

The Lunchroom Learning Lab

Make the cafeteria connection and create a wellness environment at school!



Make your school cafeteria a place for healthy foods and facts with these great ideas:

- **Cafeteria Tours!** The school lunch manager can invite the students on a guided tour of the cafeteria to identify the foods offered, how they are stored, and how to make healthy choices by incorporating foods from different food groups.
- **Taste Tests!** Throughout the year, develop certain healthy food themes for specific days, weeks, or months. Use this time to provide students with food samples and encourage them to try new healthy foods.
- **Healthy eating promotions!** Encourage students to decorate lunch room bulletin boards and create posters to encourage their fellow classmates to make healthy choices in the cafeteria. Students could also create a newsletter to report on the foods offered at the cafeteria and the health benefits of each meal.
- **Teach the facts!** Give students a presentation about nutrition facts labels and teach them the health content of foods offered in the cafeteria. This information can be compared to foods typically brought from home for lunch too. Let students identify the health benefits of the various foods discussed.
- **Cooking 101!** Teach a simple cooking class to the students to show them how to make healthy snacks for themselves after school. This is a great way to incorporate lessons on food safety as well as the food groups and portion control.
- **Get Involved!** Encourage students to learn more about meal preparation by having them volunteer throughout the year to help with lunch service.



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