

My Food Journal



Grade concentration: 3, 4, & 5

Subject concentration: English and Health & Wellness

<p>Overview</p>	<p>The students will create a journal in which they will describe what foods from the food pyramid they have eaten the day before. They will share their journal entries with other students when their journal entry is complete. The student that receives the journal entry will view it and help their classmate decide if they need to eat more or less of a particular food group.</p>
<p>Objective</p>	<p>Given MyPyramid for Kids and Google writer, students will be able to write down what foods they have consumed and decide if others are eating the correct amount of foods by accurately describing the food ratios that are presented on the MyPyramid for kids.</p>
<p>Standards</p>	<p>English</p> <ul style="list-style-type: none"> • 3.6 Students write using Standard English conventions appropriate to this grade level (same for 4.6 and 5.6) • 4.4 Students write clear sentences and paragraphs that develop a central idea. <p>Health & Wellness</p> <ul style="list-style-type: none"> • 3.1 Students acknowledge personal responsibility for health promotion (same for 4.6 and 5.6) • 3.4 This standard focuses on how responsible individuals use verbal and non-verbal skills to develop and maintain healthy personal relationships (same for 4.6 and 5.6) • 3.5 Students list the steps of a decision-making process which enables them to collaborate with others to improve quality of life now and in the future (same for 4.6 and 5.6)
<p>Materials</p>	<ul style="list-style-type: none"> • List of food consumed from previous day • MyPyramid for Kids • Computer • Google Writer
<p>Procedure</p>	<p>Previous Day: Give each student a table they can fill out with the foods that they consume that day.</p> <ol style="list-style-type: none"> 1. Have students create a Google account e-mail 2. Students log onto Google Writer 3. Create a table (2 x 5)

State Standards obtained from:

<http://dc.doe.in.gov/Standards/AcademicStandards/StandardSearch.aspx>

Procedure	<p>a. Left side for food group and right side for amount consumed</p> <ol style="list-style-type: none">4. Give each student a partner5. Students will also include their name, date, name of journal, and their partners name who will review their table6. Once table is completed, students will click on share and - send it to their partners e-mail7. After they have reviewed the received e-mail, they will type a reply under the table that will make suggestions for ways in which students could eat either more or less of a certain food group to help them obtain a healthier diet.
Evaluation	<p>Students will be graded on how well they complete their journal entry and if they include all of the various components listed above. Once the students have received an e-mail from their classmate, they will be graded on how well they evaluate their classmates table and how well their reply shows that they know how a well balanced diet is created.</p>