

Cooking Fun

1. Name the four food groups.
 - a. Collect pictures from each of these food groups.
 - b. Use your pictures to make a collage or poster to be displayed at your club, school or church.
2. Describe a complete, balanced daily menu.

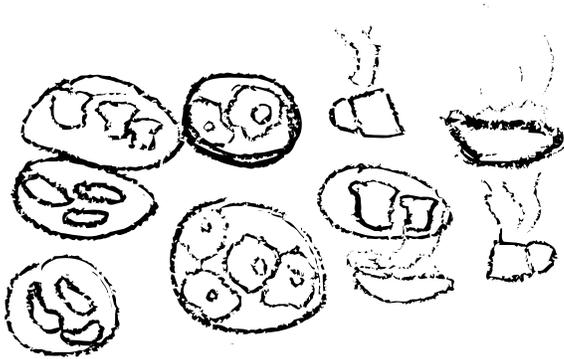
OR

Compose a complete dinner menu.

3. Help prepare, serve, and clean up a four-course dinner.
4. Make two different kinds of sandwiches.
5. Prepare two different salads.
6. Help to prepare and pack a picnic lunch.
 - a. Include foods from the four food groups.
 - b. Share this picnic with family or friends.



Grade 2



Helps

1. **Vegetable-fruit group:** Citrus, tomatoes, peppers, melons, cabbage, berries, dark-green or deep-yellow vegetables, potatoes, etc.
Bread-cereal group: Breads, cereals and other grain products made from whole, enriched or restored grains.
Protein group: Dried beans, dried peas, lentils, garbanzos, nuts, peanuts, peanut butter, eggs, soy cheese, and vegetable proteins.
Milk group: Whole, evaporated, or skim milk, reconstituted dry milk, buttermilk, soybean milk, cottage cheese, yogurt.
Resources: Magazines and seed catalogs
2.
 - a. **Vegetable-fruit group:** four or more servings daily
Bread-cereal group: four or more servings daily
Protein group: two or more servings daily
Milk group: children need three to four cups, adults need two or more daily
 - b. Dinner Menu: Soup, salad, entree, vegetables and dessert.
3. This dinner can be the result of requirement #2. Helping make the dinner and clean up are fun experiences. Give a special hug to the child.
4. Make two sandwich fillings or use prepared items such as jam, peanut butter, etc.
5. Make a simple relish tray and/or a tossed or jelled salad. Encourage creativity.
6. Prepare a picnic lunch and go on that picnic with your group, even if it is just under a tree on the church lawn.

Resources

Betty Crocker's New Boys and Girls Cookbook, Golden Press, New York, or other children's cookbooks.