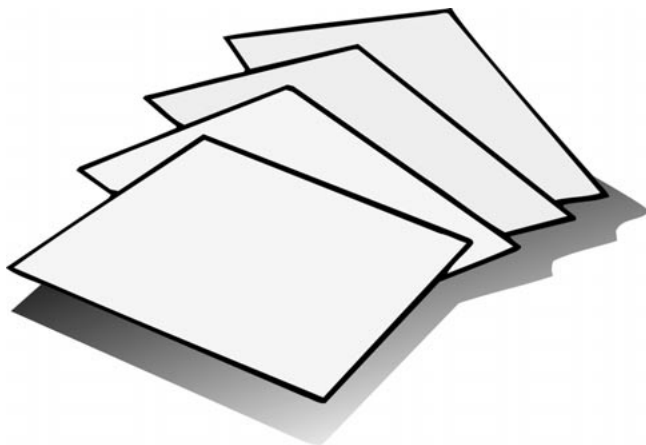


Watching What You Eat

WHAT YOU NEED



crayons



paper

Find Out

Do this activity to see what kinds of food you eat.

Process Skills

Observing

Classifying

Interpreting Data

Using Numbers

Predicting

Communicating

Time

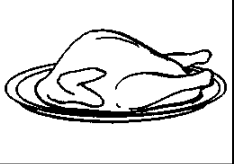

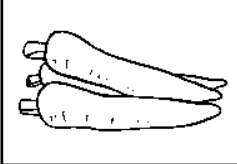
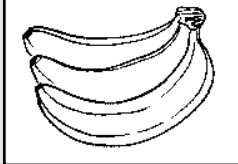
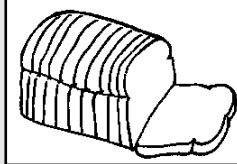
- 10 minutes a day for two weeks

WHAT TO DO

1. Keep track of what you eat for lunch every day.
2. Fill in the chart. Color a square each time you eat foods like the ones shown.
3. Tell what kinds of food you eat the most.



