Setting Up a Food Journal

What You Need

Find Out
Do this activity to see what foods you eat for lunch each day.

Process Skills
Observing
Communicating
Classifying
Using Numbers

Time
• 10 minutes every day for two weeks

What You Need

pencil
WHAT TO DO

1. At lunch, look at the food you eat.

2. Tell what you eat.

3. Put the foods you eat in groups. Think what kind of food it is. Write the name of the food in its group.

4. Count how much of each kind of food you eat for lunch each day. Write the total for each kind in the bottom boxes of your chart.
<table>
<thead>
<tr>
<th>Date</th>
<th>Grains</th>
<th>Vegetables</th>
<th>Fruit</th>
<th>Milk</th>
<th>Meat</th>
<th>Sweets</th>
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**Total:**
Conclusions

1. What kind of food did you eat the most?

   Answers will vary based upon students’ food choices.

2. What kind did you eat the least?

   Answers will vary based upon students’ food choices.

New Questions

1. How could you change what you eat to be healthier?

   Answers will vary based upon students’ food choices; however, students’ responses should convey an understanding of a healthful diet.

2. Write a question you still have about food and keeping your body healthy.

   Accept all reasonable questions.
# Grouping Foods

What foods did you put in each group?

<table>
<thead>
<tr>
<th>Food from Plants</th>
<th>Food from Animals</th>
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</thead>
<tbody>
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</table>

Answers will vary. Check student drawings to see that students accurately classified foods as coming from plants or animals.
Which foods come from both plants and animals? **Draw** the food. Then **draw** what part comes from plants and what part comes from animals.

<table>
<thead>
<tr>
<th>Food</th>
<th>From Plants</th>
<th>From Animals</th>
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</thead>
</table>

Answers will vary. Check student drawings to see that they accurately classified foods.
Activity Journal
Lesson 2 • All Kinds of Food

Name __________________________

ACTIVITY

Choosing Healthful Food

Draw the healthful meal you made.

Students should draw foods that form a healthful meal.

UNIT D • Chapter 3: Feeding Your Body

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Activity Journal
Lesson 2 • All Kinds of Food

Name ___________________________

How does food help build a healthy body?

**Draw** two foods and how they help.

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Pictures should show healthful foods and signs of a healthy body.
Activity Journal
Lesson 3 • Where Food Comes From

Name __________________________

ACTIVITY

Grouping Food from Farms

Show one way you grouped your foods.

Groups will vary. Possible methods of grouping include color, size, and nutritional value.
Draw a plant or animal that grows on a farm. Draw a food that comes from the farm.

Answers will vary. Typical pictures might show a chicken and an egg, a cow and a glass of milk, a corn plant and an ear of corn, and so forth.