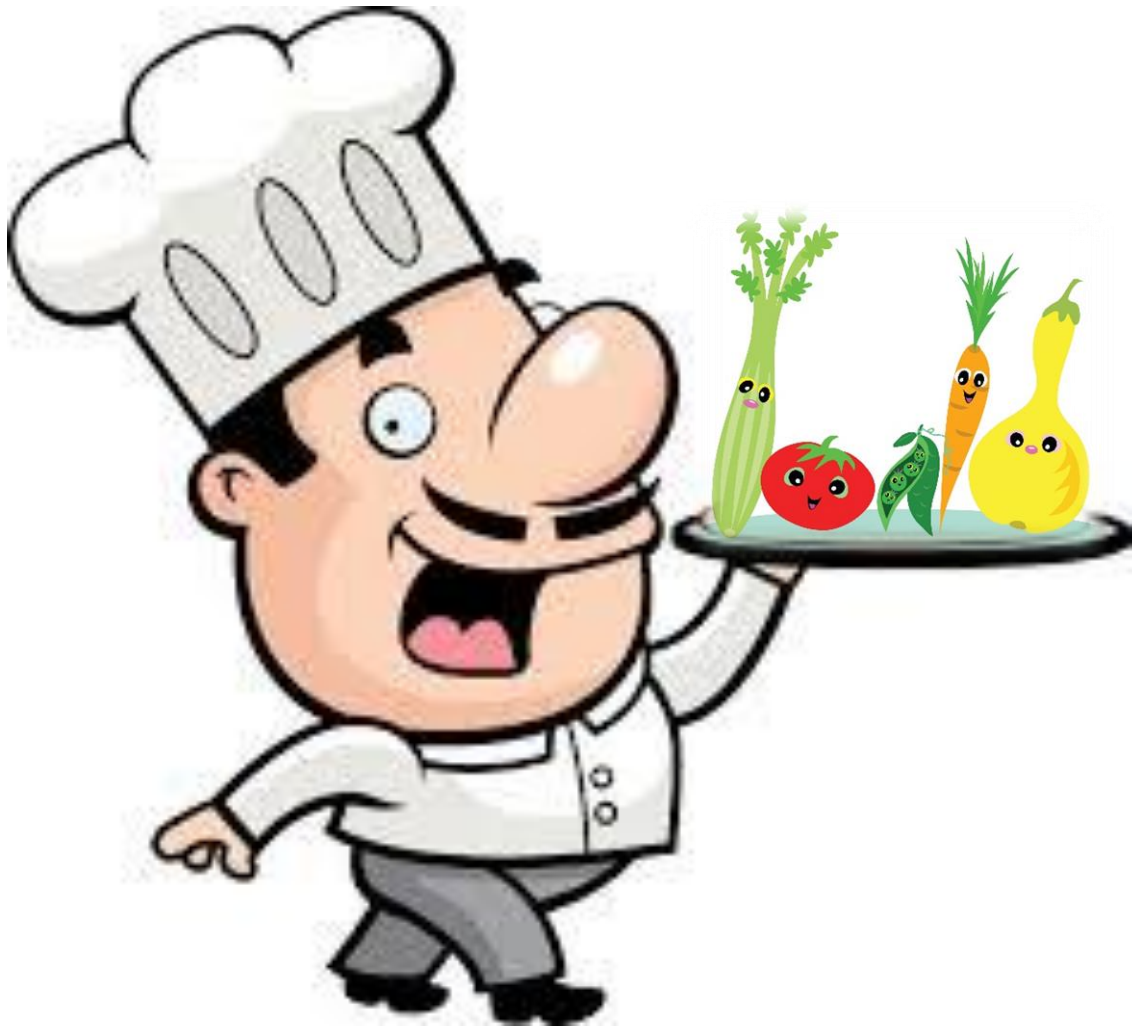


# Order's Up!



Performance Task: Grade 5

# Help Wanted!

Summer is right around the corner! ☀️ Rumor has it that the new restaurant opening up downtown, "Lettuce Eat" will hold a grand opening in a few months but they need some help with their menu. The chef they hired is too busy with his restaurant in Paris, France so they need to hire an expert chef help to address this problem. The manager, Mr. Jones, wants to promote healthy living and nutritionally balanced food choices for kids.

