Make your own menu

Where to start: Most kids have probably seen an illustration of a plate with the optimum number of servings of different kinds of foods. This exercise invites kids to get silly and reimagine those guidelines. Start with a conversation about what they’ve learned about healthy, balanced diets.

Prompt: Imagine you’ve been asked to make a new guide for how all kids should eat. Draw a big circle and divide your "plate" into sections. Draw and describe the different foods you chose and what amounts you recommend.

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How to go deeper: Write a letter to your parent about how your family should follow your new guidelines. (Use the back of this page to write.)