

Nutrition

Introduction

Eating healthy and learning about the food groups is important at any age. Discussing the foods that each child eats, choosing a favorite food, and classifying the food into groups on the food pyramid makes a fun, personalized food book that is educational.

Materials

- Computer
- *HyperStudio*
- Microphone
- Choose one or more of the following:
 - Flatbed color scanner and 35 mm camera
 - Digital camera
 - QuickCam

Ahead of Time

Ask families to find and send in the packaging from foods that contain the food pyramid. Construct a bulletin board of the food pyramid symbols. Arrange and classify the different food packages.

Introductory Activity

- Ask children to draw a picture of their favorite food with paper and markers. Classify the children with their favorite food drawing into food groups. Take a picture of each group of children holding their pictures.
- Take individual pictures of each child holding his or her favorite food picture.

Computer Activity

- Launch *HyperStudio* and open a “new stack.”
- Draw the food pyramid onto the title page or use a scanned image of a drawn picture.
- Add a “new card.” On the second card, bring one of the group pictures in as a “graphic object.”
- Under the image, use the text tool to write foods the children have represented with drawings. These labels will later link to a picture of that food.
- Repeat this step with each food group found in the pyramid.
- Add a “new card.” Import an image of an individual child holding her or his favorite food picture. Repeat this process, creating a new card for each child.
- Working with individual children, ask them to record a short story about their food. This may range from labeling to a more informational paragraph or a story about their favorite food. The words can be recorded by an adult while the child dictates, or the child can type. A sound button can be added, with the child recording the written text.
- On the card with the group picture, create an invisible button and place it over the group image. This button will link to the individual picture and story.

- The individual child card should also link back to the group picture on which this food is found.
- If two or more children have chosen the same food, link the individual cards in a linear fashion. (The last card will go back to the group image.)
- Repeat this activity for each individual image.

Extended Activity

- Cook favorite foods. Children can try foods that they may have never eaten.
- Hold theme days with the different food groups. During vegetable and fruit day, bring in unusual vegetables and fruits to eat.
- Invite the school cooks to share nutritional information with the class.
- Take a tour of the kitchen in the school. Go to a fast food restaurant. Compare the methods used to cook the foods prepared in both places and at home.

Summary

At a young age, children form impressions about different foods from the color, the texture, and the taste. Studying the foods and learning more about food groups is educational and guides children in making nutritional choices about the foods they eat. A nutrition stack can help children organize thoughts about favorite foods.