Since we have been learning about the human body and nutrition, the manager at the restaurant has asked us to gather our finest chefs for the job. Think you are up to the challenge?

To prepare for the grand opening, you will work through the following tasks. Each one will become part of your final portfolio to give Mr. Jones. During your proposal for "Lettuce Eat" Mr. Jones will be looking for the following:

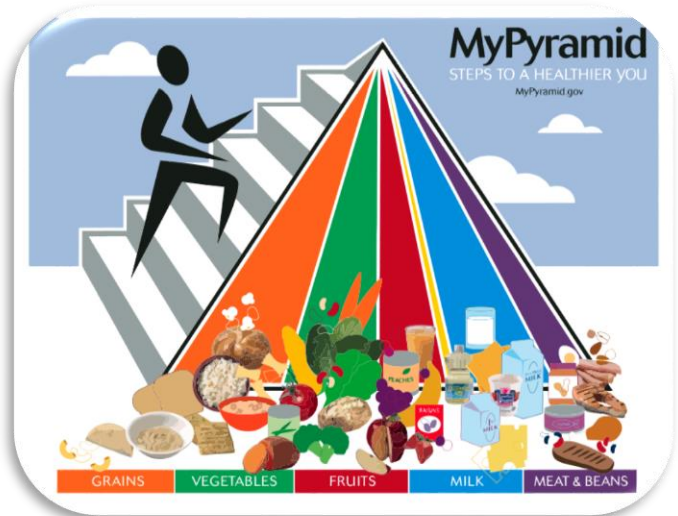
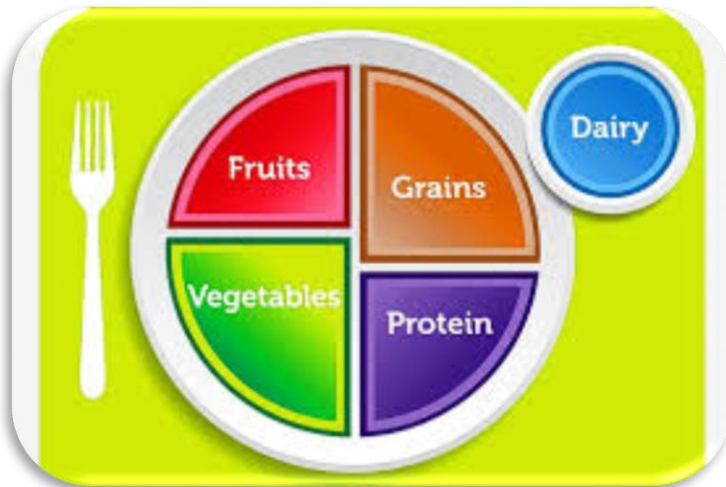
1. Mr. Jones is looking for a way to teach people about the importance of good nutrition and healthy living. You will first **research** and become an expert in the USDA Food Pyramid and reading food labels.
2. Then, you will design a **brochure** to handout to people that come into the restaurant to promote good nutrition and address the problems associated with poor eating.
3. Next, in your 'Chefs Journal' you will write about **two** health problems that could arise as a result of poor nutrition and provide suggestions as to how these could be avoided or resolved.
4. After, propose a well-balanced menu for the **three day** grand opening in a few months. Use the USDA Food Pyramid Guidelines as well as your knowledge about food labels, to design a plan for three days including three main meals (breakfast, lunch, and dinner) as well as three desserts. *Oh, and did he mention that it must be tasty and appealing to kids?*
5. Finally, write a letter to the manager explaining why he should choose your menu. How does it meet nutritional guidelines? Is it appetizing?

**Good Luck Chef! See you at the Grand Opening of Lettuce Eat!**



## Task 1: Food Pyramid and Food Labels

How do we know what makes a healthy meal? Have you seen these before?



