

## Nutrition with Stixy

Grades 1-2



Overview	Many young students do not know what foods are considered nutritious and healthy to eat. Also, in today’s day and age, students spend a lot of their time on the computer or internet. The purpose of this activity is to teach students the different food groups of the food guide pyramid and what foods are good for them to eat, all while letting them use their preferred technology, the computer. The students also will have the chance to suggest healthy foods to other students and keep a personal journal of their eating habits as well.
Objective	<p>After completing this activity, students will be able to:</p> <ul style="list-style-type: none"> <li>• Use Stixy while also incorporating their nutrition lesson into this activity.</li> <li>• Know the different food groups and be able to classify and put different foods into the correct categories.</li> <li>• Know the amount of servings recommended for each group.</li> <li>• Read about and post own recommended healthy foods to eat.</li> </ul>
Standard	Nutrition Competency II: Students will know current nutrition and physical activity recommendations and how to apply them.
Materials	<ul style="list-style-type: none"> <li>• Laptop or Computer with internet access</li> </ul>
Procedure	<ol style="list-style-type: none"> <li>1. The teacher will sign up every student for a Stixy account.</li> <li>2. Demonstrate how to use Stixy to the students.</li> <li>3. Give the students adequate amount of time to look for pictures and upload them in the correct category on the food guide pyramid that the teacher has already posted on the Stixy board.</li> <li>4. They should label these groups correctly as well.</li> <li>5. Have the students post the amount of servings you need in each group per day on Sixy “note.”</li> <li>6. Then the students should post a recommended healthy meal for other students to try.</li> <li>7. Have the students look at these and then come together as a class and discuss what they have learned about what foods are good to eat.</li> <li>8. Assign them a journal entry to post on the Stixy board about what they eat at each meal every day. Have them update this every day for one week.</li> </ol>
Evaluation	Check to see if all students understood this activity and participated fully. Go through and look at the Stixy board to see if the pictures, labels, and servings all match up and are correct. Just to note, are their daily journal entries getting better each day?