

## Checklist How to create a healthy menu



## HOW TO CREATE A HEALTHY MENU

### *Checklist*

1. Work in groups.

2. Use the following guidelines to create a healthy menu.

3. Analyse the results of the school's data search about eating routines. Complete this pyramid chart with the school results.

4. Decide which foods are healthy and unhealthy.

5. Include different groups of food each day of the week.

6. BE VARIED: For each group of foods (proteins, carbohydrates, vitamins...), offer a varied range of foods.

7. BE CREATIVE: Try to catch the students' attention with attractive recipes and food combinations.

8. HAVE FUN: Food is an essential part of our lives, but at the same time food should be fun. The main objective is to enjoy eating healthy food.



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