

## Make a happy meal

**Studies show that growing portion sizes are a major factor in rising rates of obesity. Encourage children in your setting to try new foods and eat healthily with this week's activity - making 'happy meals'.**

Staff can observe and understand each child's food preferences and portion choices, and encourage children to discuss their food choices.

### Resources

- Brown paper bags or small boxes
- Coloured pencils, crayons, felt tips or paints
- A selection of foods from the main five food groups
  1. Bread, rice, potatoes and pasta
  2. Fruit and vegetables
  3. Milk, cheese and yogurt
  4. Meat, fish, eggs, nuts and pulses
  5. Foods high in fat and sugar.



### Activity outline

- Inform the group that they will be making their own 'happy meal' and that they will be able to eat them for lunch or tea
- Provide each child with a brown bag/box and ask them to decorate them in any way they wish using a range of resources
- Provide a range of foods for the children to choose from, from each of the five food groups e.g. bread, breadsticks, rice cakes, fruit, cheeses, yogurt, ham or slices
- Allow the children to select food and quantities to place into their pre-decorated bag or box
- Have a member of staff sit with a group of children to enjoy their 'happy meals' together whilst encouraging them to talk about the choices they made.

### Special considerations

*Ensure a risk assessment is carried out prior to beginning the activity taking into consideration the food being offered, considering any special diets or allergies of the children taking part.*