

Eating Away from Home Student Package

Scenario: Jesse has after school activities 3 days this week. On the other days Jesse goes home to start on homework. Jesse needs to plan what foods to pack for the school day (lunch and 1-2 snacks), as well as an after-school snack.

Assignment:

1. **Describe Jesse** (suggested length: 1–2 paragraphs).
 - Who do you imagine Jesse to be? Make Jesse whoever you would like them to be.
 - What types of activities are they involved in? (examples might include track and field, dance, drama, band robotics)
 - List 1 dietary consideration that Jesse has. (examples might include food allergy, vegetarian, cultural and/or religious practices, likes/dislikes)
 - Research what is needed for this dietary consideration and make a few notes about it. (examples might include a list of foods they cannot eat or a list of foods they need to make sure they eat)
 - How you will plan meals and snacks around it? (In other words, how will you still offer a variety of vegetables/fruit, protein foods, and whole grain foods?)
2. **Explain why Jesse wants to plan ahead** (suggested length: 1 paragraph). Using examples shared in the classroom or ideas you come up with on your own, explain the benefits of planning ahead for Jesse. Examples may include, fueling for their activity, eating more variety, saving money, having foods you like, feeling good, etc. Please expand on these reasons to connect back to what we know about Jesse.
3. **Create a menu plan.** Use the template on the next page to plan a lunch, 1-2 snacks for during the school day, and 1 after school snack for a 5-day school week.

Tips:

- Use Canada's food guide as a guide for planning. A snack can include 1 or more foods from the guide. It is best if the general pattern of eating over the day represents the proportions modelled on the plate ($\frac{1}{2}$ vegetables and fruits, $\frac{1}{4}$ protein foods, $\frac{1}{4}$ whole grain foods), including when planning snacks.
 - Include details about the main foods in your meals and snacks. For example, instead of writing "sandwich," write "tuna sandwich with mayonnaise, lettuce and tomato on a bun, an apple and strawberry yogurt."
 - Think about which foods need to stay hot or cold and how best to pack them (examples might include using a thermos or an ice pack). Make note of this on your menu.
4. **Write a grocery list** (use template). List the foods Jesse will need for the upcoming week based on the menu plan.
 5. **Submit your work.** Submit steps 1 and 2 in a typed write up, along with your menu and grocery list.

Optional (1 page). Use print media or a digital program to create a 1-page poster encouraging fellow students to plan ahead and pack a variety of foods for school and activities. Focus your information on 1 of the key messages you learned during this unit.

Eating Away from Home Menu Planner

Dietary consideration: _____



	Lunch	1-2 Snacks for school	After school snack Note which days Jesse has an after-school activity	Things to remember Include preparation notes and reminders for food safety.
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Grocery List for Lunch and Snacks

Vegetables / Fruits

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<input type="checkbox"/>	<hr/>	<input type="checkbox"/>	<hr/>
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Protein Foods

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Grain Foods

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<input type="checkbox"/>	<hr/>
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Other Ingredients

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