

Activity Outcomes

Participants will be able to:

- Modify a meal to include foods from the five Food Groups.

Materials Needed

- Food Models
- Paper lunch bag
- Guide to Good Eating handout

Activity Synopsis

Provide the participant with a brown paper lunch bag containing an assortment of food models representing a meal. The participant will modify the meal represented in the lunch bag to include foods from the five Food Groups.

Estimated Teaching Time

5-10 minutes

What to Do

1. Place food models representing three to four food groups in the bag plus an additional food or two such as chips or cookies. Do not use combination foods like pizza, lasagna, or chef salad for this activity.
2. Hand the bag containing selected food models to the participant. Have the participant remove the food models from the bag and place them on the table. Be sure to set this up in a relaxed manner so that the participant doesn't feel tested.

ASK:

- Do we have foods from all five Food Groups?
- What are the five Food Groups?
- Why is it important to eat foods from all five Food Groups?

Continued on Back



Activity

Brown Bagging It continued



3. Explain that the first step in eating a nutritious diet is to select foods from the 5 Food Groups. Using the Guide to Good Eating handout and selected food models, review:

- The foods included in each food group.
- The key nutrients supplied by each food group.
- The “Others” category.
- The recommended number of servings for each food group.
- An easy rule of thumb for selecting a nutritious meal is to eat two vegetables and at least one food from each of the other food groups.



4. **DO A PRACTICE:**

Have the participant review the dinner food models that were in their paper bag.

ASK:

- What Food Group is missing? Have the participant select the needed food model(s) from the pile of additional food models available to complete the meal.

5. Check for understanding by asking the participant to point out all the foods in their bag from the Milk Group, Grain Group, etc.

6. Summarize by reminding the participant to focus on the nutrient-rich foods found in the 5 Food Groups. This way they can focus on foods they should eat and not on foods to avoid. It's all about making healthy food choices.

Staff Notes

- Over the course of several sessions you can provide bags containing a breakfast, lunch and snack to build on the participant's previous knowledge and success.
- Remember at breakfast to try and get at least three food groups. For snacks, try to get at least two food groups. Aim for four-five food groups at lunch and dinner.
- You can also have two, three or more food group foods missing in the bag.

