## Healthy Choice Menu- Virtual Learning Adaption Target Grade Level: 6th-8th grade

Full Lesson Plan: <https://www.iowaagliteracy.org/Article/Healthy-Choice-Menu>

This document is meant for you, the teacher, to use to convert the lesson plan into a virtual learning module for your students. You can use the steps outlined below to create different elements of a Google Classroom or other online learning module. You can also send the steps directly to your students in a PDF, present them in a virtual meeting, or plug them into any other virtual learning platform you use. Find more virtual lessons here: [Virtual Learning.](https://www.iowaagliteracy.org/Tools-Resources/Other/Virtual-Learning)

|  |  |
| --- | --- |
| Engage | Start by reading the linked Iowa Ag Today Issue 2: Food, Health & Lifestyle. You will need to scroll down and make sure to read Issue 2.   * [Iowa Ag Today Issue 2: Food, Health & Lifestyle](https://www.iowaagliteracy.org/Tools-Resources/Publications/Iowa-Ag-Today-Elementary-Edition) |
|  | Next, review the MyPlate Food Guide. Take notes in your notebook or piece of paper on a few foods that would fall into each category.   * [MyPlate Food Guide](https://www.choosemyplate.gov/) |
| Explain | Look at one of the following menus. While looking at the menu, type the different foods that you see and highlight what color of food group they belong to match the MyPlate food guide. (Example: milk would be highlighted blue). Turn the document in to your teacher when you are done.   * [Menu 1](https://www.cpk.com/Menu) * [Menu 2](http://www.menuclub.com/californiarestaurantguide/orcuttrestaurants/kaysorcuttcountrykitchen-6928.php) |
| Elaborate | Now you are going to create your own restaurant and menu. First, think of a unique restaurant name! Then decide on 4-5 healthy menu options. Create a document with the information including restaurant name and menu options. You can reference the MyPlate Food Guide for healthy menu options. |
| Evaluate | Finally, put the finishing touches on your menu. Add photos of the dishes, prices, and descriptions of the food. Use the menus that you looked at earlier to estimate prices. Look at the descriptive language they used and do the same for your dishes, using adjectives, adverbs, and specific nouns to entice the customer and mention color and presentation. |