



**brighter**bites®

## **Healthy Topic: Healthy Meals**

Choose a suggested activity below or create your own:

- **Choose** one fruit or veggie and discuss how it could be made as part of a main dinner dish. Ask the students to share their favorite vegetable side dish.
- **Show** what filling half a plate with fruits and vegetables looks like using MyPlate.
- **Design** a healthy lunch or dinner using examples or a variety of fruits and veggies.
- **Create** a healthy dinner menu by dividing the class into 3 groups: one group focuses on the appetizer, one group focuses on the entrée, one group focuses on the dessert with no added sugars; allow your students to present what they created.