

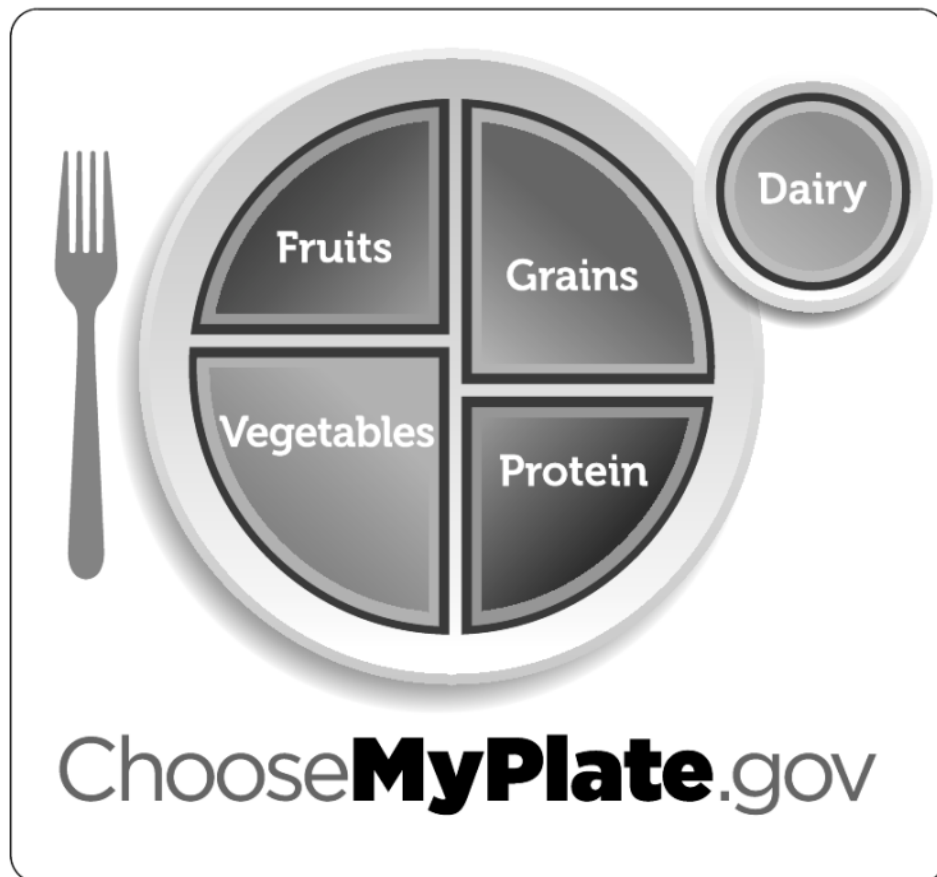
# Let's Do Lunch!

by Jodee Mueller & David Gerk

► **Materials:** MyPlate food icon, school lunch menu, paper, pencils

► **Here's How!**

1. Divide students into pairs. Display the MyPlate icon from ChooseMyPlate.gov. It shows that half your plate should be fruits and vegetables and half should be grains and proteins.
2. Students draw the plate and divide it according to the MyPlate icon.
3. Students look at the week's menu and write each food item in the correct section.



# Veggie Variety

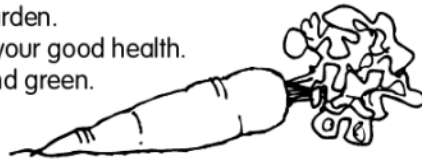
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► **Materials:** chalkboard, chalk, paper, pencils

► **Here's How!**

1. Share these riddles with students. Discuss the double meaning of some of the clues.

I'm edible.  
I grow in a garden.  
I'm rooted in your good health.  
I'm orange and green.  
What am I?  
(*carrot*)



You throw away the outside.  
Then you cook the inside.  
Then you eat the outside and throw away the inside.  
What am I?  
(*corn on the cob*)



A bib is part of my wardrobe.  
You see many icebergs when shopping for me.  
I like to get dressed up.  
I'm always **ahead** of the rest of the meal.  
What am I?  
(*lettuce*)



I don't need glasses.  
I spend most of my life in the dark.  
I can speak French.  
People fry, bake, and mash me!  
What am I?  
(*potato*)



2. Brainstorm and list on the chalkboard other kinds of vegetables.

3. Divide students into small groups or pairs to write their own vegetable riddles.

4. During another 10-minute period, let students share their riddles.

