

# A Week of Healthy Lunches

*(Suggested usage: After Case Study 1)*

Using [MyPlate](#) (from the USDA) as a reference, students will assess the proportions of protein, fruits, vegetables, grains and dairy in their lunches, as well as the amount of whole vs refined foods. Students will then plan how to adjust their lunches to be more nutritionally balanced.

## **Guidelines:**

- Students will discuss [MyPlate](#) and the recommended proportions of meals.
- Students will capture images (photographs or drawings) of their lunches for one week and label the proportions of protein, fruits, vegetables, grains and dairy
- Students will keep track of what percentage of their lunch is made of refined vs whole foods
- Students will brainstorm adjustments to their lunches that will improve their nutritional balance and/or nutritional density
- Students may present their results and recommendations to their parent/guardian or their school