Real-World Problems Grade 4

**![C:\Users\pbaeza\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0CWB0FG8\MC900441824[1].wmf]()Nutrition Labels & Healthy Eating**

 **Science/Math**

Goal: Students will learn how to read the new food labels, how to interpret the nutrition facts on labels, and how to relate the Nutrition Facts label information to the Food Guide Pyramid.

Students will also multiply double-digit numbers and fractions while following recipe instructions to encourage healthy eating habits

Concept: Measurement using customary system

Materials needed: Food items listed in each healthy recipe

 Food/snack Labels

Recipe Cards

Pan balance

Gram weights

 Student Worksheet

 Graduated measuring cup

Discoveryeducation.com Nutrition Labels: Our Guides to Healthy Eating (reading labels)

<http://www.fns.usda.gov/multimedia/Games/Blastoff/BlastOff_Game.html> (interactive Mission to Mars. To ensure successful landing, fuel spaceship/astronauts with balanced & nutritional food supplies, along with exercise plan)

Activity: Preview Discovery Education video. Discuss food labels, their importance in maintaining a healthy weight, and making smart dietary choices. Partner students. Distribute measuring tools, recipe cards and worksheets to each group.

Recipe card #1

Ingredients:

One batch serves 2 people

* Celery 2 stalks
* Peanut Butter 1/8 cup
* Raisins ¼ box

Directions:

1. Wash the celery in cold water. Pat dry with a paper towel. Cut the leafy end off celery on a cutting board using a sharp knife. Cut each celery stalk into 3 pieces
2. Spread the U-shaped part of each celery stalk with the peanut butter using a table knife. Evenly press raisins into the Peanut Butter.
3. There you have Ants on a Log. Enjoy!

Worksheet #1

|  |  |  |  |
| --- | --- | --- | --- |
| Ingredients | One batch serves2 people(partner & self) | **Equation** showing amounts needed to serve all 20 students | Multiply all ingredients by \_\_\_\_\_ to formulate a **number sentence** showing total amount of ingredients needed |
| Celery | 2 stalks |  |  |
| Peanut Butter | 1/8 cup |  |  |
| Raisins | 1∕4box |  |  |

Recipe card #2

Ingredients:

One batch serves 4 people

* 1 packet of instant pudding 3.4oz
* 2 cups of cold milk
* 4 small cups

Directions:

1. Get a bowl and measuring cup.
2. Using the measuring cup, pour two cups of milk into the bowl.
3. Open the pudding mix and pour it into the bowl.
4. With a spoon, stir the milk and pudding mix for 1-3 minutes, until the pudding is well blended
5. Chill the pudding in a refrigerator for 5 minutes to an hour, then remove and enjoy!

Worksheet #2

|  |  |  |  |
| --- | --- | --- | --- |
| Ingredients | One batch serves4 people(partner, self, & 2 classmates) | **Equation** showing amounts needed to serve all 20 students | Multiply all ingredients by \_\_\_\_\_ to formulate a **number sentence** showing total amount of ingredients needed |
| Pudding | 3.4ox box |  |  |
| Milk | 2 cups |  |  |
| Small cups | 4 |  |  |

Recipe card #3

Ingredients:

One batch serves 4 people

* Black Refried Beans 16 fluid ounces
* Shredded Monterey Jack Cheese 4 tablespoons
* Salsa 2 cups
* Baked Tortilla Chips 16 oz bag

Directions:

1.Spread the refried beans on a plate. Sprinkle the cheese and salsa over the top.
2.Cover loosely with plastic.
3.Microwave for about 2 minutes. Let cool before removing the plastic.
4.Serve chips for dipping.

Try adding different toppings such as chopped olives or an avocado for variety.

Did you know?
Beans are also called legumes. They are not only an excellent combination of carbohydrates and protein, they are low in fat. Beans also contain a lot of fiber, which is good for your digestive system.

Worksheet #3

|  |  |  |  |
| --- | --- | --- | --- |
| Ingredients | One batch serves4 people(partner, self & 2 classmates) | **Equation** showing amounts needed to serve all 20 students | Multiply all ingredients by \_\_\_\_\_ to formulate a **number sentence** showing total amount of ingredients needed |
| Black refried Beans | 16 oz |  |  |
| Shredded Cheese | 4 tablespoons |  |  |
| Salsa | 2 cups |  |  |
| Tortilla Chips | 16 oz bag |  |  |

Recipe card #4

Ingredients:

One batch serves 1 individual person

* Raisins 3g
* Salted Peanuts 1g
* M & Ms 10 count
* Cereal 1 tablespoon
* Miniature Pretzels 1.5g
* Pine Nuts 1.5g
* Granola 2g
* Cashews 1g
* Almonds 1g
* Marshmallows 4g
* Small Zip Lock bags 1 per person

Directions:

1. Separate and place large quantities of each ingredient in individual containers for easy access
2. Using a Pan balance and gram weights, measure portions into Zip Lock bag
3. Seal Zip Lock bag, shake to mix. Enjoy!

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Worksheet #4

|  |  |  |  |
| --- | --- | --- | --- |
| Ingredients | One batch serves1 person(self only) | **Equation** showing amounts needed to serve all 20 students | Multiply all ingredients by \_\_\_\_\_ to formulate a **number sentence** showing total amount of ingredients needed |
| Raisins | 3g |  |  |
| Salted Peanuts | 1g |  |  |
| M & Ms | 10 count |  |  |
| Cereal | 1 tablespoon |  |  |
| Pretzels | 1.5g |  |  |
| Pine Nuts | 1.5g |  |  |
| Granola | 2g |  |  |
| Cashews | 1g |  |  |
| Almonds | 1g |  |  |
| Marshmallows | 4g |  |  |
| Zip Lock bags | 1 count |  |  |