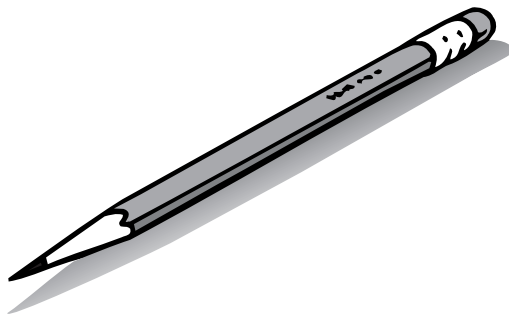


Setting Up a Food Journal

WHAT YOU NEED



pencil

Find Out

Do this activity to see what foods you eat for lunch each day.

Process Skills

Observing
Communicating
Classifying
Using Numbers

Time

- 10 minutes every day for two weeks

WHAT TO DO

1. At lunch, **look** at the food you eat.
2. **Tell** what you eat.
3. Put the foods you eat in **groups**. Think what kind of food it is. **Write** the name of the food in its group.

4. **Count** how much of each kind of food you eat for lunch each day. **Write** the total for each kind in the bottom boxes of your chart.



Conclusions

1. What kind of food did you eat the most?

Answers will vary based upon students' food choices.

2. What kind did you eat the least?

Answers will vary based upon students' food choices.

New Questions

1. How could you change what you eat to be healthier?

Answers will vary based upon students' food choices; however, students'

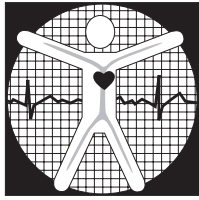
responses should convey an understanding of a healthful diet.

2. Write a question you still have about food and keeping your body healthy.

Accept all reasonable questions.



Name _____



ACTIVITY

Grouping Foods

What foods did you put in each group?

Food from Plants	Food from Animals

Answers will vary. Check student drawings to see that students accurately classified foods as coming from plants or animals.

Activity Journal

Lesson 1 • Food Groups

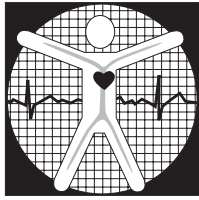
Name _____

Which foods come from both plants and animals? **Draw** the food. Then **draw** what part comes from plants and what part comes from animals.

Food	From Plants	From Animals

Answers will vary. Check student drawings to see that they accurately classified foods.

