



Dart's Dish on healthy eating!

Meal Planner



Materials: paper, pencil/pen.

Age(s): preschoolers and older

Directions: When grandma visits (or any other favorite relative or friend), the children may help plan the family menu for a well-balanced breakfast, lunch, or dinner. Discuss what is chosen and how it should be cooked or prepared.

Modification: During meals have the children serve as waiters/waitresses and have them take orders, get drinks, and deliver meals to the table.

FAMILY ENGAGEMENT