Brown Bag Lunch

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

Grade Level: 2nd-5th

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 student 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.
   - Whole grains
   - Half of the plate with fruits and vegetables
   - Lean protein
   - Moderation
   - 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.