

# Menu Planner

## Summary

In this lesson students will be creating a blog of meals that they have prepared and cooked at home. This will be done after the student have learned about the basic nutrients and how much they need in a day. This will be a month long project in which the students choose one meal a week to post about.

All meals will need to be under a certain amount of calories and with the proper proportions of fat, protein and carbohydrates.

This will create better retention of what we have learned in class because they will have created something from scratch and post about it in a fun and creative way. It will also give me an easy way to grade what they have done at home as they will be submitting the link to me for grading.

## Main Core Tie

Health Education II (9-12)

[Strand 5: NUTRITION \(N\) Standard HII.N.1](#)

## Time Frame

2 class periods of 45 minutes each

## Group Size

Individual

## Life Skills

Thinking & Reasoning, Communication

## Materials

Computer

Internet

Basic cooking utensils and food

## Background for Teachers

A teacher needs to know the basics of nutrition and how it applies to the body. The teacher also needs to have a class blog set up so the students can post their menu ideas.

## Student Prior Knowledge

Students will have needed to have lessons on the six basic nutrients as well as the new myplate.gov. This information is important to know previously because their meals have to be within their own personal recommendations. Students will also need to know how to use the class blog for posting their pictures and cooking instructions.

## Intended Learning Outcomes

Students will be able to cook three meals that total the amount they need for the day based on the guidelines given by [choosemyplate.gov](http://choosemyplate.gov). They will also be able to post their recipes to a class blog which will detail the nutrients in each of the meals and how to cook the meals.

## Instructional Procedures

**Day 1** On day one come up with a breakfast that fits within the healthy recommendations on choosemyplate.gov that we went over in class. Document the cooking of your recipe and all of its nutrients.

**Day 2** On day two come up with a lunch that fits within the healthy recommendations on choosemyplate.gov that we went over in class. Document the cooking of your recipe and all of its nutrients.

**Day 3** On day three come up with a dinner that fits within the healthy recommendations on choosemyplate.gov that we went over in class. Document the cooking of your recipe and all of its nutrients.

**Day 4** Post a picture of each of your recipes along with the ingredients, how to cook and all of its nutritional information on the class blog and be prepared to share it in class.

## Strategies for Diverse Learners

Gifted students can add snacks to their daily menu diet and incorporate them without going over their nutritional needs.

The students that struggle can just put the nutritional information of each of their meals with out actually cooking them and documenting the recipe.

## Assessment Plan

The students performance will be assessed in their class presentation of their meals. We will access the blog in class and they will orally tell the class what they did for their three meals and how they made it fit within their recommendations. A rubric will be used to grade what they have done on the blog.

## Rubrics

[Daily Menu](#)

## Authors

[Ryan Chambers](#)

[Jared Covili](#)