Explore: <http://pbskids.org/itsmylife/body/foodsmarts/article2.html>

**The Food Pyramid-** Read about each of the five sections that make up the food pyramid. Take notes as you read in the spaces below. You may want to include information such as foods that are in each section, what's good about it, and how much you should eat (serving size) each day.

The Grains Group:

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---

The Vegetables Group:

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The Fruit Group:

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---

The Milk/Dairy Group.

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---

The Meat and Beans Group.

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Fats, Oils and Sweets.

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**Understanding Food Labels:** In this section, read about the information provided on food labels and what they tell us about the foods we eat.

Serving Size:

---

Servings Per Container:

---

Calories:

---

Calories from Fat:

---

Total Fat:

---

Sodium:

---

Total Carbohydrates:

---

Sugars:

---

Protein:

---

Vitamins:

---

From your observations, is this a healthy food example? Why or why not?

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---

**Food Smarts: The Choices Are Yours:** Okay Chef! This is where you learn your tips and tricks for healthy eating. In the spaces below, write down any facts you find that may help you plan a healthy menu (hint: they are in bold ☺ ) The first has been done for you! If you need extra paper, you may use lined paper from your journals.

1. Choose Variety

2.

3.

4.

5.

A:

B:

C:

D:

E:

F:

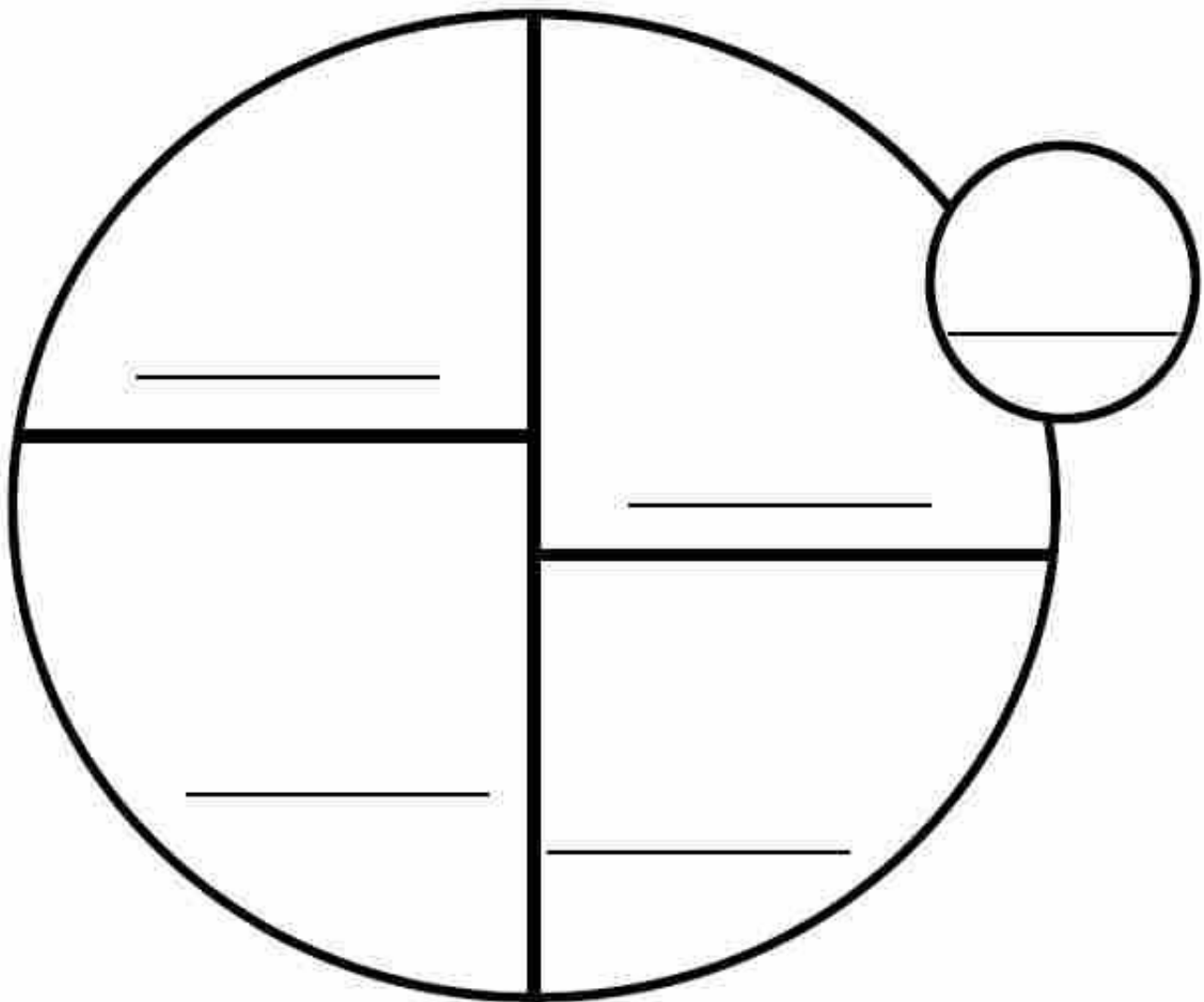
6.

