

## Brown Bag Lunch

### Lesson Overview:

Students use their understanding of a balanced meal to play a trading game called Brown Bag Lunch.

**Grade Level:** 2<sup>nd</sup>-5<sup>th</sup>

**Lesson Time:** 30 minutes

### Prior Knowledge:

Students will need to know how to build a balanced meal and the components of MyPlate.

### Materials Needed:

- Food images (a considerable amount of images will need to be collected prior to starting this lesson)
- Brown paper sacks

### Corresponding Standards:

- Plan a nutritious meal
- Use a decision-making process to select nutritious foods and beverages

### Lesson Objective:

Given partial information, students will need to analyze the components of a healthy plate to create a healthy meal.

### Lesson Description:

Prior to starting lesson: Collect a variety of food images for your class. Two to three images per food group per students should be enough. Place images in a brown bag (1 bag per student) but make sure to leave out one of the food groups.

#### 1. Lead-in:

This lesson gives students an opportunity to apply their understanding of a balanced plate. Prior to starting this lesson, review the elements of a balanced plate.

- a. Whole grains
- b. Half of the plate with fruits and vegetables
- c. Lean protein
- d. Moderation
- e. Variety

#### 2. Step by Step:

- Explain that the objective of this lesson is to build a balanced plate or a balanced “brown bag meal”. However, each brown bag is missing an element or elements of a balanced meal. The bag also contains extra foods not needed to create a balanced meal. Students will need to trade images to make a balanced meal.

- Have students examine the contents of their brown bag, thinking about what they may want to find to make a balanced meal and what they can exchange in trade. Then have students walk around the room looking for foods to trade.

### **3. Closure**

Have students lay out their images for their balanced meal. To close the activity, have students walk around the room looking at the variety of balanced meals.