Shrike Meal Planning

Materials
- Print out of blank meal planning page (last page of this activity)
- Crayons
- Scissors
- Kebab skewer

15-20 minutes

Instructions

1. Print out the last page of this activity with the blank circles. Gather your family and talk about what sort of foods you might be having or might like to have this week. Plan out your menu and have the kids help make sure there are different parts like vegetables, fruits, grains, and proteins. This step can include both meals and snacks!

2. Once you have your menu written out, draw a picture of each menu item. Write what each item is on the circles too.

3. Cut out each circle and put them in the order that you will be having them. If you forget which one comes next, make sure to check out your menu. Once they are in order, put them on the kebab skewer. When it’s time for each meal, pull that circle off the kebab!
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Example:

Not Just For Fun:

Shrikes are amazing little birds that are known for sticking their food on sticks when they eat it. This helps them to save food and come back for it later. It also helps to protect them. One of a shrike’s favorite foods is the lubber grasshopper, but these insects are actually poisonous to them! So, they put the grasshopper on a stick and wait for a few days before eating it. Waiting gives the toxins time to degrade enough that the tasty grasshoppers are then safe to eat.
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