A:

B:

C:

**Your Turn!** **Food Plate Example:** Now that you are an expert on the food pyramid, on the Food Plate below, draw or write what foods you would include in a healthy, well balanced meal. Be sure to label your food groups!



## Task 2: Brochure

### Specifications for Brochure:

- \* Teaches restaurant guests about the importance of good nutrition and healthy living
- \* Provides examples about the problems associated with poor eating. You may want to include health problems that may occur due to unhealthy eating.
- \* Shows a clear difference between a balanced diet and an unbalanced diet
- \* Easy to follow
- \* Neat and colorful!
- \* You may use cut out pictures of food, clip art, or create your own drawings
- \* You may use a piece of printer paper, construction paper, or cardstock to create the brochure
- \* With my permission, you may use the computer to create the brochure
- \* **Remember, the Manager of "Lettuce Eat" will be reviewing your brochure!**

An Example is Provided for You Below:

Inside

Healthy Diet	Importance of healthy living and eating	Unhealthy Diet
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Outside

Colorful/ Creative Cover	Health Problems/ Concerns	Problems Cont. /  Or Solutions
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### Task 3: Chef's Journal

Master Chef! It is time for you to take a break from all this crazy planning. In your Chef's Journal, write about **two** health problems that could arise as a result of poor nutrition and provide some simple suggestions as to how these could be avoided or resolved.

[illegible]

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## Task 4: 3 Day Menu

Directions: Use the USDA Food Pyramid Guidelines as well as the information provided from food labels, to design a plan for three days including three main meals (breakfast, lunch, and dinner) as well as three desserts.

*Your Goal: A new healthy AND tasty menu that kids will enjoy!*

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Step 1: Brainstorm: Brainstorm foods that you would include in a meal planned for breakfast, lunch, dinner, and dessert in the organizer below.

Breakfast	Lunch	Dinner	Dessert

Questions to Ask:

- \* What makes a healthy meal?
- \* What guidelines do I need to follow?
- \* What resources can I use?
- \* Will this taste good?

Directions: Use the following websites to help plan your menu. They are full of great ideas! Some provide recipes, while others provide tips and samples for particular age group and calorie diets. This is up to you Chef, so be creative and make sure your menu is healthy and looks appetizing. *Would you eat it?*

Resources:

<http://www.choosemyplate.gov/food-groups/>

<https://www.supertracker.usda.gov/foodapedia.aspx>

<http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes.html>

<http://www.choosemyplate.gov/supertracker-tools/daily-food-plans.html>

<http://kidshealth.org/kid/recipes/>

<http://google.com> – If you find another resource using Google, please show Ms. Stickler before using it!

