

# Grades K-2

## What Is a Balanced Meal?

### Lots for Lunch!

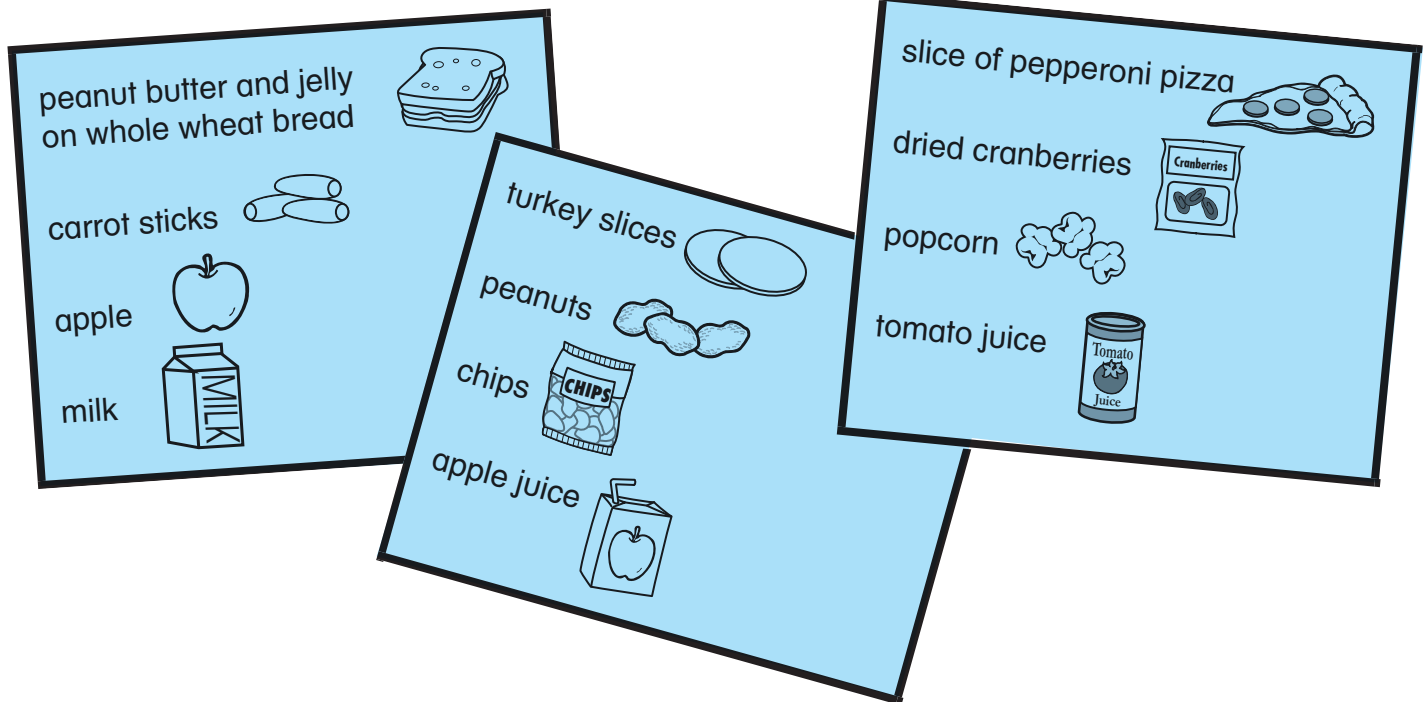
Identifying a balanced meal, writing to support a statement (W.K.2; W.1.2; W.2.2)

For this small-group activity, place in separate lunch bags a different copy of a meal card (scroll down). To begin, each group takes a bag and “unpacks” their lunch. A volunteer reads the card to her group. Then the group decides if the meal is balanced or not balanced. If it is a balanced meal, the group explains how it includes foods from each food group. If it is not a balanced meal, the students tell how to make the meal balanced, and students see that even snacks can fit in moderation. Continue until each child has had a turn. To complete the activity, have each child write his or her explanation and include reasons to support it.

### Fun Fact:

What is MyPlate?

MyPlate was developed by the US Department of Agriculture to provide an easy way for Americans to keep healthful eating in mind each time they look at their plate! Learn more at [ChooseMyPlate.gov](http://ChooseMyPlate.gov).



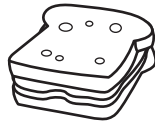
ALLIANCE TO  
FEED THE FUTURE



FARM CREDIT  
Lending support to rural America®

# Meal Cards

peanut butter and jelly  
on whole wheat bread



carrot sticks



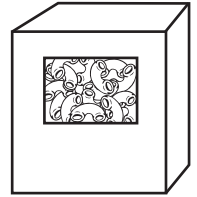
apple



milk



macaroni and cheese



yogurt



milk



turkey slices



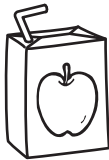
peanuts



chips



apple juice



cheese sandwich  
on white bread



celery sticks



apple slices with  
peanut butter dip



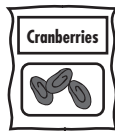
water



slice of pepperoni pizza



dried cranberries



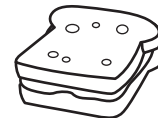
popcorn



tomato juice



ham sandwich on  
whole wheat bread



pretzels



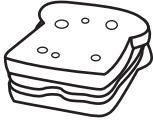


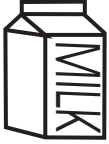
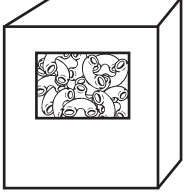







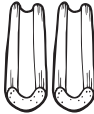



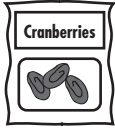


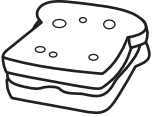



cookie



water



# Answer Key

<p>peanut butter and jelly on whole wheat bread</p>  <p>carrot sticks</p>  <p>apple</p>  <p>milk</p>  <p><b>Balanced</b></p>	<p>macaroni and cheese</p>  <p>yogurt</p>  <p>milk</p>  <p><b>Not Balanced</b> Add fruits, vegetables.</p>
<p>turkey slices</p>  <p>peanuts</p>  <p>chips</p>  <p>apple juice</p>  <p><b>Not Balanced</b> There's a lot of protein here, but no vegetables or dairy. Chips are a "sometimes" food.</p>	<p>cheese sandwich on white bread</p>  <p>celery sticks</p>  <p>apple slices with peanut butter dip</p>  <p>water</p>  <p><b>Balanced</b></p>
<p>slice of pepperoni pizza</p>  <p>dried cranberries</p>  <p>popcorn</p>  <p>tomato juice</p>  <p><b>Balanced</b></p>	<p>ham sandwich on whole wheat bread</p>  <p>pretzels</p>  <p>cookie</p>  <p>water</p>  <p><b>Not Balanced</b> Add fruits, vegetables, and dairy.</p>