

2nd Grade - Act. 02: Healthy Foods

Summary

After listening to Russell Hoban's story "Bread and Jam for Frances", students will illustrate their favorite food and add it to the Food Pyramid Graph.

Materials

- *Bread and Jam for Frances*
by Russell Hoban
- drawing paper
- food pyramid chart
- food pyramid graph
- crayons
- scissors
- tape

Additional Resources

UEN, Dairy Council, Beef Council

Background for Teachers

Students will have previously discussed the importance of eating nutritional foods. They will understand that they must do this so they have a healthy and strong body. They will see a food pyramid chart and see the food groups. They will also be told that having a healthy body will help them from becoming ill as often. Students will hear the story and discuss the food that Frances was eating. Was he eating a wellbalanced meal? Students will draw on a piece of paper their favorite meal if they could eat anything they wanted. After they have drawn the foods they will cut them out. These foods will be displayed on a chart of the basic food groups. Students will learn that this is a scatter graph. The number of items will be counted and recorded. A comparison will be done between the groups. Which has the most? Least? How many more is in one group than in the other?

Intended Learning Outcomes

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1. Demonstrate a positive learning attitude.
4. Develop physical skills and proper hygiene.
5. Understand and use basic concepts and skills.
6. Communicate clearly in oral, artistic, written, and nonverbal form.

Process Skills

Data collection, interpretation, form conclusions.

Instructional Procedures

Invitation to Learn

Read the story *Bread and Jam for Frances*.

Instructional Procedures:

- Read the story.
- Discuss if Frances ate nutritionally.
- Review the Food Pyramid.
- Pass out paper, crayons, and scissors.
- Draw and cut out the foods of a favorite meal.
- Tape individual food items to the Food Pyramid Graph.

Record information and question concerning the graph.

Extensions

Possible Extensions/Adaptations

Children can cut pictures of food from a magazine. Connect with Food Pyramid for Health.

Family Connections

Students are given a food graph where they will tally the foods they eat from each of the food groups.

Assessment Plan

Have an informal assessment of students answers to graphing questions. Have students write about what they observed concerning the graph in a journal.

Authors

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