

ReFresh Classroom-to-Cafeteria Lessons and Modifications

October:

- *Apple Tasting* (introductory lesson): Identify a day when apples will be available in the cafeteria. Taste two varieties of apples in the classroom and instruct students to taste the third in the cafeteria to complete the sheet.
- *ChooseMyPlate.gov website* (optional activity): Encourage students to use Meal Tracking Worksheet in the cafeteria for a week to assess how much of each food group they are getting through school meals.



December:

- *Party Placemats* (optional activity): Encourage students to use placemats in the cafeteria.

January:

- *What's for Lunch* (optional activity): Work with teachers and cafeteria staff to ensure posters can be displayed in the cafeteria. Encourage students to verbally promote fruits and vegetables to other students as well.

February:

- *Rethink your Drink* (reinforcement lesson #3): Collect various beverages from cafeteria (milk options, juices, other beverages) and calculate how many teaspoons of sugar they contain (4 grams of sugar=1 teaspoon). Count out teaspoons of sugar contained in each beverage.

March:

- *Nutrition Notebook*: Write a letter to the Food Service Director about purchasing a favorite fruit or vegetable from a local farm OR asking them what foods they currently purchase locally, and from what farms.

April:

- *Cafeteria Menu Makeover* (optional activity): If the school participates in breakfast in the classroom, use labels on pre-packaged items to inform the menu makeover discussion.