Watching What You Eat

What You Need

- Crayons
- Paper

Find Out

Do this activity to see what kinds of food you eat.

Process Skills

- Observing
- Classifying
- Interpreting Data
- Using Numbers
- Predicting
- Communicating

Time

- 10 minutes a day for two weeks
What To Do

1. Keep track of what you eat for lunch every day.

2. Fill in the chart. Color a square each time you eat foods like the ones shown.

3. Tell what kinds of food you eat the most.
Food Log
Conclusions

1. What kinds of food do you eat each day?

2. What kinds of food should you eat more of to stay healthy?

New Questions

1. What do you think would happen if you did this activity again?

2. Ask a new question you still have about food and the human body.
Activity Journal
Lesson 1 • Food and Water

Name ______________________

ACTIVITY

Things You Eat and Drink

Draw the things you eat.

Circle your favorite ones.

Things I Eat

[Blank drawing area with illustrations of food items]
Activity Journal
Lesson 1 • Food and Water

Name __________________________

**Draw** the things you drink.

Circle your favorite ones.

**Things I Drink**
Activity Journal
Lesson 2 • All Kinds of Food

Name __________________________

ACTIVITY

Making Food Groups

Draw two food groups.

UNIT D • Chapter 3: Feeding Your Body
Draw two new food groups.
**Activity Journal**  
**Lesson 3 • Where Food Comes From**  

Name ____________________________

**ACTIVITY**

**Food from Plants and Animals**

**Draw** foods that come from plants.

![Food from Plants]

**Draw** foods that come from animals.

![Food from Animals]
Draw foods that come from both plants and animals.

Food from Both Plants and Animals