Food Log

Conclusions

1. What kinds of food do you eat each day?

2. What kinds of food should you eat more of to stay healthy?

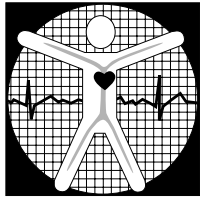
New Questions

1. What do you think would happen if you did this activity again?

2. Ask a new question you still have about food and the human body.



Name _____



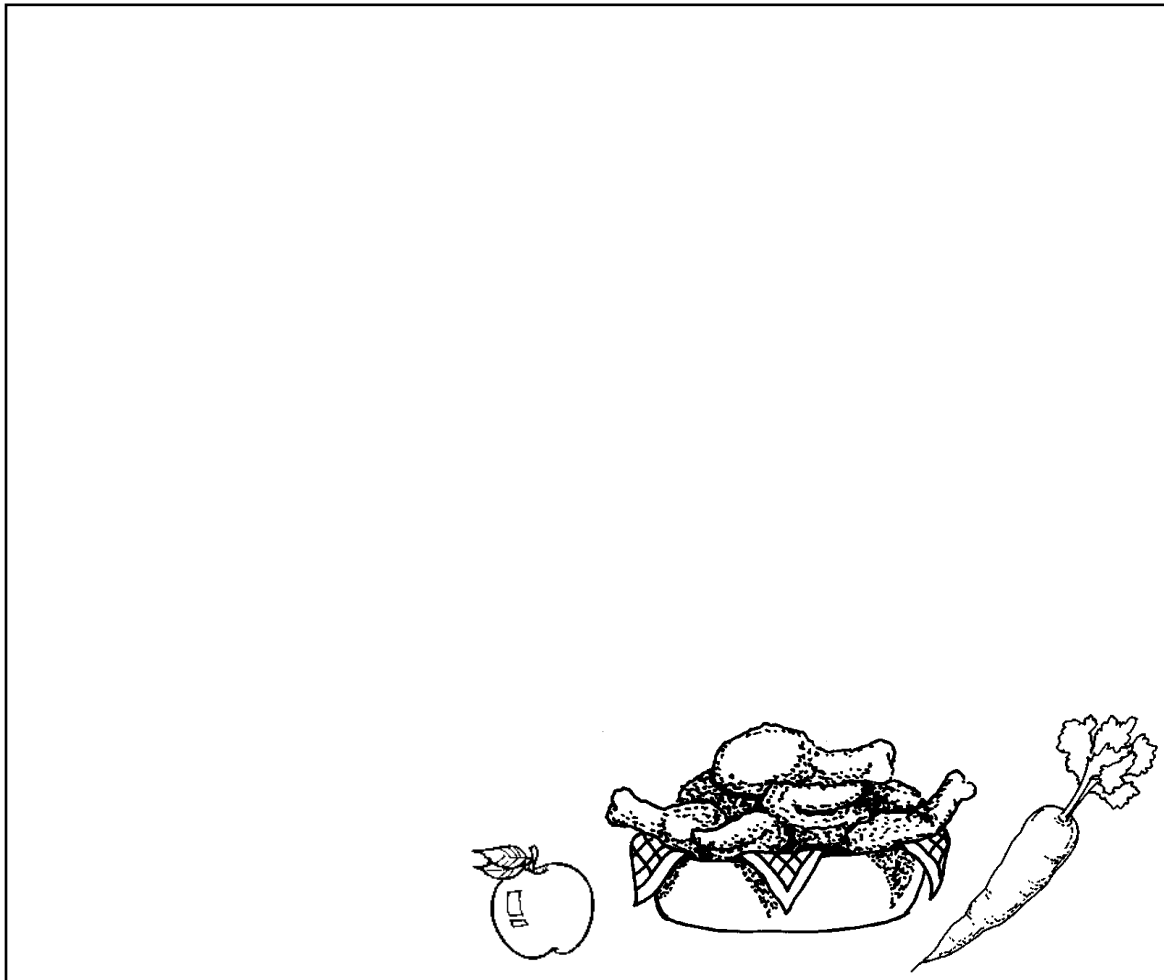
ACTIVITY

Things You Eat and Drink

Draw the things you eat.

Circle your favorite ones.

