

NUTRITIOUS CELEBRATIONS



AGE RANGE

10–13

OVERVIEW

Students will work in groups to design the most nutritious menu possible for a meal to celebrate a special event or celebration. Each group will strive to follow nutritional guidelines and stay within preset budgets as they prepare their own celebratory menus. Students will then review each other's menus as they consider trade-offs between taste, cost, and nutritional value.

TIMING

45–60 minutes

OBJECTIVES

Students will:

- Understand the connection between nutritious food choices and noncommunicable diseases
- Explain their view on the relationship between food and celebrations
- Create a celebratory meal that adheres to nutritional guidelines and budget restrictions
- Compare various celebratory menus as they evaluate the relationship and trade-offs between taste, cost, and nutritional value

MATERIALS NEEDED

- Pencils, one per student
- Crayons or markers, one set per group
- Poster board, one per group
- Masking tape, three pieces per group
- Dry erase marker or chalk, one for the volunteer(s)

For more information about the Future Well Kids programme, please email
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