

# Plan: Know What's for Dinner

This activity can be used as a summary and reinforcement of concepts at the end of the *Plan: Know What's for Dinner* lesson or as a review at the beginning of the following lesson.

### Print Instructions

1. Print "7-Day Menu Planner" handout:
  - a. Print one per team to use during the activity.
  - b. Print one per participant to record their favorite menu plans.
2. Print "What Do I Have on Hand?" handout, one per team.
3. Print one spinner game piece or use spinner game piece provided. Hole-punch center of game piece as marked. Insert spinner through hole in center.

### Materials to Play

- Grocery store ads
- "What Do I Have On Hand?" handout, one per team
- "7-Day Menu Planner"
  - a. One per team
  - b. One per participant
- Pencils, one per participant
- Menu Plan Spinner
- Timer
- Tape

### Educator Instructions

1. Obtain grocery ad paper. (Obtain enough for the size of the group. Paper can be reused for this activity, however the activity will be more relevant if the ads are current and from a store accessible to participants.)
2. Divide the group into no more than four teams.
3. Keep time during the activity.
4. Review game instructions with participants.

### Discussion Points

Be sure to reinforce concepts taught in lesson.

- Encourage participants to try their favorite meals from the activity at home.
- Remind participants that meal planning includes both foods that you have on hand and those from the grocery store.
- Encourage participants to use grocery store ads to select foods that are on sale and in-season to save money.
- Remind participants to stick to their plan during the week.
- Remind participants to plan for leftovers.

### Health Fair Display

Print and assemble spinner and display on table. Title the display *Plan: Know What's for Dinner*. Print and laminate copies of seven-day menu planners. These can be written on with dry erase markers and erased for repeated use. Ask visitors what their favorite meal to cook at home is. Allow visitors to spin the spinner. Instruct visitors to create a meal containing all five *MyPlate* food groups using grocery ad paper and the "What Do I Have on Hand?" handout. The meal should correspond with the category landed on. After one minute, ask visitors to share their meals and discuss how they can save money by selecting foods that are on sale and in-season. Invite visitors to your next class and provide a participant brochure with your contact information. Share your social media site and invite them to "like" your page.

# Eating Smart at Home—Plan: Know What's for Dinner

## Plan: Know What's for Dinner, continued

### ACTIVITY INSTRUCTIONS

**OBJECTIVE:** Using the foods contained in grocery ads and the “What Do I Have On Hand?” handout, create a meal for each day of the week that contains all five *MyPlate* food groups.

**WINNER:** None

**TO PLAY:** This activity is played in teams. Each team has a grocery ad, “What Do I Have On Hand?” handout, and a seven-day menu planner. Activity should continue for seven rounds, one round for each day of the week.

#### INSTRUCTIONS:

1. Give each team “7-Day Menu Planner” and “What Do I Have on Hand?” handouts. Provide pencils and grocery ads to each participant.
2. Allow teams two minutes to review grocery ads and the “What Do I Have On Hand?” handout prior to beginning.
3. Educator begins by spinning the spinner.
4. Using foods from the grocery ads and “What Do I Have On Hand?” handout, teams have one minute to plan a healthy meal based on the day of the week and category the spinner lands on. A healthy meal includes all five *MyPlate* food groups.
5. If the menu includes a combination food such as spaghetti, the group writes the name of the food to the side of the day and separates the ingredients into the appropriate food groups. Using Spaghetti as an example—Grain: Whole grain spaghetti noodles; Protein: Ground turkey; Vegetables: Tomato sauce, green peppers, onion, and zucchini.
6. After one minute, teams share their menu plans and discuss which items were on sale.
7. Activity should continue for six more rounds. If the spinner lands on a category twice, spin again. If spinner lands on the “No Cook Meal” space, players may enter a menu for this theme on any day of the week.
8. After seven rounds, post each group's menu plan at the front of the room. Allow participants to record their favorite menus from the ones developed during class on their own copy of the seven-day menu planner.



