



Grocery Bag Challenge

Grade Level 2-3



Connection to The Big Race, Pickles and SkipPy the Super Roo Film:

"Think back to our kangaroo friends SkipPy and Rex. In the movie Rex ate very different foods from SkipPy and it affected his energy level in a different way than SkipPy's energy level. Today we are going to see if we can sort whole foods from processed foods in our grocery bag challenge and see what foods SkipPy ate versus Rex. Are you up for the challenge?!!!"

Student Learning Objectives:

I can distinguish whole foods from processed foods using a given list.

I can recognize what the characteristics of whole and processed foods.

I understand that processed foods can contain added sugars while whole foods contain naturally occurring sugars.

I can predict how different foods will affect my energy.

Approximate Time To Complete:

20-25 minutes

Materials:

- Chart Paper
- Marker
- Sticky Notes
- Grocery Bag Challenge Foods (see below) Enough copies for each student / team. Would be helpful to have cut / organized in advance.

Content Areas Addressed: **Science**

Applicable Colorado State Standards:

2nd Grade Life Science Standard 1:

Organisms depend on their habitat's nonliving parts to satisfy their needs.

3rd Grade Reading, Writing and Communicating Standard 1:

Ask questions to check understanding of information presented, stay on topic, and link their comments to the remarks of others.

Procedure:

1. Read the Connection section of this lesson to the students.
2. Explain to students that they will have time to work with their partners (or teams) to sort foods that they find in a grocery bag. All the foods in the bag might be something they have seen or their parents have purchased from the store.
3. Ask students to brainstorm and share some foods they have purchased from the store before.
4. Write their thoughts on a Tree Map drawn on a piece of chart paper (see below.) Write all the whole food items shared on one side of the chart (do not label the chart WHOLE FOODS just yet.) Write all the processed foods on the opposite side of the Tree Map. Remember NOT to label the sides just yet!
5. Ask students to think of what motivated you to write the food on the chart the way you did. *We would like students to discover that one side of the chart is foods that are NOT grown in nature (processed foods) and the other side of the chart are foods that ARE grown in nature (whole foods.)*
6. Once you have discovered that one side of the chart is whole foods while the other is processed foods, label the sides WHOLE and PROCESSED. Part of the discussion could include: *Many times processed foods can be found in a box or package and has added sugar which you can find listed on the food label. 80% of food in grocery stores has added sugar. Yikes! Whole foods are in their natural packaging designed by nature. Whole foods have healthy minerals and nutrients your body needs to feel great. Whole foods also have fiber to help you take in the nutrients and absorb the natural sugars.*
7. Introduce the activity for the day (*students will get different food cards from their grocery bag and work with their partners/teams to decide if the foods are whole or processed*).
8. Hand students out the materials they will need for their grocery bag challenge.
9. Allow time for students to complete the task. Encourage reasoning conversations. "I chose the apple to fit into the _____ category because_____."
10. Once all teams are finished, call for the students attention. Discuss each item with reasoning conversations about which category the teams sorted the food items into and why.
11. Ask students to clean up their materials and get a pencil for their exit slip.
12. Hand out a sticky note for each student and have them answer the following questions (exit slip) and turn them in:

- a. What will happen to your body and energy when you eat an apple? How about a pop tart? What makes it different?
- b. Which category of foods (whole or processed) did Rex eat in the film? How do you know? How did it make him feel and act?
- c. Which category of foods (whole or processed) did Skippy eat in the film? How do you know? How did it make him feel and act?

Grocery Bag Challenge Foods

(Cut and have set in piles for teams)

			
			
			
			
			

Tree Map
(Lable after discovery of common traits)