Step 2: *Put It All Together*: List your Menu plans in the chart below:

Day 1-

Breakfast	
Lunch	
Dinner	
Dessert	

Day 2-

Breakfast	
Lunch	
Dinner	

Dessert	
---------	--

Day 3-

Breakfast	
Lunch	
Dinner	
Dessert	

Step 3: Design a Menu/ Putting It All Together: Keep it simple! Organize your menu in a way that anyone would be able to read it. **Be Creative!** Examples:

## Lettuce Eat Restaurant

Grand Opening Menu



*Day 1:*

Breakfast  
Lunch  
Dinner  
Dessert

*Day 2:*

Breakfast  
Lunch  
Dinner  
Dessert

*Day 3:*

Breakfast  
Lunch  
Dinner  
Dessert

## Breakfast:

Option 1  
Option 2  
Option 3

## Lunch:

Option 1  
Option 2  
Option 3

## Dinner:

Option 1  
Option 2  
Option 3

## Dessert:

Option 1  
Option 2  
Option 3



Lettuce Eat Restaurant

Grand Opening!

## Task 5: Presentation to Mr. Jones

It is your time to shine! In the space below, write to the manager explaining why he should choose your menu.

Your letter should include:

- Introduction: Introduce yourself! Why do you want to be a chef for “Lettuce Eat”?
- How your menu meets USDA nutritional guidelines
- Features of your 3 day planned menu for the grand opening



Mr. Jones,

[illegible]

[illegible]

Sincerely Your Chef,

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## Mr. Jones - "Lettuce Eat" Restaurant Manager Checklist

"Lettuce Eat" Manager, Mr. Jones will use this rubric to evaluate your presentation for your interview for the Chef's position.

Task	Goal Reached	Goal Partially Reached	Goal Not Reached
<b>1. Menu-Appearance</b>	Menu is professional and creative in appearance. All meals are listed.	Menu is somewhat professional and creative in appearance. Most meals are listed.	Menu is not professional or creative in appearance. Several meals are not listed.
<b>2. Meals meet USDA Guidelines</b>	All meals meet the requirements of the USDA Nutritional Guidelines and is demonstrated through explanation/ chart.	Most meals meet the requirements of the USDA Nutritional Guidelines and is partially demonstrated through explanation/ chart.	Meals do not meet the requirements of the USDA Nutritional Guidelines and is not demonstrated through explanation or chart.
<b>3. 3 Day Plan Included</b>	Meal plan for Lettuce Eat Restaurant is included for three days of grand opening event. All meals available (breakfast, lunch, dinner, dessert)	Meal plan for Lettuce Eat Restaurant is included for two days of grand opening event. Most meals available; may be missing one.	Meal plan for Lettuce Eat Restaurant is included for one or zero days of the grand opening event. A majority of meals are missing or nonexistent.
<b>4. Explanation of Healthy vs. Unhealthy Diet</b>	Explanation and understanding is clearly distinguished between the two diets.	Explanation and/or understanding is somewhat clear, but the proof may lack evidence.	Explanation and understanding is not clear.
<b>5. Explanation of unhealthy living consequences (Chef's Journal)</b>	Explanation is clear and present in journal entry. Two problems were addressed and student provided multiple solutions.	Explanation is somewhat clear in journal entry. One to two problems were addressed and student provided one solution.	Explanation is not clear in journal entry. One or no problems were addressed and no solutions were provided.

**\*Note:** In order to be hired by Mr. Jones, you need to qualify in the "Goal Reached" category in *at least 3/5* tasks.

# **Order's Up!**

*A Performance Task for Students in Grades 5/6*

## Teacher's Edition

### **NGSS/ ISTE/ NTSLS Citations**

NGSS Practice 6: Constructing Explanations and Designing Solutions

- Use evidence to construct or support an explanation or design a solution to a problem
- Identify the evidence that supports particular points in an explanation

ISTE Standard 1: Creativity and Innovation

- Students demonstrate creative thinking, construct knowledge, and develop innovative products and processes using technology.

ISTE Standard 4: Critical Thinking, Problem Solving, and Decision Making

- Students use critical thinking skills to plan and conduct research, manage projects, solve problems, and make informed decisions using appropriate digital tools and resources.

