

COOKING & EATING INSTRUCTIONS

Supplies: Pre-made packets of place settings and paper food for each boy, glue, tape, pen, copies of food pyramid

Foods: <http://www.makingfriends.com/dinner.htm>

Go to Making Friends.com, “What’s for Dinner?” for paper food to cut out for this project

Present in the order outlined below:

Food Pyramid – Achievement 8A

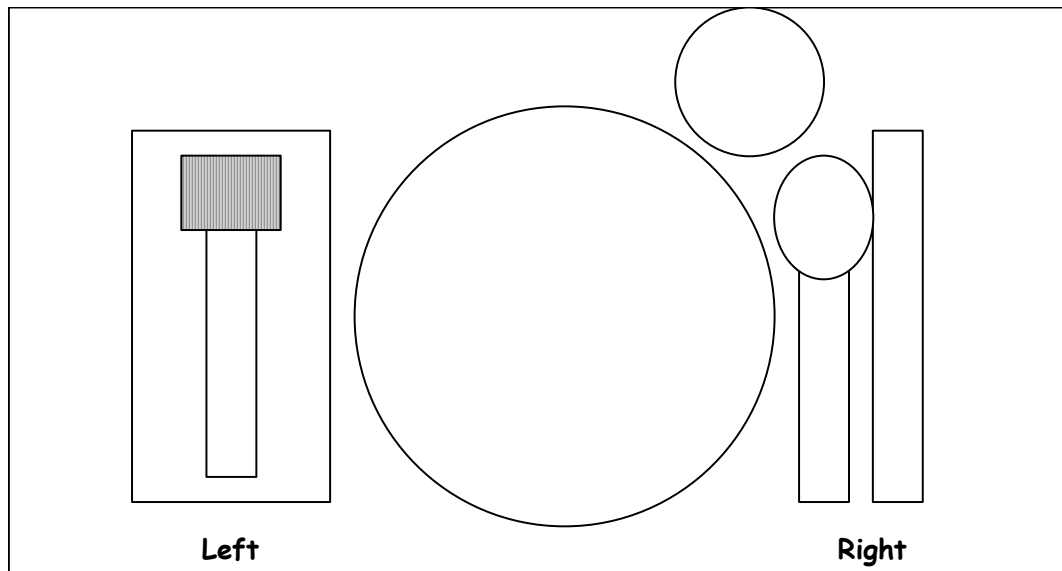
- Discuss the levels of the food pyramid
- Handout copies of the pyramid to the boys

Setting the Table – Achievement 8C

- Give each boy a bag with: plate, plasticware, plastic cup, napkin, placemat (construction paper), and paper ‘food’.
- Help boys glue/tape down their place settings in the proper order.
- Write the words “Left” and “Right” on the placemat.

How to remember which side it goes on (tell this to the boys and repeat it a couple of times while helping them stick everything onto the placemat):

- **FORK – LEFT (both have 4 letters)**
- **KNIFE, SPOON, GLASS – RIGHT (all have 5 letters)**



Food Groups – Achievement 8B

- Use the paper ‘food’ in the separate bags to prepare a balanced meal. Tape ‘food’ onto plate.
- Discuss other balanced meals such as breakfast items.