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

Charts will vary based on what foods students ate for lunch.

**UNIT D • Chapter 3: Feeding Your Body**
Conclusions

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

Answers will vary based on students’ experiences.

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

Answers will vary. Many students will observe that they do not eat enough fruits and vegetables.

New Questions

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

Answers will vary. Students may note that the outcome would be different if they ate different foods for lunch.

2. Ask a new question you still have about food and the human body.

Accept all new questions.
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

Drawings will vary based on student’s experiences.
Name ________________________________

**Draw** the things you drink.

Circle your favorite ones.

**Things I Drink**

Drawings will vary based on student’s experiences.
Activity Journal
Lesson 2 • All Kinds of Food

Name __________________________

ACTIVITY

Making Food Groups

Draw two food groups.

Drawings will vary based on packages and labels used.

UNIT D • Chapter 3: Feeding Your Body
Activity Journal
Lesson 2 • All Kinds of Food

Name ___________________________

Draw two new food groups.

Drawings will vary based on packages and labels used.
Activity Journal
Lesson 3 • Where Food Comes From

Name ___________________________

ACTIVITY

Food from Plants and Animals

Draw foods that come from plants.

Drawings will vary, but should show foods from plants.

Food from Plants

Draw foods that come from animals.

Drawings will vary, but should show foods from animals.

Food from Animals
**Activity Journal**
**Lesson 3 • Where Food Comes From**

Name __________________________

**Draw** foods that come from both plants and animals.

Drawings will vary but should show foods that contain both plant and animal products.

Food from Both Plants and Animals