

Menu Planning

Name _____

Directions

Complete the following exercises to provide suggestions for improving the diets of the Lee family, James, and Maria (discussed in Worksheet 15.2, Help! You're the Doctor). Remember to choose a variety of foods from each food group. Keep in mind the tips offered on the Eat Well & Keep Moving Fortune Teller and the Kid's Healthy Eating Plate when you plan meals and snacks for your friends.

1. Create an afternoon snack menu for the Lee family for the next school week. Refer to Worksheet 15.2 to see what they need.

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

2. Suggest two healthy dinners that the Lee family could enjoy in place of the usual selections.

3. Suggest drinks and snacks that would help James eat from the one food group he is missing (remember, this group provides him with calcium, which is good for his bones and teeth).

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

4. List fun activities that James could do during the week to keep him active. Pick a different activity for each day of the week:

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

5. Suggest some healthy carbohydrate foods that are low in added sugar that Maria should consider eating for an energy boost before playing basketball.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).