

**Workshop 8: Food: The Good, the Bad, and the Gross****Quick Project****Healthy Menu**

*A healthy menu makes it easier to eat right.*

**Project:** Make a menu for one day of healthy eating.

**Procedure****1. Outline ideas.**

Write “Breakfast,” “Lunch,” “Snack,” and “Dinner” down the left side of a piece of paper. Then write down healthy food ideas for each category. For example, you might write “PB&J sandwich” as one of your lunch items.

**2. Create a menu.**

Look at the ideas you came up with.

- Is there variety in your menu? For example, don’t choose eggs for breakfast and an egg salad sandwich for lunch.
- Does your menu seem tasty? Don’t include broccoli if you don’t really like it! It’s easier to follow a healthy menu if it includes foods you like. Cross off and add items as necessary.

**3. Present your menu.**

Write a final draft of your menu. Share it with others. Do they agree that it’s healthy? Do they have suggestions for other healthy foods you might like? Do your best to stick to your menu.