NTSLS for Health, Physical Education and Family and Consumer Sciences:

\* Family/Consumer Science Standard 1: Students will use an understanding of the elements for good nutrition to plan appropriate diets for themselves and others. Students apply knowledge of food choices and menus to plan a balanced diet.

### **Enduring Understandings:**

The USDA Food Pyramid provides us with suggested guidelines for nutrition, breaking down the six categories visually to help students understand that resources are available to assist in making nutritional choices.

A higher level of wellness and the ability to prevent health related problems are both promoted and reinforced when an individual is aware of healthy and unhealthy lifestyle patterns.

### **Essential Questions:**

What is nutrition and how does it affect the human body?

What represents a healthy diet versus an unhealthy diet?

### **Learning Outcomes/Objectives:**

Students will be able to use an understanding of nutrition to plan appropriate meals for themselves and/or others.

Students will be able to compare and contrast a healthy diet versus an unhealthy diet and research health problems that could arise from unhealthy eating, as well as provide solutions to those problems.

Students will be able to analyze various parts of the Food Pyramid and nutrition facts provided on food labels to understand the components of food and understand essential concepts about nutrition and diet.

### **Materials:**

- \* “Order’s Up!” Performance Task Packet- Teacher Created
- \* Access to Internet for <http://pbskids.org/itsmylife/body/foodsmarts/article2.html> and additional supporting resources listed in Performance Task Packet
- \* Pencil
- \* Computer
- \* Microsoft Word
- \* Lined Paper – if needed
- \* Markers, Colored Pencils - if needed
- \* Construction Paper- if needed

### **GRASPS**

**Goal:** Your goal is to design a healthy, well-balanced three day menu for the “Lettuce Eat” Restaurant grand opening in a few months. In order to be hired as head chef, you need to become an expert on the food pyramid and plate, as well as how to read food labels to figure out what makes a healthy meal.

**Role:** You are a five star chef, applying to work for a new restaurant downtown.

**Audience:** The “Lettuce Eat” Manager, Mr. Jones will evaluate your menu and hold the interview for the Head Chef position.

**Situation:** Summer is right around the corner! Rumor has it that the new restaurant opening up downtown, “Lettuce Eat” will be open in a few months but they need some help with their menu. The chef they hired is too busy with his restaurant in Paris, France so they need to hire a new expert chef help to address this problem. The manager, Mr. Jones, wants to promote healthy living and nutritionally balanced food choices for kids. Since we have been learning about the human body and nutrition, the manager at the restaurant has asked us to gather our finest chefs for the job.

**Product, Performance, or Purpose:** To prepare for the interview, Mr. Jones is looking for the completion of a few tasks from his future Chefs. In your final presentation to him, you must show that you know the difference between an unbalanced diet versus a balanced diet, and what problems may be a result of an unhealthy lifestyle. You also must be able to create a menu that supports the requirements of the USDA nutritional guidelines and covers all meals, including dessert for a three day grand opening.

**Standards/Criteria for Success:** During your proposal for “Lettuce Eat” Mr. Jones is looking for the following:

- Research and expertise in the USDA Food Pyramid and reading food labels.



- A creative **brochure** to handout to promote good nutrition and address the problems associated with poor eating.
- Chefs Journal: Including **two** health problems that could arise as a result of poor nutrition and suggestions as to how these could be avoided or resolved.
- A well-balanced menu for the **three day** grand opening using the USDA Food Pyramid Guidelines, including three main meals (breakfast, lunch, and dinner) as well as three desserts.
- A letter to the manager explaining why he should choose your menu. How does it meet nutritional guidelines? Is it appetizing?

### Resources:

<http://pbskids.org/itsmylife/body/foodsmarts/article2.html>

<http://www.choosemyplate.gov/food-groups/>

<https://www.supertracker.usda.gov/foodapedia.aspx>

<http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes.html>

<http://www.choosemyplate.gov/supertracker-tools/daily-food-plans.html>

<http://kidshealth.org/kid/recipes/>

<http://google.com>