

# Brown Bagging It

middle school - adult

## Activity Synopsis

Each participant is provided with a lunch bag containing an assortment of **Food Models** representing a meal. Using their knowledge of the Five Food Groups, students modify the meal.

## Activity Outcome

Students will be able to modify a meal to include foods from the Five Food Groups.

## Materials

- **Food Models**
- Lunch bag (one for each participant)

## Advance Preparation

- Select **Food Models** for use in Step 1.
- Place five to seven **Food Models** in each lunch bag. Each bag should contain foods from only four of the food groups, plus an additional food or two. (Do not use Combination Foods for this activity) For example, one bag might contain milk, celery sticks, carrot, apple, two slices of whole wheat bread, and potato chips; a Meat Group food is missing.

## Teaching Plan

1. Explain that the first step in eating a nutritious diet is to select foods from the Five Food Groups. Using the Eat The Five Food Group Way!™ Chart, (inside the educational insert included with the **Food Model** set). Review the following facts:
  - The foods included in each food group.
  - The key nutrient supplied by each food group.

Review the “Others” category.

Let students know that an easy rule of thumb for selecting a nutritious meal is to choose foods from at least three food groups making sure to include all food groups daily.

2. Distribute a lunch bag to each participant. Let them know that each bag is missing a food from one of the food groups.
3. Check for understanding by asking students to hold up all foods in their bag from the Milk group. Go through the other food groups in the same way.

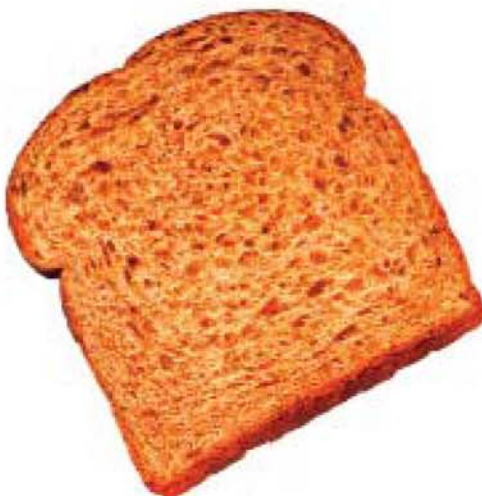
## Variations

In each lunch bag, place five to seven foods which make up a typical meal. Have other **Food Models** available for substitutions. Depending on the interests of the group, one of the following challenges could be given:

- to increase the amount of calcium in the meal
- to increase the amount of iron in the meal
- to reduce the number of calories in the meal
- to plan a meal that fits within a daily fat budget
- to decrease the amount of sodium in the meal

Students examine their foods and the nutrient values on the back, suggesting ways to modify the meal.

This activity could also be used in nutrition counseling, to help clients modify a menu to suit their particular health/nutrition problems.



WHOLE WHEAT BREAD  
1 slice (1 ounce)



BABY CARROTS  
1/2 CUP



2% REDUCED FAT MILK  
1 cup



celery  
1 STALK



GRANOLA BAR  
1 ounce



APPLE  
1 medium