

# 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.

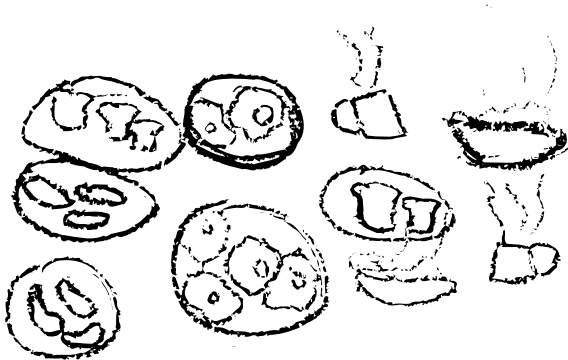
**OR**

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.



## Sunbeams



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