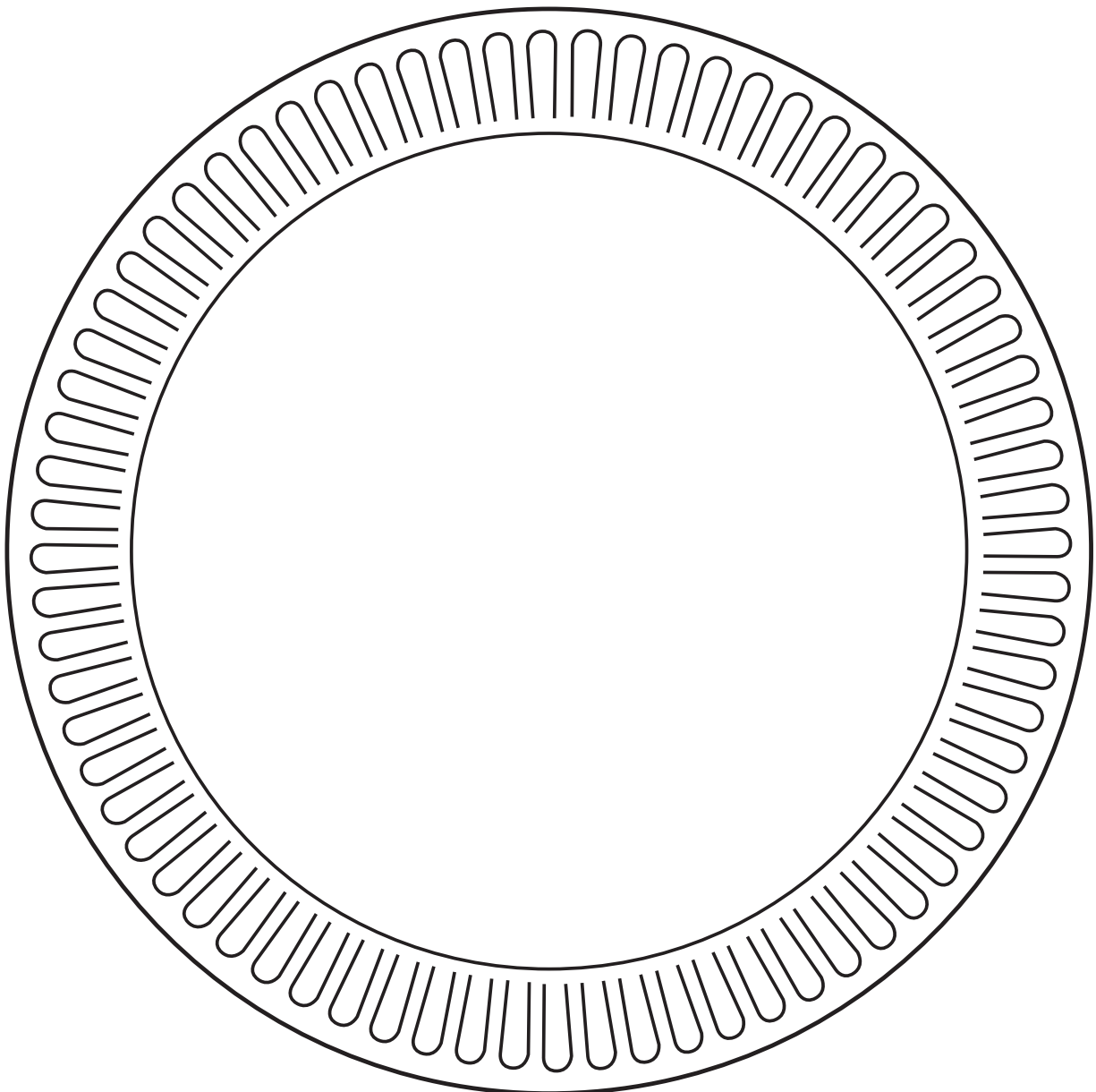
Name _____



ACTIVITY

Choosing Healthful Food

Draw the healthful meal you made.



Students should draw foods that form a healthful meal.

Activity Journal

Lesson 2 • All Kinds of Food

Name _____

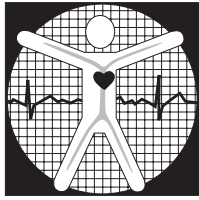
How does food help build a healthy body?

Draw two foods and how they help.



Pictures should show healthful foods and signs of a healthy body.

Name _____



ACTIVITY

Grouping Food from Farms

Show one way you grouped your foods.

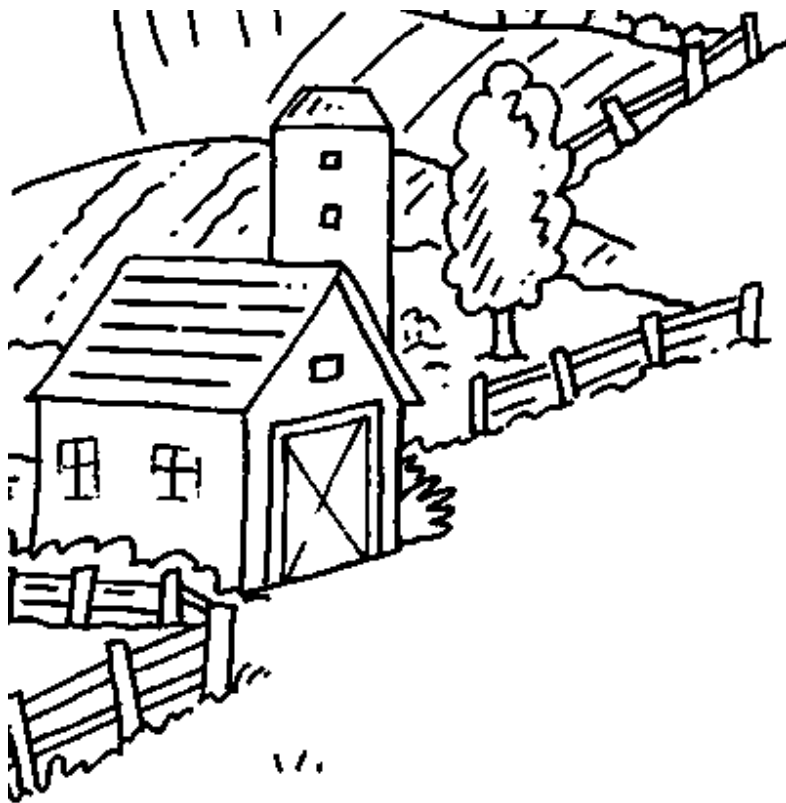
Groups will vary. Possible methods of grouping include color, size, and nutritional value.

Activity Journal

Lesson 3 • Where Food Comes From

Name _____

Draw a plant or animal that grows on a farm. **Draw** a food that comes from the farm.



Answers will vary. Typical pictures might show a chicken and an egg, a cow and a glass of milk, a corn plant and an ear of corn, and so forth.