



**You will need
for Activities 1 and 3:**
Food models or food
pictures from magazines
or flyers

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Lesson 4 – Lunch

Purpose: To recognize a balanced lunch and to plan nutritious lunches to take to work or school.

Instructor’s Note: Remind learners to store their lunches in a refrigerator, if possible, or use an ice pack to prevent food spoilage. Juice boxes, water or yogurt can be frozen the night before to keep the lunch cold. They will thaw by lunch.

Activity 1

Literacy Stage 1

1. Tell learners that a balanced lunch would have at least one serving from each of the four food groups.
2. Give learners some food models or pictures. Ask learners to choose food models that would make a nutritious lunch to take to work or school.
3. Have the groups talk about their food choices.



Activity 2

Literacy Stage 2

1. Tell learners that a balanced lunch would have at least one serving from each of the four food groups.
2. Hand out [Activity Sheet 2.4: Balanced Lunch](#). Have them write the name of the food under each picture. Ask learners to circle the foods that would make a balanced lunch.
3. Ask learners to read their choices out loud. Ask them why they made those choices.

Note: For some learners, especially new Canadians, the foods on this activity sheet may not be typical. If this is the case, ask the learners to describe their typical lunch. Ask them to decide if it is a balanced lunch. If not, what could they add?

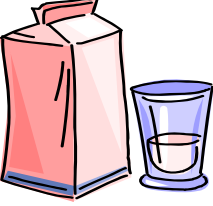
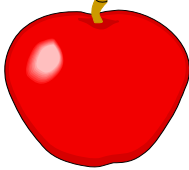
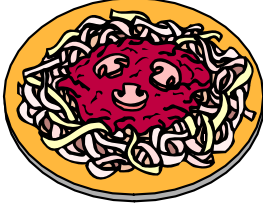


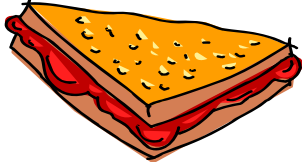
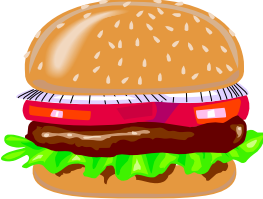


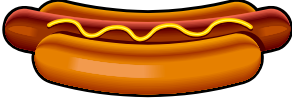
Activity 3

Literacy Stage 3

1. Tell learners that a balanced lunch would have at least one serving from each of the four food groups.
2. Give learners some food models or pictures. Ask learners to choose food models that would make a nutritious lunch to take to work or school.
3. Ask learners to write three different lunch menus.
4. Ask each learner which menu they prefer and why.

Balanced Lunch

Circle the foods that would make a balanced lunch. Write the name of the food under the picture.

 _____	 _____	 _____
 _____	 _____	 _____
 _____	 _____	 _____
 _____	 _____	 _____