

Nutrition Puppet Show - 4 days total

Resources needed: lists of puppets, puppets, food and plate props, reference lists of various food groups (www.ChooseMyPlate.gov), notebook paper, masking tape, paper clips

Day One:

1. Watch DVD 'Feed Me!'
2. Assign food groups/exercise to each table group.

Groups:

Proteins - meat, fish, beans

Dairy

Grains

Fruits

Vegetables

Physical Exercise

Assign larger students groups one of the larger food groups.

3. HO - notebook paper for each student
4. During video, have students take notes on their assigned group and also write down tips from the video of what to do or not do when feeding kids. The tips can be incorporated in their puppet show. Inform them all work will be collected.
5. All student work should be labeled:
 - Food Group
 - Name
 - Class Period
 - Table #
6. Have each group paper clip their labeled work together. Collect.

Day Two:

1. Show students food props that are available to use.
2. Hand out one puppet show list per table. Hang list on wall.
3. Hand out Reference info (ChooseMyPlate.gov) for each food group. Do not write on reference paper. Collect after each class.
4. Student groups should brainstorm story line before skit. Write skit on only one side of paper so it can be taped to wall of 'puppet stage'.
5. Advice:
 - Name your characters.
 - Change your voice to that of the character.
 - Add sound effects.
6. Collect labeled and paper clipped work.

Day Three:

1. HO - Reference info on assigned food group (from MyPyramid.gov)
2. Work on puppet show scripts.
3. Encourage students to time themselves as they act out their script at their tables. No use of

puppets today.

4. Collect all labeled written work that has been paper clipped.

Day Four:

1. Write on the board show reminders:
 - Face puppet toward audience.
 - Change your voice to that of your character.
 - Add sound effects.
 - NO puppet wars! It gets boring.
2. Set out masking tape so students can tape their script to the back of stage wall.
3. Assist students in picking out the puppets and props they need only at the time when they come up to present. All props and puppets get returned after each presentation.
4. If time left over after puppet shows, review nutrition concepts.