

## You Are What You Eat!

**WebQuest Description:** The food that you put in your body needs to be a healthy balance. This balance needs to include foods from all of the food groups.

**Grade Level:** K-2

**Curriculum:** Health / PE

**Keywords:** Food Groups, Nutrition

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### Introduction

In groups you will discover which foods belong to each food group. You will create a collage to demonstrate your understanding of a balanced meal.

### Tasks

Watch a video on a balanced diet. Be sure to pay careful attention to what foods belong in each food group. You will use magazines, scissors, glue, and paper plates to create a food group collage divided into proper food groups. The food groups should be in proportion to what you eat for a balanced meal.

[http://www.teachertube.com/viewVideo.php?video\\_id=120626&title=Food\\_Groups](http://www.teachertube.com/viewVideo.php?video_id=120626&title=Food_Groups)  
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### Process

Get with your partner.

Get a pencil and paper.

While you watch the Food Groups video, you will write down or draw pictures of the food groups and some of the foods that you see in each group.

After you watch the video, you will each get a magazine, scissors, glue, and paper plates.

You will look through the magazines and cut out enough pictures of food to make a food group collage on your paper plate.

Glue the pictures on the paper plate in the right sections to make a balanced meal.

Share your meal with your partner and then with the class.

### Evaluation

Category and Score	5	4	3	2	Score
Milk Group	You have 3 servings of milk.	You have 2 servings of milk.	You have 1 serving of milk.	You have no servings of milk.	5
Meat	You have 2 servings of meat.	You have one serving of meat.	You have no servings of meat.	You did not make a meat category.	5
Vegetable	You have 5 servings of vegetables.	You have less than 5 but more than 3 servings.	You have 3 servings of vegetables.	You have 2 or less servings of vegetables.	5
Fruit	You have 3 servings of this group.	You have two servings of this group.	You have 1 serving of this group.	You have no servings for this group.	5
				Total Score	20

### Conclusion

Let's Blast Off with Nutrition and finish our lesson with a game!

[Click Here to Play](#)

## Teacher Page

This webquest was created for students in primary grades K and 1. It is aligned with South Carolina standards.

N-K.1.1 Explain why the body needs food (including breakfast) and water. N-K.1.2 Define the terms "healthy foods" and "snacks."

N-1.1.1 Identify the different food groups.

N-1.1.4 Identify food portions that are appropriate for children.

### **Standards**

### **Credits**

### **Other**