Lesson Plans : Language Arts

My New Food
Grade Level : 3-4
Activity Type : Language Arts Activity Size : Large
Objective :

In order to reinforce what the students have learned about fruits and vegetables that are good sources of vitamin A, vitamin C, and fiber, the students will create fruits and vegetables and describe their physical and nutritional characteristics.

Description :

Rationale:
In 5 A Day Adventures, students learn in Fit Kid Park about the body and its need for nutrients. Fruits and vegetables identified as good sources of vitamin A, vitamin C, and fiber are also shown. This activity is a fun and interesting way for students to learn how vitamin A, vitamin C, and fiber benefit the body.

Materials:
Poster board and markers
OR
Modeling clay (in the colors of the rainbow)
'My New Food' sheets

Introduction:
Invent a fruit or vegetable as a class. Use poster board, the overhead or chalkboard, or modeling clay to create it. Ask students questions from the 'My New Food' sheet. Give the fruit or vegetable a name, and describe its physical and nutritional features.

Group/Individual Activity:
• Have students create their own fruit or vegetable individually or as a group. Have them fill in the 'My New Food' sheet to describe their food.
• They may refer to 5 A Day Adventures for help with nutritional information.

Related Activities:

• Students may animate their fruits and vegetables and write stories about them.
• Students may make up and act out skits about their animated fruits and vegetables.
• Students may make up recipes that include their made-up fruit or vegetable. Students may combine their own fruits and vegetables with those of others for really interesting recipes!

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My New Food

Name of the food:

Fruit or Vegetable?

Texture:

Taste:

Color (outside):
Color (inside):
Where does it grow?
How does it grow?
Is it a good source of which of the following: vitamin A, vitamin C or fiber? This is good for you because its nutrient(s) help with what? How do you know?
Students' Reactions :