

# Choices, Choices: My Favorite Food

## Summary

Students will chose a favorite food and create a poster or brochure to describe the source of this food, it's health benefits and it's cost to the environment.

## Time Frame

1 class periods of 60 minutes each

## Group Size

Individual

## Materials

computers OR  
markers and  
posters

## Instructional Procedures

Ask students to visualize eating one of their favorite foods. Ask them to write down what that is.

Ask them to predict:

Where it comes from.

Whether it is good for them and why.

What effect its' production has on the environment (fertilizer intensive, long distance to transport, amount of refrigeration).

Describe the product you wish the students to make as they research in depth the answers to these questions. If you are using computers making a brochure or poster, you may have to group students in groups of 2. Otherwise this assignment should be done individually.

Tell the students that they will be asked to share their product with classmates by posting them on the wall, giving a brief oral report or trading them around the room.

Provide a copy of the rubric to guide student work.

## Assessment Plan

## Bibliography

Lesson Design by Jordan School District Teachers and Staff.

## Authors

[Utah LessonPlans](#)