

ACTIVITY WORKSHEET**Nutritionist: A School Lunch Program**

1. State in your own words the seven main recommendations in the Dietary Guidelines.

2. How do the school menus you examined meet the needs of schoolchildren as outlined on pages 5–7 of the Dietary Guidelines? Choose a single school and show your answers for any given lunch day:

Food representing dairy group:

Food representing meat, legumes, egg group:

Food representing vegetable group:

Food representing fruit group:

Food representing bread, cereal, grain group:

3. Based on your reading of the Dietary Guidelines and the sample school menus, make a three-day lunch plan for a school in your community. Use the chart on the next page or make your own on the classroom computer. Your lunches should show imagination and meet the nutritional needs of elementary school-age children at the same time.

Name

Date

Class Period

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DAY 1	DAY 2	DAY 3