

EXTENSION ACTIVITIES

Step 3: Extend learning with extension activities. Each activity may range from 15-60 minutes.

Episode 2: Team Nutrients

- Assign students to one of six groups according to the Super Six. The educator may assign or students may choose to design a poster or create a skit that promotes the importance of their nutrient. The poster or skit must include the benefits of the nutrient and offer ideas on how to consume more of that nutrient.

Episode 5: Fuel Up with Breakfast

- Survey and Collect Data
 - Take a sample monthly menu and have students survey and collect data. Students can generate statements to describe their analysis.
 - 3rd grade - Create a bar graph of “What is your favorite breakfast item?” and “What is your least favorite breakfast item?”
 - 4th & 5th grade - create a line plot of “How many days a week do you eat school breakfast?” or “Which menu item is your favorite?” (Have students choose 5-8 items from the monthly menu)

Episode 6: Fuel Up with School Lunch

- Interview a School Food Service Director
 - Encourage students to write a letter to the school food service director inviting him or her to speak to the class and answer students’ questions about local food. Ask if the students can go to the cafeteria or if the food service director can come to the classroom.
 - Help students prepare questions for the interview based on what they have already learned and would like to learn about local food at the school.

Episode 10: Food Cultures and Traditions

- Bring in different spices (turmeric, basil, paprika, garlic, ginger, etc.) for students to smell. Have students rate the spices based on how much they enjoy the smell. Share information on that spice, such as where it is grown and foods or dishes it is used in.

Episode 11: Farm to You

- Have students pair up and illustrate the process of how foods that come from a farm are made. (i.e.: guacamole, apple sauce, popcorn, tortillas, etc.)