

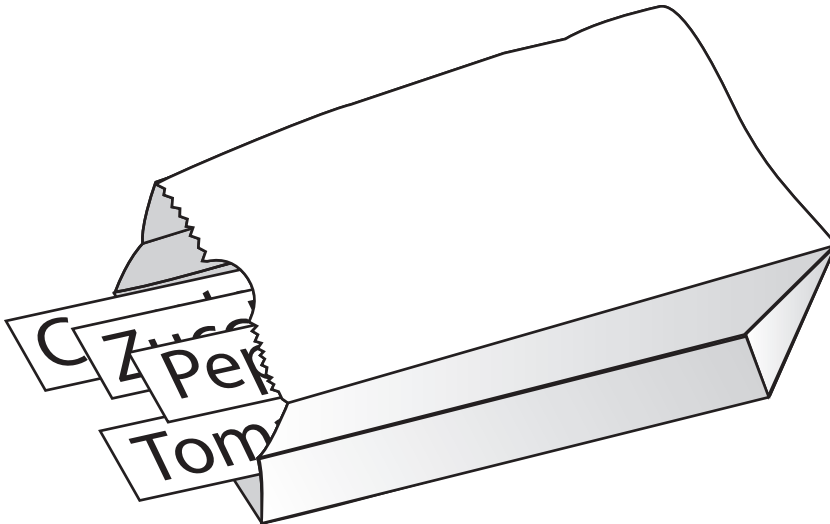
Grades K-2

Food Choice, Cost, and Convenience

You Choose!

Adding variety to meals

Start by asking students if they've ever grown foods themselves. Then ask, "If we each had to grow all of our own foods, what could we grow?" Write realistic suggestions on paper strips and place them in a bag. Once the list is complete, randomly draw strips in groups of four to create a meal. Discuss the meal's components; students will quickly see that their meals lack variety. Then suggest adding items that can be purchased at the grocery store to these meals. Point out to students that even items purchased at the grocery store originated on farms. Write these items on additional paper strips. Randomly draw more strips in groups of four. Students will see that variety enhances our meals!



Fun Fact:

Aluminum cans are 100 percent recyclable. Recycling one aluminum can saves enough energy to keep a 100-watt bulb burning for nearly four hours or to run your television for three hours. Plus it takes only 60 days for a recycled can to be back on a store shelf.



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