

# Pre-Show Activity: Food Journal

We eat food everyday, although we may sometimes not eat as healthy as we would like to. It might be due to our limited time or the convenience of obtaining certain types of foods; there can be many reasons. The first step in eating healthy is to analyze what is in your current diet.

**Activity Objective:** Students will become familiar with their daily diet and analyze how healthy or unhealthy their food choices are.

This activity can be done individually or as a class.

## Teacher Preparation

Copy one worksheet per student.

## To Try with Students

- Have your students use the chart on the next page to analyze their diets in one day: breakfast, lunch, dinner, and any snacks inbetween.
- On the left, students should write or draw the junk food that they have eaten. The Science Theater on Tour characters on this side are the BLAHs - they eat unhealthy foods and don't exercise.
- On the right, students can write or draw the healthy foods they have eaten. The Science Theater on Tour characters on this side are the Super Kids - they make healthy food choices, exercise, and are very strong.
- On the bottom, students should rate overall how healthy or unhealthy they think their diet is. There is no wrong or right answer since this is their opinion.
- You may want to try this activity beforehand to show your class as an example.
- For an extra challenge, encourage students to write and draw foods they aren't sure about on the middle line.
- **Afterwards, discuss your students records and help to look at ways everyone can live and eat healthier.**

# Activity 1: Food Journal

In one day, what have you eaten for breakfast, lunch, dinner, and snacks?



## Junk Food



## Healthy Food



Examples:



Pie



Ice cream



Veggies

Examples:



Apple

Rating:

on a scale of 1 to 10

Why?