

10 Dry Erase Menu Poster

TEACHING IDEAS

Use these ideas to model healthy eating and help students make healthy food choices.

1 Daily Lunch Menu Use the poster to write in the school breakfast and/or lunch menu every day. Do this to help students make healthy choices at breakfast and lunch and to demonstrate how the foods fit into the food group categories. You may wish to make this a student job for the day or week or use it as a brief classroom activity by allowing students to record the menu items in the proper food group.

2 Favorite Meal Ask students about their favorite meal and record these foods on the dry erase menu poster. If their favorite meal does not include foods from each food group, ask for suggestions that could be added to their favorite meal to make it complete.

3 Group Meal Have students create a group meal using the dry erase poster. Ask one student to begin the meal by writing one food item in the appropriate food group space on the poster. Call on other students to add foods to the meal, one at a time, so they can see what food groups still need to be added.

4 Special Occasion Menu Plan a meal for a specific situation such as a holiday, party, babysitting job, or weekend lunch. Call on students to come up with foods for this occasion and write them in the appropriate food group spaces on the dry erase poster.

5 Focus on Fruits and Vegetables Use the poster to write in the fruit or vegetable being served in school lunch. Ask students what they like about the fruit or vegetable to encourage them to eat these foods. Ask students what their favorite fruits and vegetables are and why.

6 Social Studies Connection Link the dry erase poster to social studies by having students create a typical meal that would be eaten in a country or area of the U.S. they are studying. Write the foods in the appropriate food group spaces. Consider bringing in some of these foods for students to taste.



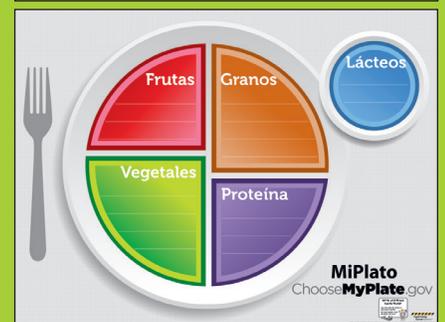
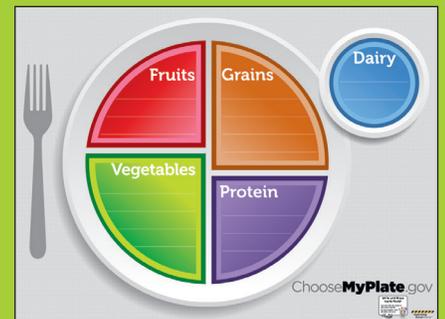
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Literature Connection

Connect the dry erase menu poster to literature. Ask students to create a meal that a character in a story or book might eat, taking into account the historical and geographical setting of the story. Write the foods in the appropriate food group spaces on the poster. Ask students if they have chosen foods from all groups. If not, ask them for appropriate additions.

Invite a Guest Invite a guest, such as the principal or school nurse, to come in and write his/her favorite meal on the dry erase menu poster. Ask them why they like the foods they chose, particularly the fruits and vegetables. This is an opportunity for school staff to model healthy eating for students.

Which Food Group? Ask students to identify where each food on the school lunch menu belongs on the dry erase menu poster. Discuss how some foods are combination foods and belong to more than one food group.

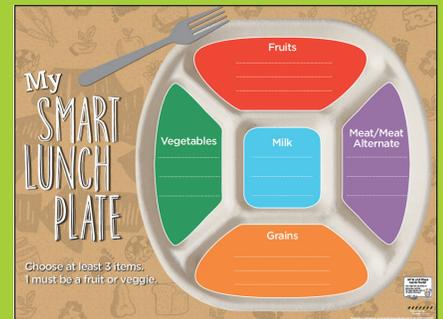
What's Your Choice? Write the fruits and vegetables that are being offered today for school lunch and breakfast on the poster. Ask students to choose which five of the fruits and vegetables offered they will eat today.



Garden Heroes® Lunch Tray Dry Erase Menu Poster

18" x 24" poster coated with dry erase laminate.

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My Smart Lunch Plate Dry Erase Menu Poster

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Breakfast Dry Erase Menu Poster

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