Things I Eat

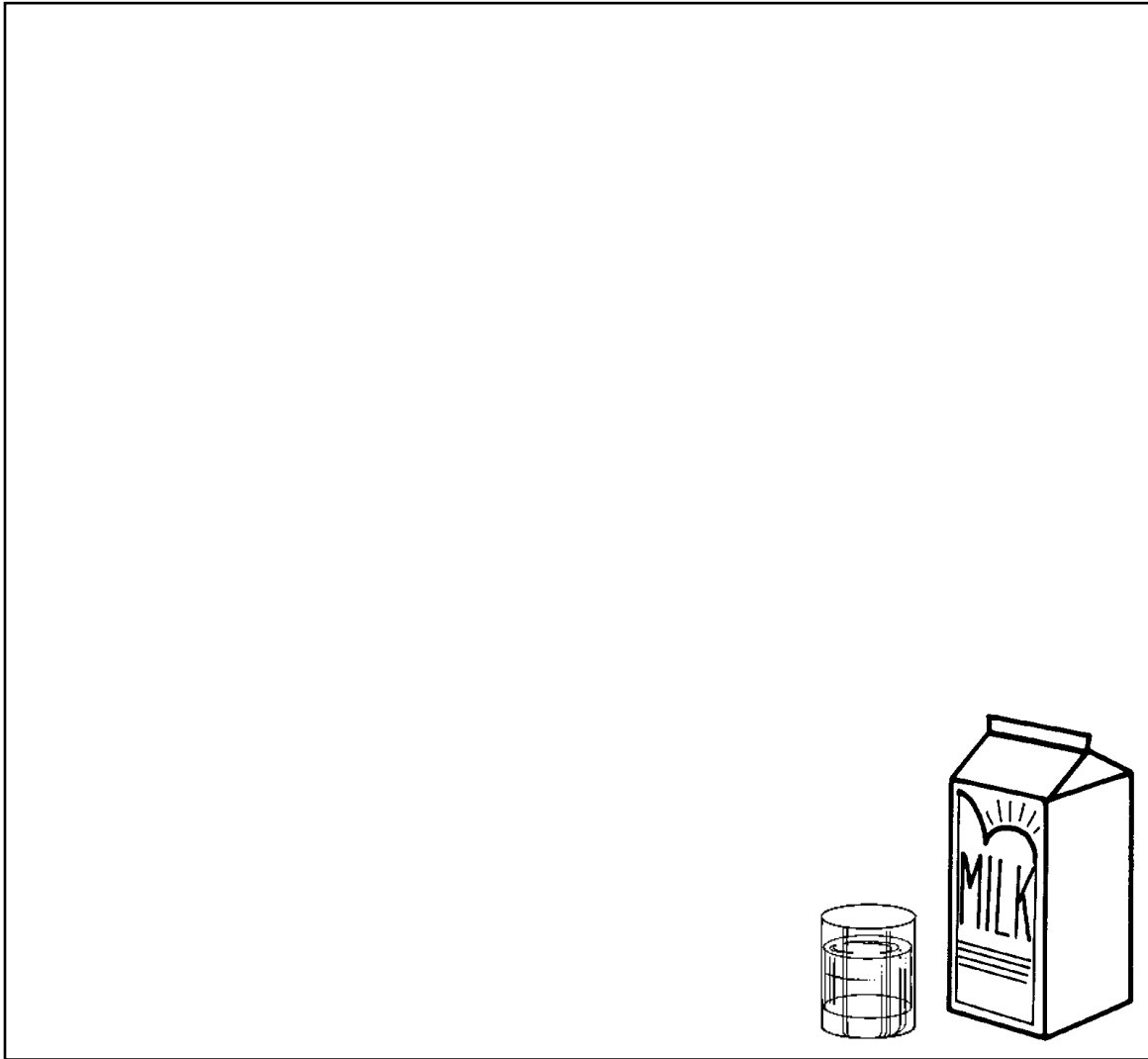


Name _____

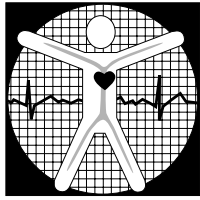
Draw the things you drink.

Circle your favorite ones.

