

## Objective

By the end of this lesson, the student will understand the basics of meal planning, including how to create a weekly meal plan, the importance of balanced nutrition, and how to incorporate personal preferences and dietary needs into their planning.

## Materials and Prep

- Notebook or paper for planning
- Pencil or pen
- Access to a computer or smartphone (optional for recipes)
- Sample meal plan templates (can be drawn or printed)
- Basic knowledge of food groups (fruits, vegetables, grains, proteins, dairy)

## Activities

- **Brainstorming Favorite Meals:** Start by listing favorite meals and snacks. This will help the student consider what they enjoy eating and want to include in their meal plan.
- **Creating a Balanced Meal Plan:** Using the favorite meals list, the student will create a simple weekly meal plan that includes breakfast, lunch, dinner, and snacks for each day, ensuring to cover all food groups.
- **Exploring Recipes:** The student can select one or two meals from their plan and find simple recipes online or in cookbooks. This will help them understand how to prepare the meals they love.
- **Shopping List Creation:** After finalizing the meal plan, the student will create a shopping list of all the ingredients needed for the week, teaching them how to organize their grocery shopping.

## Talking Points

- "Why do you think meal planning is important? It helps us save time and eat healthier!"
- "Can you name the five food groups? Remember, we want to include a variety of foods!"
- "What meals do you enjoy the most? Let's make sure to include those in our plan!"
- "How can we make sure our meals are balanced? We should aim to have proteins, carbs, and veggies!"
- "Why is it helpful to have a shopping list? It helps us buy only what we need and avoid waste!"
- "What are some healthy snacks we could add to our meal plan? Snacks can be fun too!"
- "How can we adjust our meal plan if we have a busy week? We might want to plan for quick meals!"
- "Have you ever tried cooking a new recipe? It can be exciting to try new foods!"
- "How do you feel about cooking? It's a great skill to learn!"
- "What if we have dietary restrictions? We can plan meals that fit those needs!"
- "How can we involve family members in our meal planning? It can be fun to cook together!"
- "What do you think is the best part about meal planning? It can help us eat healthier and enjoy

our meals more!"