

Planning a Healthy Menu

Parents: Use the [Healthy Eating Pyramid Activity Sheet](#) as a basis for discussing what a balanced menu might look like over the course of a day. Then look at these menus together and decide how they need changing. Finally, plan a healthy day's meals for the family -your child could cook the meals with you. Remember that you don't need to cover all the groups in every meal - as long as they are covered over the course of a day or a few days, that is fine. It's also sensible to encourage your child to understand that no food is 'bad' and that it's OK to have fatty and sugary foods occasionally, just not too often. Everything in moderation!

Planning a Healthy Menu

Sam and Sally are setting up a new healthy-eating café. Here are some of the menus they are planning. Help them to decide whether these menus cover all the food groups – use your Healthy Eating Pyramid to remind you. You could use coloured pens or highlighters to mark the different foods according to which group they belong to. Underneath each menu, tell Sam and Sally what they should add and what they should take away from their menus.

Monday

Breakfast

Beans on toast

Lunch

Ham sandwich on brown bread

Crisps

Yoghurt

Dinner

Roast chicken

Potatoes

Carrots and peas

Ice cream and toffee sauce

Snack

Cherry tomatoes

Drink

Milk

What makes this a healthy menu?

What could Sam and Sally change on this menu?

What could they serve instead?

What makes this a healthy menu?

What could Sam and Sally change on this menu?

What could they serve instead?



Tuesday

Breakfast

Wheat shreds and milk

Lunch

Lentil and vegetable soup

White bread roll

Fruit salad

Dinner

Pasta with tomato sauce

Grated cheese

Salad

Apple crumble and custard

Snack

Chocolate muffin

Drink

Fresh orange juice

What makes this a healthy menu?

What could Sam and Sally change on this menu?

What could they serve instead?

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What could they serve instead?



Wednesday

Breakfast

Scrambled eggs on a bagel

Lunch

Veggie bean casserole

Banana

Dinner

Chicken nuggets

Chips

Snack

Slice of wholemeal toast with spread

Drink

Cola

What makes this a healthy menu?

What could Sam and Sally change on this menu?

What could they serve instead?

What makes this a healthy menu?

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What could they serve instead?



Thursday

Breakfast

Cheese on toast

Lunch

Roast beef and salad roll

Rice pudding

Dinner

Stir-fried chicken and vegetables

Brown rice

Snack

Bag of sweets

Drink

Sparkling water

What makes this a healthy menu?

What could Sam and Sally change on this menu?

What could they serve instead?

What makes this a healthy menu?

What could Sam and Sally change on this menu?

What could they serve instead?



Now design your own healthy menu to serve at home. Include some of your favourite meals and foods, and think of ways that you could make it healthier, for example by choosing whole wheat bread or pasta, including milk or adding in extra fruit or vegetables. Decorate your menu with bright colours and pictures.

_____ 's Healthy Menu

Breakfast

Lunch

Dinner

Snack

Drink