



Name: \_\_\_\_\_

## Food Math Menu

Use the *Food Math Choices* sheet to create a one-day menu for Jason. Make sure he gets all the food he needs from each group. Explain why you selected the various foods for each meal.

Meal	Menu	Explanation of Choices
Breakfast		
Lunch		

Name: \_\_\_\_\_

<b>Meal</b>	<b>Menu</b>	<b>Explanation of Choices</b>
Snack		
Dinner		

Name: \_\_\_\_\_

### Food Math Menu Reflection

1. According to your menu, how many ounces of each food group will Jason eat?

Grains \_\_\_\_\_

Fruits \_\_\_\_\_

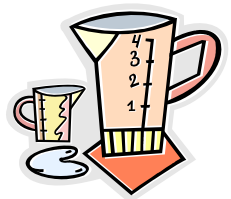
Vegetables \_\_\_\_\_

Milk \_\_\_\_\_

Meat and Beans \_\_\_\_\_

Does this meet the recommended amount? \_\_\_\_\_

2. Review your menu and think about the amount of food and types of foods you listed. Was it easy or challenging to meet the recommended amounts for each food group? Explain.



3. Fruits and vegetables are extremely good for you. Think about the menu you created. Could you realistically eat more fruits and/or vegetables in one day? Explain.

