

Creating a Nutritious Healthy Menu for Children

We've been studying the importance of nutrition and children. Using your book, internet, and other resources you need to:

1. Create a menu for 3 days for children ages 3-5 or 6-12.
 - a. Note the age group you selected.
 - b. Your menu should include Breakfast, Snacks (a.m. and p.m.) and Lunch.
 - c. Should be based on a 1800 calorie
 - d. Include a menu item for picky eaters
 - i. See your picky eaters article
 - e. Include a meal that is culture-sensitive
 - i. Tell me the culture
 - f. Include the meal times
 - g. Include alternative options for kids with diabetes
 - h. Include an allergy-sensitive item
 - i. Include if there are safety concerns with any meal item (ie choking, allergy, etc.)
 - j. Include the serving size
2. Your menu should incorporate the different food groups and each meal should be nutritious and healthy.
3. Include at least 5 pictures to that illustrate your food items for your meal plan.
4. Include one way to make the meal fun.

Remember, your meals should include different textures, flavor, color and different food forms (see your book for more information)