## What Do I Have on Hand?

### In the Pantry

- Canned vegetables
  - 1 can green beans
  - 1 can pinto beans
  - 1 can diced tomatoes
  - 1 can carrots
- Canned fruit
  - 1 can pineapple chunks
- Canned meat
  - 1 (5-ounce) can tuna
- Dry
  - 1/2 (1-lb) bag lima beans
  - 1/2 (1-lb) bag brown rice
  - 1/2 (18-ounce) container whole oats
  - 1/2 (5 lb) bag all-purpose flour
  - 1 (8-ounce) can cooking spray
  - 1 (16-ounce) bottle apple cider vinegar
  - 1 (16-ounce) jar peanut butter
  - 1 sweet potato
- Spices
  - Salt
  - Black pepper
  - Garlic powder
  - Cumin
  - Italian seasoning

### In the Fridge

- 1 (8-ounce) block cheddar cheese
- 2 eggs
- 1 red apple
- 1/2 (32-ounce) bottle ketchup
- 1/2 (14-ounce) bottle yellow mustard
- 1/2 (16-ounce) bottle Ranch dressing
- 1 (6-ounce) cup vanilla yogurt
- 2 pieces (breast and thigh) leftover chicken

### In the Freezer

- 1 pound ground beef
- 1 (10-ounce) package frozen spinach
- 1 (10-ounce) package mixed vegetables
- 1 (10-ounce) package mixed berries



## 7-Day Menu Planner

### Monday

**Grain** \_\_\_\_\_

**Protein** \_\_\_\_\_

**Vegetable** \_\_\_\_\_

**Fruit** \_\_\_\_\_

**Dairy** \_\_\_\_\_

### Tuesday

**Grain** \_\_\_\_\_

**Protein** \_\_\_\_\_

**Vegetable** \_\_\_\_\_

**Fruit** \_\_\_\_\_

**Dairy** \_\_\_\_\_

### Wednesday

**Grain** \_\_\_\_\_

**Protein** \_\_\_\_\_

**Vegetable** \_\_\_\_\_

**Fruit** \_\_\_\_\_

**Dairy** \_\_\_\_\_

### Thursday

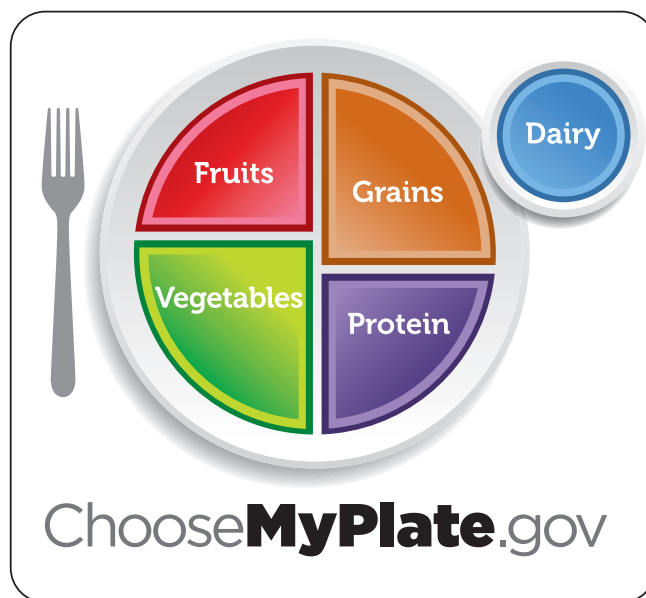
**Grain** \_\_\_\_\_

**Protein** \_\_\_\_\_

**Vegetable** \_\_\_\_\_

**Fruit** \_\_\_\_\_

**Dairy** \_\_\_\_\_



### Friday

**Grain** \_\_\_\_\_

**Protein** \_\_\_\_\_

**Vegetable** \_\_\_\_\_

**Fruit** \_\_\_\_\_

**Dairy** \_\_\_\_\_

### Saturday

**Grain** \_\_\_\_\_

**Protein** \_\_\_\_\_

**Vegetable** \_\_\_\_\_

**Fruit** \_\_\_\_\_

**Dairy** \_\_\_\_\_

### Sunday

**Grain** \_\_\_\_\_

**Protein** \_\_\_\_\_

**Vegetable** \_\_\_\_\_

**Fruit** \_\_\_\_\_

**Dairy** \_\_\_\_\_