

GROW YOUR PALS PROGRAM GUIDE



THE NATIONAL FFA MENTORING PROGRAM

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LESSON 44

Unique Cereal Boxes

Unit:
FOOD SCIENCE

PRECEPTS

- G. Physical Growth
 - G1. Practice healthy eating habits
- H. Social Growth
 - H1. Acknowledge that differences exist among people



Lesson Type:
One-on-one

NATIONAL STANDARDS

NL-ENG.K-12.12 Applying Language Skills
NPH-H.K-4.1 Health Promotion and Disease Prevention

STUDENT LEARNING OBJECTIVES

As a result of this lesson, the student will ...

1. Create a new food label and cereal box.
2. Explore how foods are packaged.





TIME

Instruction time for this lesson: **15 minutes.**



RESOURCES

<http://pbskids.org/itsmylife/body/foodsmarts/article4.html>
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TOOLS, EQUIPMENT AND SUPPLIES

- ✓ writing surface
- ✓ notebook paper
- ✓ 2 empty cereal boxes
- ✓ construction paper
- ✓ tape
- ✓ glue
- ✓ scissors
- ✓ markers, colored paper, glitter and other material to decorate a box

KEY TERMS



The following term is presented in this lesson and appears in ***bold italics***:
None

INTEREST APPROACH



What is this? (*Show a cereal box.*) What was in this box? What are the parts to this box?

Discuss with your PALS the various parts of the box and each part's function. For example, the plastic bag is used to protect the food and keep it fresh. The front of the box names the cereal and is designed to make people want the product. The food label on the side states what is in the cereal, etc. Discuss the parts of the box and what they tell us.



Today we are going to take a look at a food label and create our own cereal box that represents you. Let's get started.

SUMMARY OF CONTENT AND TEACHING STRATEGIES

OBJECTIVE 1: | Read and create a new food label and cereal box.



Using the food label on the cereal box, discuss the various parts of the label and what they tell us.



What part of the box is this? (*Point to the food label*) Let's take a look at this and what it tells us.

Discuss the various parts of the label and why we need to know (or at least be able to read) the ingredients within and nutritional values of the foods we eat..



Great job! It is important to know what we are putting in our bodies to help make us strong.



Now that we have taken a look at the food label, let's be food packagers and think how foods are packaged.

OBJECTIVE 2: | Explore how foods are packaged.



What are some different ways in which foods are packaged? *List them as your mentee shares.* Why is food packaged this way? *Discuss that foods are packaged for convenience, to protect the products during transportation (to the stores and then to us/consumers), to extend freshness, , etc.*



Now let's go back to our cereal box. Can we improve on the packaging in any way? *Discuss students' ideas on how they might change the packaging.* Good ideas! You are now the new package designer for our company and your job is to create a new look for the cereal box. Let's brainstorm by drawing out your ideas for the new cereal box.

Have your mentee take out a piece of paper and have him or her brainstorm ideas on a new cereal box. Be sure to discuss the parts of the cereal box and why they are there.



Great planning! Let's create our new and improved cereal box.

Have the pal create the new box. Be sure to include all the parts of the old cereal box.



As you can see, the way the box looks and is packaged is important to protect and sell the product. Just as cereals are unique so are we as people. How are we unique?

Discuss with your PALS how uniqueness is important and should be celebrated.



REVIEW / SUMMARY / EVALUATION

Use the Show-What-You-Know e-Moment to introduce students' new packages to the group. Allowing each PALS to explain his or her cereal box.

APPLICATION



Large Group Suggestion: *Show a video of foods being packaged and discuss what happened. Then have them create a new cereal to go inside their new cereal box.*



Small group Suggestion: *As you discuss the various parts of the cereal box, cut the box apart and label each.*



Continued One-on-One Discussion/Activity: *Identify with your PALS how our body protects itself just as the box protects the cereal.*