

# Using Your Imagination to Meal Plan

## Objective of Activity

To have students practice meal planning for different situations.

## Teacher Background Information

- Canada's Food Guide  
<https://food-guide.canada.ca/en/>

## Material Required

- “Using Your Imagination” activity sheet

## Instructions

1. Organize students into small groups of 2–3 people.
2. Give each group one of the three situations (there will be more than one group for each situation).
3. Let students work together to come up with the snack or meal ideas.
4. Have a student from each group write one of their ideas on the board and discuss the imaginative ideas. Encourage students to explain why they chose the foods they did.

## Using Your Imagination to Meal Plan | 2

### Using Your Imagination

#### Situation 1:

You and your younger sister normally get home from school a few hours before supper. After the long bus ride home, both of you are usually very hungry and need a snack.

Think of two different snacks you could make for you and your sister. Include vegetables and fruits, whole grain foods, and protein foods.

Snack 1 \_\_\_\_\_

Snack 2 \_\_\_\_\_

#### Situation 2:

Every Saturday morning you have practice at 7:00 am. You feel rushed trying to dress, eat breakfast and get ready for 6:30 am. There have been times when you have decided to skip breakfast for 10 minutes more of sleep. To try and avoid this, think of two quick and nutritious breakfasts that include vegetables and fruits, whole grain foods, and protein foods.

Breakfast 1

---



---

Breakfast 2

---



---

#### Situation 3:

Now that you are in grade 4 your mother has asked you to make your own lunch. She says you can put what you like as long as your choices are healthy ones. Think of two different well-balanced lunch menus. Make sure to use a variety of foods in a number of creative ways. Include vegetables and fruits, whole grain foods, and protein foods.

Lunch 1

---



---

Lunch 2

---



---