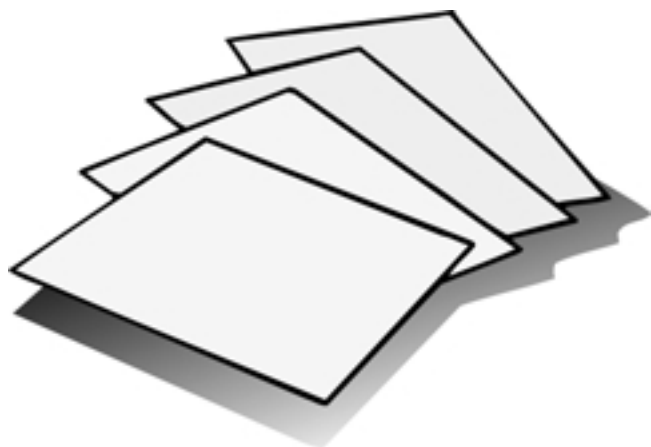


Watching What You Eat

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



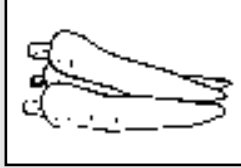
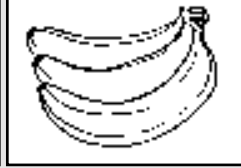
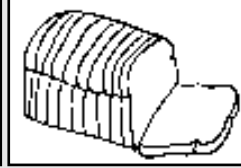
- 10 minutes a day for two weeks

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

Charts will vary based on what foods students ate for lunch.

Conclusions

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

Answers will vary based on students' experiences.

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

Answers will vary. Many students will observe that they do not eat enough

fruits and vegetables.

New Questions

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

Answers will vary. Students may note that the outcome would be different if

they ate different foods for lunch.

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

Accept all new questions.



Name _____



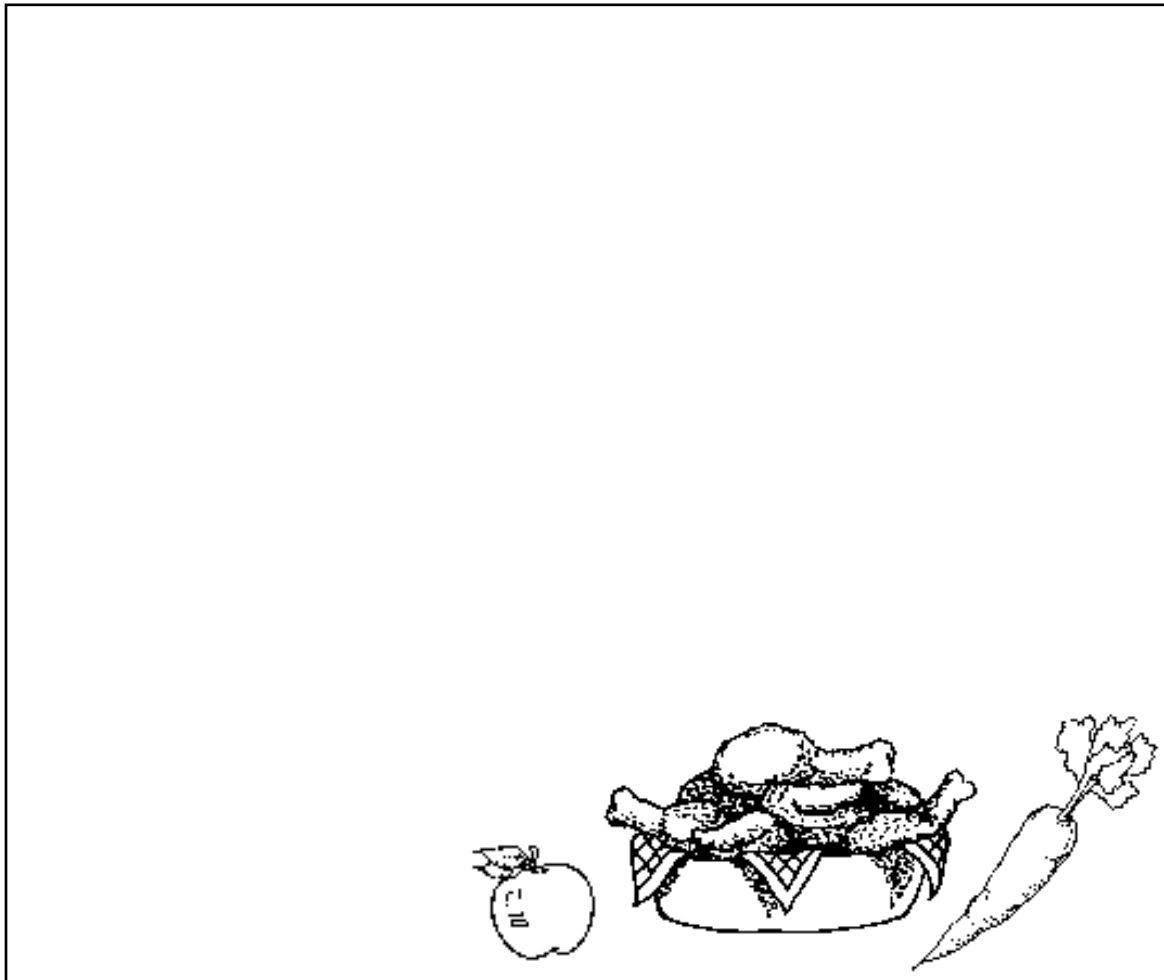
ACTIVITY

Things You Eat and Drink

Draw the things you eat.