Things I Drink



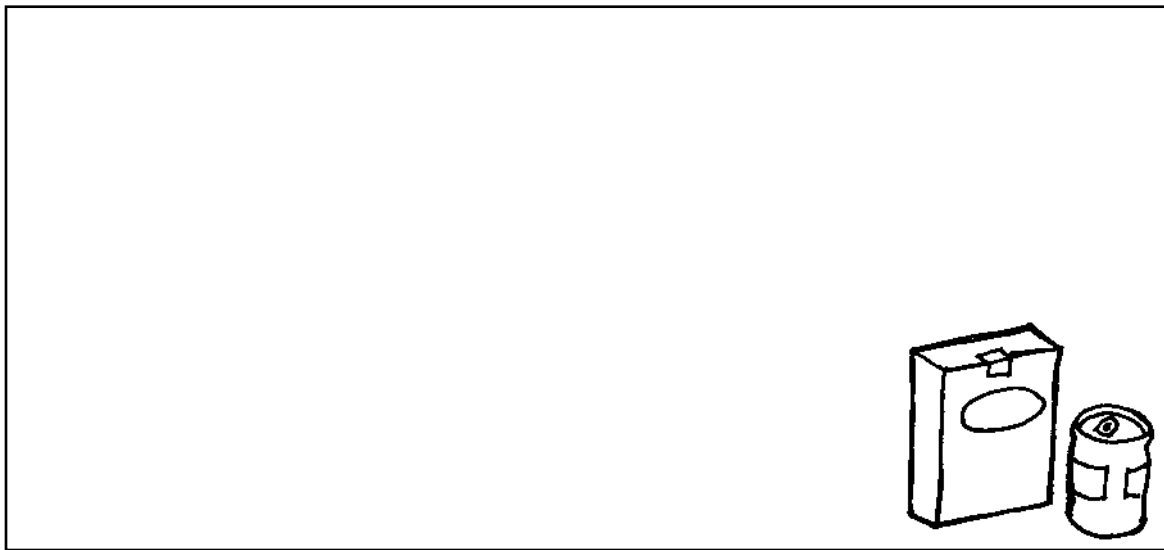
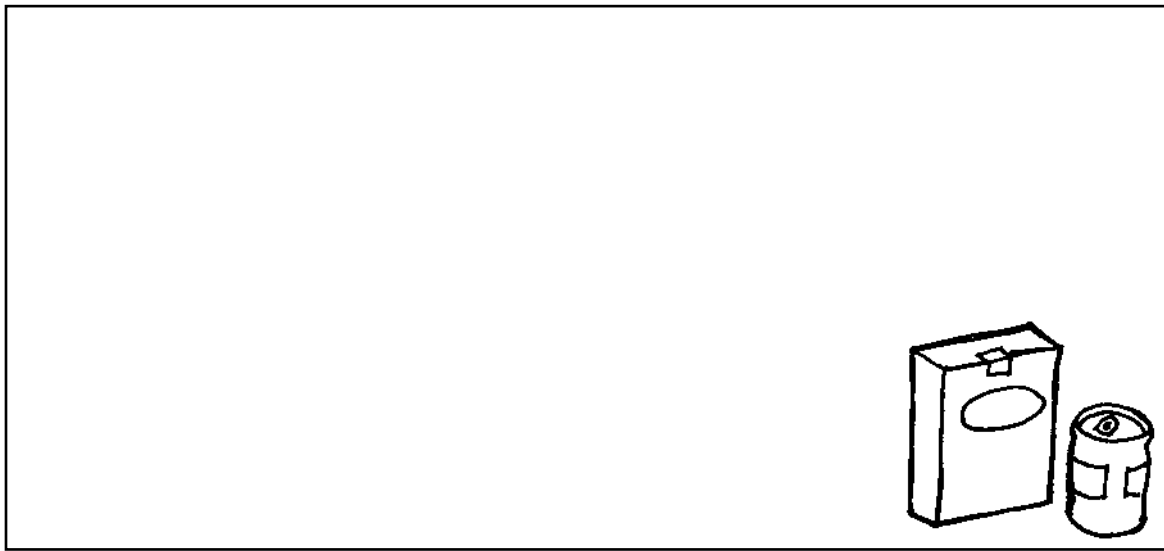
Name _____



ACTIVITY

Making Food Groups

Draw two food groups.



Activity Journal

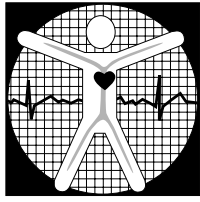
Lesson 2 • All Kinds of Food

Name _____

Draw two new food groups.




Name _____



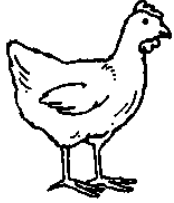
ACTIVITY

Food from Plants and Animals

Draw foods that come from plants.


Food from Plants

Draw foods that come from animals.

