

Cooking Fun

1. Name the food groups that should be part of your plate at each meal.
 - a. Collect pictures from each of these food groups.
 - b. Use your pictures to make a collage or poster to be displayed at your club, school, or church.
2. Describe a complete, balanced daily menu.
OR
Compose a complete dinner menu.
3. Help prepare, serve, and clean up a four-course dinner.
4. Make two different kinds of sandwiches.
5. Prepare two different salads.
6. Help to prepare and pack a picnic lunch.
 - a. Include foods from all food groups.
 - b. Share this picnic with family or friends.



Helps

1. Visit choosemyplate.gov for current information.
2. Visit choosemyplate.gov for current information.
3. This dinner can be the result of requirement #2. Helping make the dinner and clean up are fun experiences. Give a special hug to the child.
4. Make two sandwich fillings or use prepared items such as jam, peanut butter, etc.
5. Make a simple relish tray and/or a tossed or jelled salad. Encourage creativity.
6. Prepare a picnic lunch and go on a picnic with your group, even if it is just under a tree on the church lawn.