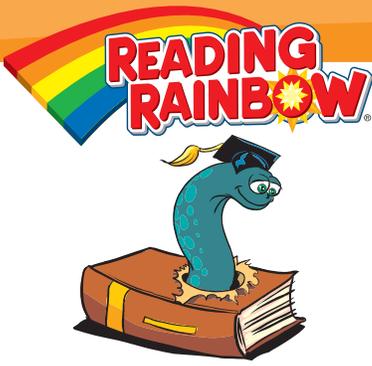


# GOOD FOODS TO EAT



Episode	Segment
How To Make An Apple Pie And See The World	Feature book, making ice cream, chef learned to read at 26
Florence And Eric Take The Cake	Cake decorating
Hotel Animal	Submarine sandwich shop
Little Nino's Pizzeria	Feature book, LeVar making pizza
Gregory The Terrible Eater	San Diego Zoo, cooking with the chef

## Setting the stage:

- Create a book corner with a variety of books about food and where it comes from. Ask your media specialist for assistance to help gather the collection.
- Display pictures of a variety of food on a bulletin board to encourage discussions.
- Secure some plastic food for the students to play with and classify into various categories.
- Collect materials for a classroom kitchen including measuring spoons and cups, bowls, utensils, spatulas, pans, etc. Empty food containers, such as cereal boxes, oatmeal containers, etc., will help create the feeling of a real kitchen. Be sure to include writing materials for grocery lists and recipes the children write. Allow the children lots of opportunities to play in the kitchen.

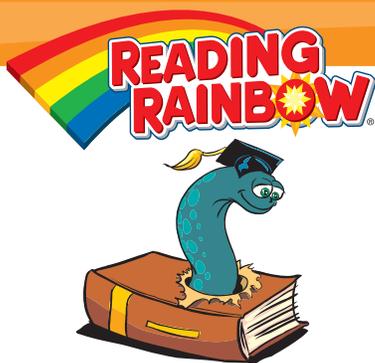
## Topics for Discussion:

- Discuss different places where people go to eat, such as restaurants, fast-food places, diners, cafeterias, food courts, sandwich shops, etc. (Students might also mention specific places by name, which they could categorize as to the type of establishment mentioned above.) Talk about how these places are similar and different, such as the way they look, how people are served, what food choices are available, the cost of the food, etc.
- Talk about the term “junk food” and how it got its name. Encourage students to name junk food. After viewing Gregory, The Terrible Eater, talk about what “junk food” meant to Gregory and his parents. Brainstorm a list of these foods that people should eat sparingly.
- Encourage students to share some of their experiences with cooking, including what they like to cook, their greatest triumphs, and their worst disasters.
- Talk about different careers that are associated with food, such as chefs, bakers, cooks, servers, kitchen workers, people who clean tables, food suppliers, etc.
- Secure a diagram of the food pyramid. Talk about the basic food groups and why the pyramid is organized as it is, the desired number of servings from each group each day, and how using the pyramid can help us to maintain a healthy diet.

## Activities to get started:

- Invite each student to bring a vegetable from home to contribute to make a class “sharing soup”. Arrange for volunteers to help the students clean and cut up the vegetables. Cook the soup overnight and share the next day.
- Cut vegetables into shapes and dip them in shallow trays with a different color of paint in each tray. Press the vegetables on to painting paper to create unique designs.

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### Activities to get started, con't.:

- Make butter in baby food jars by filling two-thirds of each jar with heavy whipping cream and a dash of salt. Put the lids on securely and have students take turns shaking until the cream turns into butter. Spread the butter on crackers or biscuits and let the students taste what they made.
- Play a game of hot potato using a beanbag. Have the students sit in a circle and pass the beanbag around quickly so it does not "burn" them while the music is playing. Stop the music after several passes. The child who is holding the beanbag when the music stops gives the beanbag to the next child and leaves the circle. The winner is the last child without the beanbag when the music stops.
- Take a fieldtrip to a restaurant, bakery, or grocery store. Arrange ahead of time for the tour guide to talk about the areas students are studying.
- Interview fellow students to find out what their favorite pizza (or sandwich) is. Create a graph using those categories and fill in the graph to reflect the students' choices.
- Make personal pizzas by giving each student one half of an English muffin, pizza sauce, and cheese. Pepperoni or other toppings can be added to the pizzas if desired. Bake in an oven until the cheese is melted. Adult volunteers would be very helpful for this activity.
- Encourage students to write their own original pizza recipes. Discuss the importance of listing the ingredients and the measurement of each, as well as writing the directions for making the pizza, including the time and temperature for baking it. Use paper cut in a circle for the recipes. Bind them in a class book with the cover decorated like a pizza.
- Make an apple pie using the recipe from the back of **How To Make An Apple Pie And See The World**. You may want to enlist the aid of parent volunteers for this project.
- Make pasta necklaces using large needles, yarn, and pasta in a variety of shapes and sizes. Have students choose three different types of pasta and arrange them in a pattern. Use the needles and yarn to string their pasta patterns into necklaces. Dyed pasta adds variety to the necklaces.