

My Plate Meal Planning Project



You are looking to encourage your family to eat healthier so you have volunteered to prepare dinner every night this week. You have informed your family members that each night they will enjoy a meal that is nutritious, delicious, and that follows the recommended My Plate guidelines.

You are to plan dinner for your family for 5 days using My Plate. For each day you should complete the following:

- Picture of daily meals using My Plate layout (Worksheet)
- Recipes for each dish included in the daily meals (usually 4)

Needed:

- My Plate worksheet (5 for 5 days)
- Magazines
- Internet access

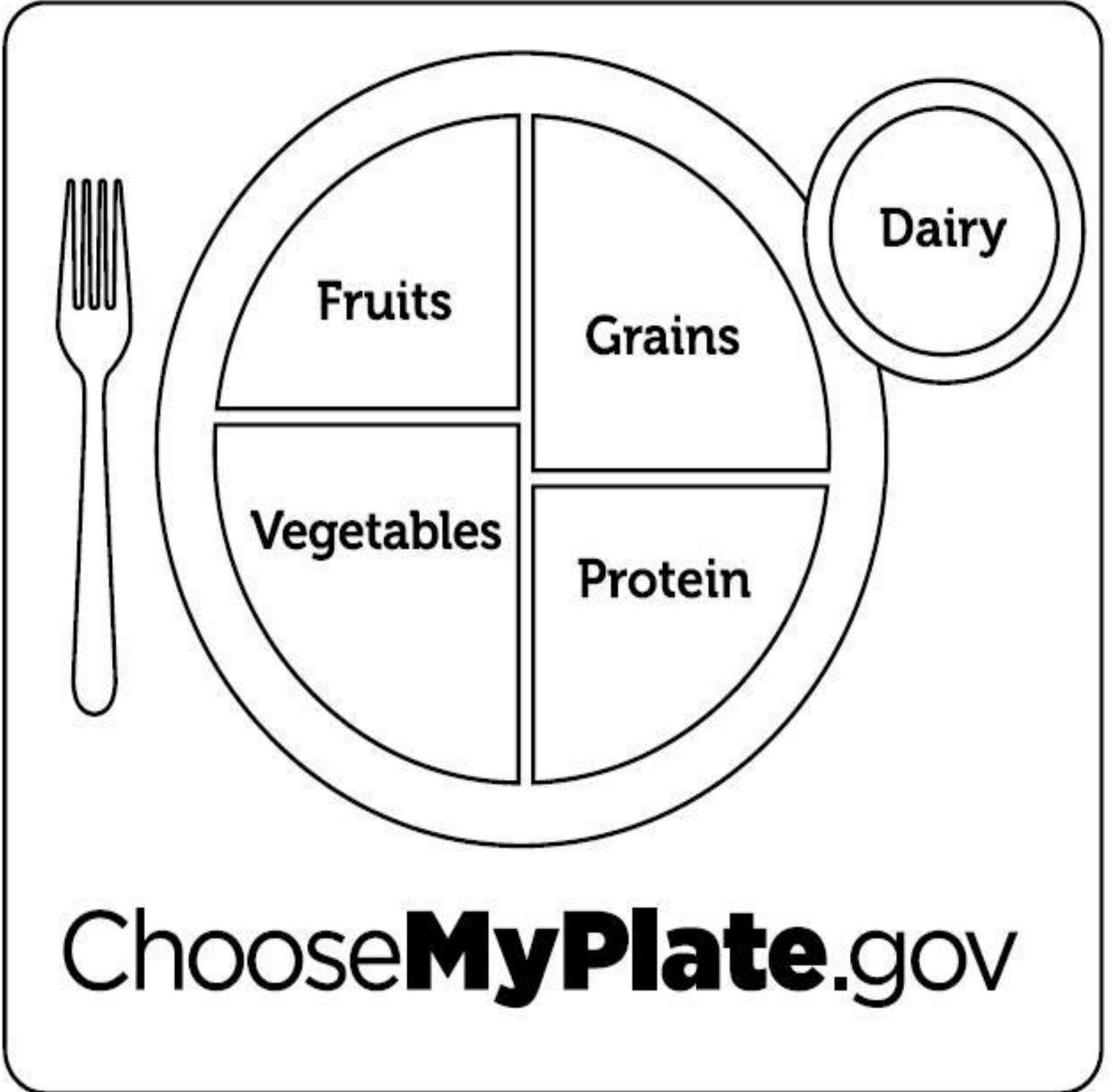
Students are to then choose how to properly display their menus at home. Your display method will determine the method for how your project is presented to the teacher for grading. Some ideas are below:

- In a notebook or folder
- On a poster board
- On construction paper

Bonus: Take a picture of your meals displayed at home!

Student Name _____ Daily Meals

Day of the Week: _____



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