

MICRO-ACTIVITIES PROMPTS INSTRUCTIONS

How to use the Micro-Activities prompts

Use these quick prompts every day to spark conversation and help students connect their lunch to learning - before and after school lunch!

Tip for success:
alternate with
slide based
activities!

OUR EVERYDAY ROUTINE



BEFORE LUNCH

Let's look at the menu for today (read it out loud).
Try to eat a (choose a themed food item) today!



AFTER LUNCH

Who ate the food item today?
What did you think?

PICK A THEME

Grain Day

ex. rice,
pasta,
bread

Color Day

ex. red,
green,
orange

Plant Part Day

ex. fruit,
root,
leaf

Taste Test Day

ex. salty,
sour,
crunchy

Protein Day

ex. meat,
beans,
dairy

Food Waste Day

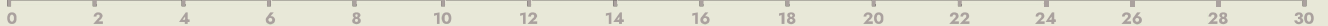
ex. try to
reduce
food
waste

My Tray Day

ex. try
to eat
all food
groups

LET'S TALLY & GRAPH

Use the tally marks or graph to track how many students tried the themed food. Count together and compare. Ideas: are there more or less than 10? Which food item was more popular? Did the students eat more or less last time or today?



WHAT TO SAY BEFORE LUNCH

1

Read the lunch menu together.



2

Match a theme with what's on the menu.

"Today is Color Day!" Did anyone hear/see a red food on today's menu?"



3

Set the challenge for today.

"Let's try to eat red food today"



WHAT TO SAY AFTER LUNCH

1

Ask who tried the food.

"Who ate a red food today?"



2

Invite reflections.

"What did you try? How did it taste? Did you like it?"



3

Tally and celebrate.

"Let's count how many students ate a red food today!" That's two more than last week!"

