>  <p>Balanced</p>	<p>macaroni and cheese</p>  <p>yogurt</p>  <p>milk</p>  <p>Not Balanced Add fruits, vegetables.</p>
<p>turkey slices</p>  <p>peanuts</p>  <p>chips</p>  <p>apple juice</p>  <p>Not Balanced There's a lot of protein here, but no vegetables or dairy. Chips are a "sometimes" food.</p>	<p>cheese sandwich on white bread</p>  <p>celery sticks</p>  <p>apple slices with peanut butter dip</p>  <p>water</p>  <p>Balanced</p>
<p>slice of pepperoni pizza</p>  <p>dried cranberries</p>  <p>popcorn</p>  <p>tomato juice</p>  <p>Balanced</p>	<p>ham sandwich on whole wheat bread</p>  <p>pretzels</p>  <p>cookie</p>  <p>water</p>  <p>Not Balanced Add fruits, vegetables, and dairy.</p>