

# Recipe Remix

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Duration: 2-3 hours

LEVEL	SUBJECTS	PROVINCES / TERRITORIES	TOOL
Grades 7 - 8	Health & Physical Education	Across Canada	Various

## Overview

Students will learn about the connection between food choices and health through this project based learning activity. Students will research a fruit or vegetable currently in season, then use their tool of choice to present the nutritional information and a meal plan for a local summer camp that includes the item.

### Prep Work

Materials: Computers with Internet for research.

Review technologies listed below to help support students if questions come up or point them towards useful resources.

Suggested programs to use:

- Glitch
- X-Ray Goggles
- Scratch
- Social media tools
- Google docs

## Terminology

### Pair-programming

is a programming technique where two people work together at one workstation. One of the programmers is usually writing the code while the other is researching, checking it over, and problem-solving aloud with the person writing the code they make together.

## Lesson

### **Essential Questions:**

How can food programs promote healthy food choices?

How can the foods we eat make a difference on how we feel?

What are nutrients?

### **Understandings:**

The access and information you have about foods can impact your food choices.

Planning healthy eating.

### **Students will know:**

What nutrients are.

Why fruits and vegetables are an important part of a balanced diet.

### **Students will be able to:**

How to read a recipe.

Plan a meal.

## Assessment

### **Meal plan presentation: Success Criteria**

Must include one visual.

Must explain the nutrition information and why this fruit/vegetable is GREAT.

Must use a format that's new (or a technology program that students have worked with recently).

Must use a format that can be displayed or shared with others.

## Extension

What new information did you learn that made you think about the what foods you eat at home and at school?

Why did you choose to display your meal plan in the way you did?