

Bento Box Lunches for Kids

Objective: Create a child friendly (elementary aged) healthy, creative bento box lunch. You will be given a Glad Ware container to use for this assignment. However, you will need to buy the foods, prepare and create your bento boxes at home.

Your Bento Box lunch will need to include the following:

- Nutrient dense foods representing at least 4 food groups from MyPlate
- A creative children's theme...based on an animal, movie, children's book, etc. Look at class resources, Pinterest and Google images for ideas.
- Picture and/or video documentation...

To show us the process and what you've made you, will take several pictures or video of your project and email them to me as part of your project. You will need...

1. A close up picture looking down on your bento box
2. Pictures taken showing the preparation of the creative foods within the box for each partner
3. The finished bento box with both you and your partner in the picture.



Have fun!

Bento Box Follow-Up: Use additional paper if necessary.

1. Identify your theme and why you chose it explaining the characters or creations within the box.
2. Explain what food(s) you used and the amounts and identify the food groups your foods belong to.
3. Include the cost of the foods/amounts used to create your lunch giving us a total cost for your bento box creation.
4. How much time did you have in creating your bento box?
5. Explain any problems you and your partner encountered during this project and how you resolved them.

6. Reflect: Japanese mothers create bento boxes daily for their children. In your opinion, how realistic would it be for most American parents to create bento boxes for their children on a daily basis?