

My Menu



OBJECTIVE

- *To learn about a balanced diet*

CURRICULUM

- *Health*

MATERIALS

- *White art paper*
- *Laurentien Fineline Markers*
- *Laurentien Classic/Vibrant Washable Markers*
- *Laurentien Coloured Pencils*

DIRECTIONS

- *Have the students divide their paper into four equal sections*
- *Have the students draw/colour what they would typically eat in a day (breakfast, lunch, snacks and dinner)*
- *Review the Canada food guide with the students and discuss the importance of eating a balance from different food groups*
- *Have the students modify their daily menu by adding things that might balance their diet, e.g having an apple as a snack instead of chips*