

Topics

- Meal Planning
- Budgeting
- Identifying Food Groups

ESTIMATED TIME

- Varies

MATERIALS

- Produce cards
- Pantry staples cards
- Store circular

VARIATIONS

- Use the cards for the “\$10 Challenge Activity” in a week 5 pop-up tour.
- Pair flashcards with the Menu Planning Basics handout in Lesson 4, as suggested for “Ready, Set, Plan!”

TIPS

- These activities can be particularly useful for visual learners or for students who don’t speak English
- Participants could complete any of these activities in small groups or as individuals

IN ADVANCE:

- Curate the cards to suit the activity for which they are to be used.

ACTIVITY OPTIONS FOR MAKE A MEAL CARDS:

• CREATE A MEAL ON SALE (\$10 CHALLENGE IN THE CLASSROOM)

1. Distribute cards amongst the participants, along with store circulars.
2. Follow the “Create a Meal on Sale” Activity, using flashcards to supplement the items listed in the circular.

• MENU PLANNING – READY, SET, PLAN!

1. Distribute all cards throughout the group. Consider trying one of the following variations, or create your own:
 - Spread all cards out in front of the group and allow them to “shop” from them
 - Provide each participant with one card that represents a pantry staple they MUST include in their meal, and use the rest of the deck and/or circular to fill out the meal
2. Follow the Ready, Set, Plan! Activity, having participants group cards together to create meals.
3. Demonstrate a few sample meals, showing how to use pantry staples across different days.

• MENU PLANNING – RECIPE FRAMEWORKS

1. Choose a Recipe Framework to review, ideally one that will be prepared that same lesson.
2. Have the participants choose flashcards to create the framework combination that best suits their preferences. Have participants share out their combination(s) with the class.

NOTE: Pairs well with Making Recipes Work for You handout in CMF Lesson 4.

• REINFORCING MY PLATE, HEALTHY SNACKS, OR HEALTHY BREAKFASTS

1. Hold up or hand out cards to participants so they can see each item.
2. Have participants sort the cards into the 5 Food Groups displayed on MyPlate during Lesson 1 of any curricula.
3. Have participants group the cards to create a healthy breakfast (including at least 3 different Food Groups from the MyPlate) during Lesson 4 (Adults, Families, and Parents) or Lesson 3 (Kids and Teens).

NOTE: Pairs well with Breakfast Trios or Grab-and-Go Breakfasts handouts.

4. Have participants group the cards to create a healthy snack (including at least 2 different Food Groups from the MyPlate) during Lesson 3 (Adults, Families, and Parents) or Lesson 4 (Kids and Teens). For Teens, use the cards for the “Snack Challenge”.

• TEENS AND KIDS SPECIFIC ACTIVITIES

1. Use cards to run Food Origins Game, Supermarket Hot & Cold, Food Riddles, Food Group Relay Race, Filling Up MyPlate, Salad Toss, Fruit Partner Games, Color Coding, or Imaginary Cooking