

Grades K-2

What Is a Balanced Meal?

Take a Tally

Sorting food into food groups

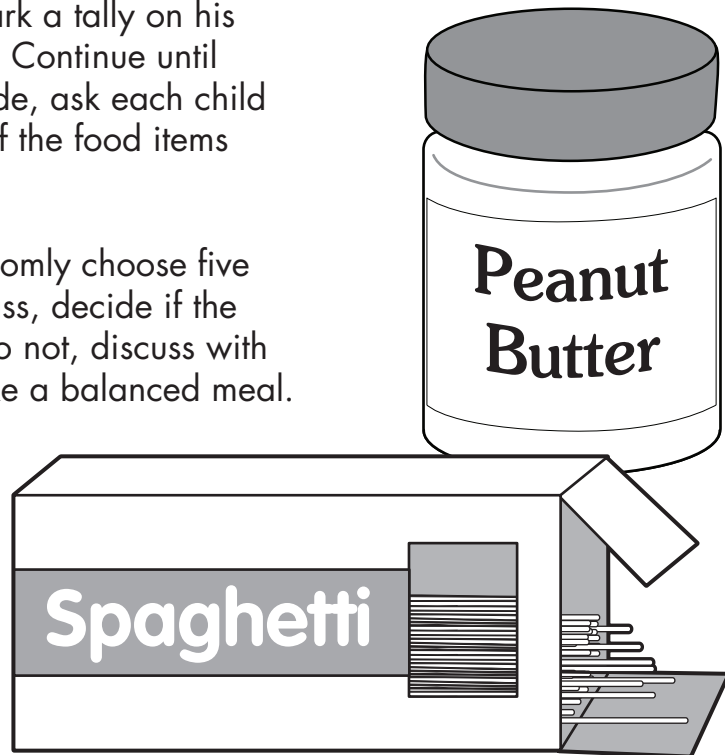
In an open area of the classroom, place a copy of the food group labels (scroll down) to designate a space for each different food group. Collect empty food containers or use plastic toy foods or copies of the food cards (scroll down). Place the foods in a basket. Give each child a copy of the "Take a Tally" recording sheet.

To begin, invite one student to take a food from the basket and place it with the corresponding food group label. If a food item fits into more than one group, have the class decide on the best placement. Point out to students that some of the foods are "sometimes" foods; they can be part of a balanced diet as long as students adjust how much they eat and ensure that they're getting proper nutrients. Then direct each student to mark a tally on his recording sheet to match the placement. Continue until the basket has been emptied. To conclude, ask each child to look at his tally chart and determine if the food items displayed represent a balanced meal.

Extend the learning: Have students randomly choose five foods or cards from the basket. As a class, decide if the foods create a balanced meal. If they do not, discuss with students what they could change to make a balanced meal.

Fun Fact:

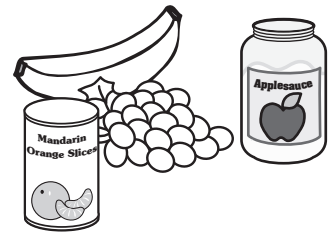
To cook one billion pounds of pasta, you would need enough water to fill nearly 75,000 Olympic-size swimming pools.



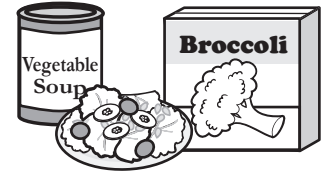
ALLIANCE TO
FEED THE FUTURE



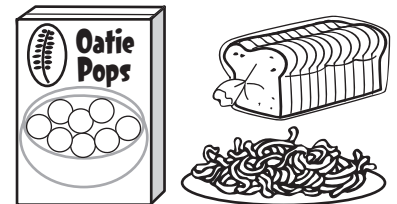
Fruits



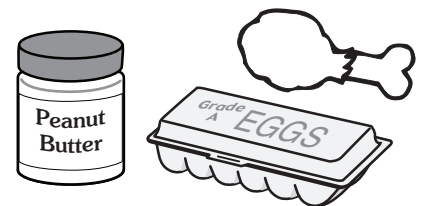
Vegetables



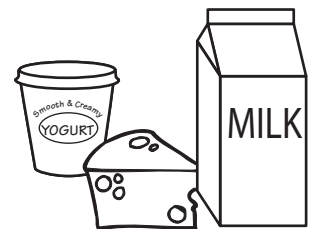
Grains



Proteins





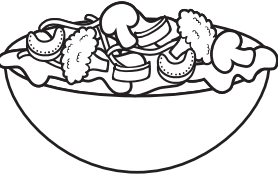
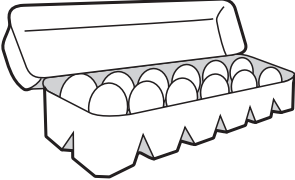

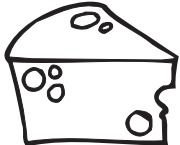
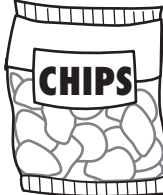
Dairy



Sometimes foods



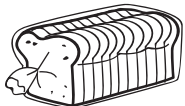





Food Cards

 <p>apple</p>	 <p>banana</p>	 <p>fruit salad</p>	 <p>carrots</p>
 <p>salad</p>	 <p>potato</p>	 <p>oatmeal</p>	 <p>bread</p>
 <p>spaghetti</p>	 <p>cereal</p>	 <p>eggs</p>	 <p>peanut butter</p>
 <p>hot dog</p>	 <p>black beans</p>	 <p>yogurt</p>	 <p>milk</p>
 <p>cheese</p>	 <p>cake</p>	 <p>cookies</p>	 <p>chips</p>

Name _____

Take a Tally

	Tally	Total
 Fruits		
 Vegetables		
 Grains		
 Protein Foods		
 Dairy		
 Sometimes Foods		

Look at the tally chart. Circle the largest number. Underline the smallest number.

Do the foods show a balanced diet? yes no

Explain. _____