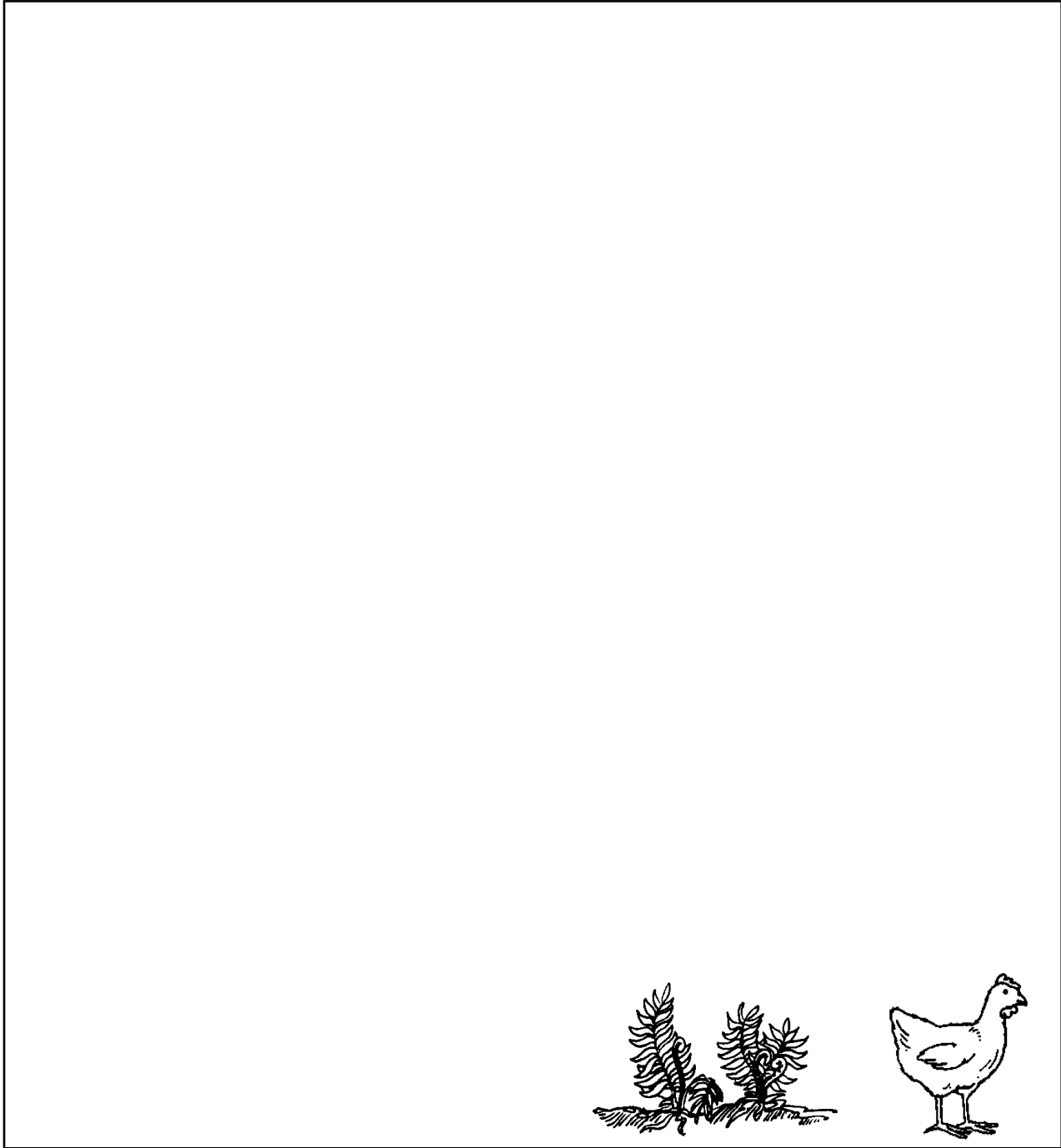

Food from Animals

Activity Journal

Lesson 3 • Where Food Comes From

Name _____

Draw foods that come from both plants and animals.



Food from Both Plants and Animals