

Autumn McKinney
March 12, 2004

Grade: Third

Activity: Food Pyramid Mobile

Due: 1-3 weeks

Art Objective:

The students will learn how to make a mobile using a variety of material dealing with the food pyramid. They will be able to classify food into certain food groups. They will also be able to identify the number of food/foods a person healthy should eat.

Health Standards (food pyramid):

- 3.3.4 Students can demonstrate their ability to identify personal health needs.
Example: Demonstrates the ability to use the Food Guide Pyramid to assess personal dietary behaviors and identify needs related to healthy eating.
- 3.6.3 Student can predict outcomes of positive health decisions.
Example: Predicts the outcomes of not eating right/eating right.
- 3.6.4 Students can demonstrate the ability to set personal health goals and monitor progress toward its achievement.
Example: Demonstrates the ability to set a goal to use the food pyramid to guide healthy eating. Students will also keep a journal of goals.

Teacher Preparation:

Materials:

- rubber cement (2 at each table)
- paper plates (# of students times 2)
- pictures of food in the food groups (many copies)
- crayons
- picture of the food pyramid with details
- construction paper (red, blue, yellow, orange, brown, yellow)
- Whole puncher (1 at each table)
- string (roll at each table or they can bring their own string)
- scissors (they have their own)
- paper clip (# of students)

Resources:

Students can use teacher's example of the food pyramid mobile.

Vocabulary:

Food Pyramid, Predictions

Motivation:

1. Read them a book about healthy eating.
2. Fill out the food pyramid
3. Do a report on a food of choice. Tell whether it is healthy or not and why. Also tell what group it's in and how many servings a person should have of that group. Include why it's important to eat healthy and use the food pyramid. (Report to be 2-3 paragraphs)

Set Up:

First week start working on filling out their own food pyramid and then work on food report.

Second week allow students to explore pictures I have provided for them to choose from to use on their mobile. Set out materials for them to start on their mobile.

Third week finish everything up!

Procedure:

1. Choose a few pictures that are in each food group and cut them out.
2. Color-code your food pyramid example.
3. Glue your 2 paper plates together.
4. Glue food pyramid on top of paper plate.
5. Punch two small whole in the middle of the paper plate and tie a string through.
6. Hole punch six holes around the paper plate on its ends.
7. Glue pictures on construction paper and remember to use the right color for the right food group.
8. Cut out pictures on construction paper.
9. Classify the food pictures you choose.
10. Punch holes where the string will be tied through.
11. String the pictures together in the right order.
12. Put a paper clip on the string in the middle of the plates and hang in the room!

Evaluation:

1. Can students recall the food pyramid groups?
2. Can students recall how many servings they need in each food group?
3. Can they classify the food into groups?
4. Could they make the mobile easily or did they have difficulties?
5. Did the food report help understand the food pyramid and why it is important to eat healthy?
6. Can students predict outcomes of eating right and not eating right?
7. Could they keep a journal and evaluate it?