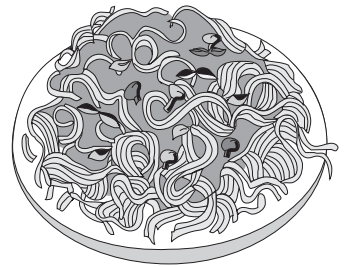
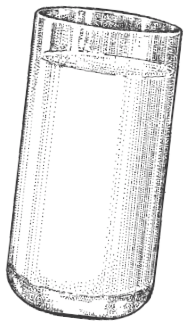


# MyPlate Café

Create a restaurant menu with healthy options for breakfast, lunch, and dinner. Be sure to include choices from all the MyPlate groups.



From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics).

Lesson 16, Grade 3