

Did you know that food comes in groups?

WebQuest Description: A WebQuest for 1st Grade Health
Designed by Amanda Waidely
acwaidely@gmail.com

Grade Level: K-2

Curriculum: Health / PE

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Introduction

Welcome Students! Today we are going to learn what the food groups are and which food is included in each group! We will also learn why we need to eat food from each group. Who can remember everything they have ate today. Who can already name which food group it belongs to? Anyone? If you can, Great!! If you can't, you will be able to soon! First I think we should catch up on a little vocabulary. Click on the word to find out the meaning. Food Group Grains Vegetables Fruit Dairy Meats and Beans Oil Fat and Sugar Salt Snacks Beverages Be sure to check out the video at the bottom of this page!

Tasks

Hello learners! You have an amazing learning experience ahead of you today. Your job is to work with your partner and go to click on the word process and learn about the food pyramid. Play the games, read the links, learn as much as possible about what foods to eat and why! Make sure you get the work sheet from your teacher to color and label. At the end your teacher should walk you through the quiz on this WebQuest as a class. Be sure to raise your hand and answer the questions! You also need to complete the questions in the conclusion section. Be sure to get a piece of paper to write down your answers. Good luck learners! Now find the word process on the left hand side of the screen and press it! Below are just a few sites to visit to help understand the food pyramid. Food Groups The Basic Food Groups A Pie Picture of the Food Groups Be sure to check out the video at the bottom of this page.

Process

Once again, welcome to the WebQuest. The object today is to learn as much as you can about each of the food groups. Click on the sites below to start your learning experience. Lastly, start playing the blast off game! To better understand the food pyramid click here Click here to learn more about the different food groups My Pyramid Blast off Game When you are done with all three let your teacher know. She will show you examples of food products and you let her know which food group it belongs to. She will also help you complete the quiz. Be sure to check out the video at the bottom of this page!

Evaluation

Make sure you have visited every site. Make sure you have played the blast off game. Make sure you have colored and labeled the worksheet your teacher gave you. Make sure you have completed the conclusion questions. Be sure to check out the video at the bottom of this page!

Category and Score	Beginning	Developing	Accomplished	Exemplary	Score
Completed Worksheet passed out be teacher on food pyramid	Colored with wrong colors and Labeled with wrong spelling	Colored with some correct colors and labeled with some correct spelling	Colored with maybe one wrong color and labeled with few spelling errors	Colored with correct colors and labeled with correct spelling	4
Visiting Sites	Visited one link	Visited two links	Visited a few links	Visited every link	4
Blast off Game	Lost the mission and no good food was eaten	Lost the mission but ate a few good foods	Lost the Mission, but ate a lot of good foods	Completed the Mission	4
Conclusion Questions	One to three correct answers	Four to six correct answers	Seven to nine correct answers	Ten to twelve correct answers	4
				Total Score	16