Circle your favorite ones.

Things I Eat



Drawings will vary based on student's experiences.

Name _____

Draw the things you drink.

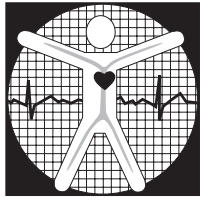
Circle your favorite ones.

Things I Drink



Drawings will vary based on student's experiences.

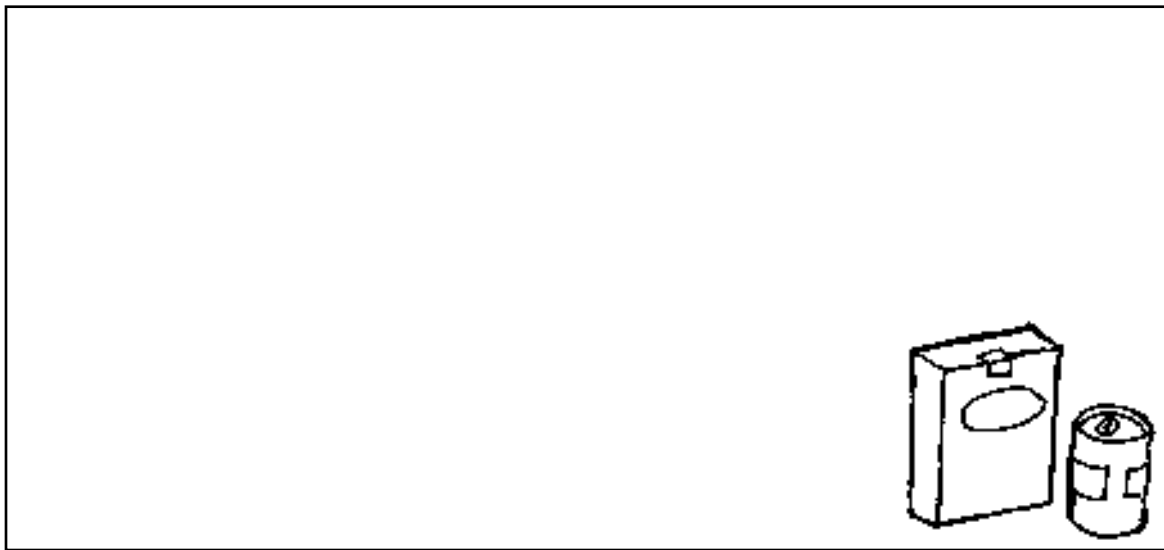
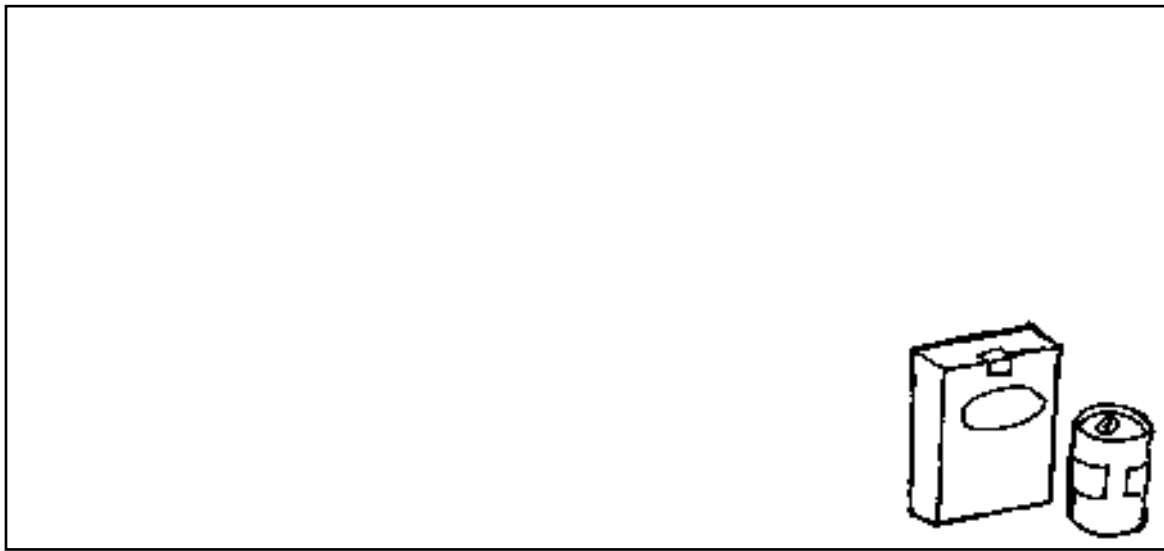
Name _____



ACTIVITY

Making Food Groups

Draw two food groups.



Drawings will vary based on packages and labels used.

Activity Journal

Lesson 2 • All Kinds of Food

Name _____

Draw two new food groups.



Drawings will vary based on packages and labels used.

Name _____



ACTIVITY

Food from Plants and Animals

Draw foods that come from plants.

Drawings will vary, but should show foods from plants.



Food from Plants

Draw foods that come from animals.

Drawings will vary, but should show foods from animals.



Food from Animals

Activity Journal

Lesson 3 • Where Food Comes From

Name _____

Draw foods that come from both plants and animals.

Drawings will vary but should show foods that contain both plant and animal products.



Food from Both Plants and Animals