

Tracking My Daily Activities

Making healthful decisions, writing arguments to support claims, using credible sources, providing a concluding statement (W.6.1a, W.6.1b, W.6.1e)

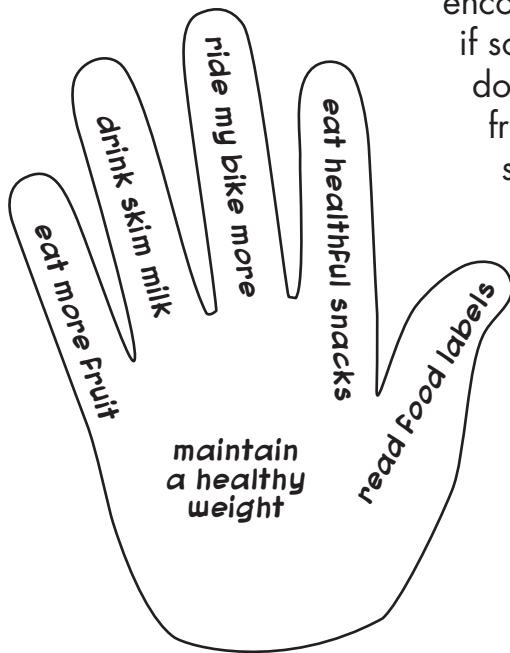
To get students in tune with what they're eating and how active they are each day, have students keep track of this information for one week. Be sure they include all meals plus snacks and beverages. Encourage students to look at their tracking sheet each day and think about the things they did right and the things they want to change.

Next, have students use the information gathered to write summary paragraphs giving their opinions on how well they are doing. Be sure students support their opinions with details from their tracking sheets and include concluding sentences on how they will improve their daily activities. As a class, discuss students' findings and ways students can handle any challenges they

encountered. For example, if some students find they don't eat very much fruit, students can make

suggestions such as trying prepackaged apple slices, frozen fruits that will thaw by lunchtime, or pop-top cans of sliced peaches or pears. Remind students that they're growing and should eat when they're hungry; the key is to choose healthful foods that provide plenty of nutrition.

As a finale, give each student a copy of the hand pattern. Have him write a goal in the center. Then on each finger have him write one thing he will do to reach that goal.



Did you know?

In 2000, 1.3 million pounds of pasta were sold in American grocery stores. If you lined up 1.3 million pounds of 16-ounce spaghetti packages, it would circle Earth's equator almost nine times!

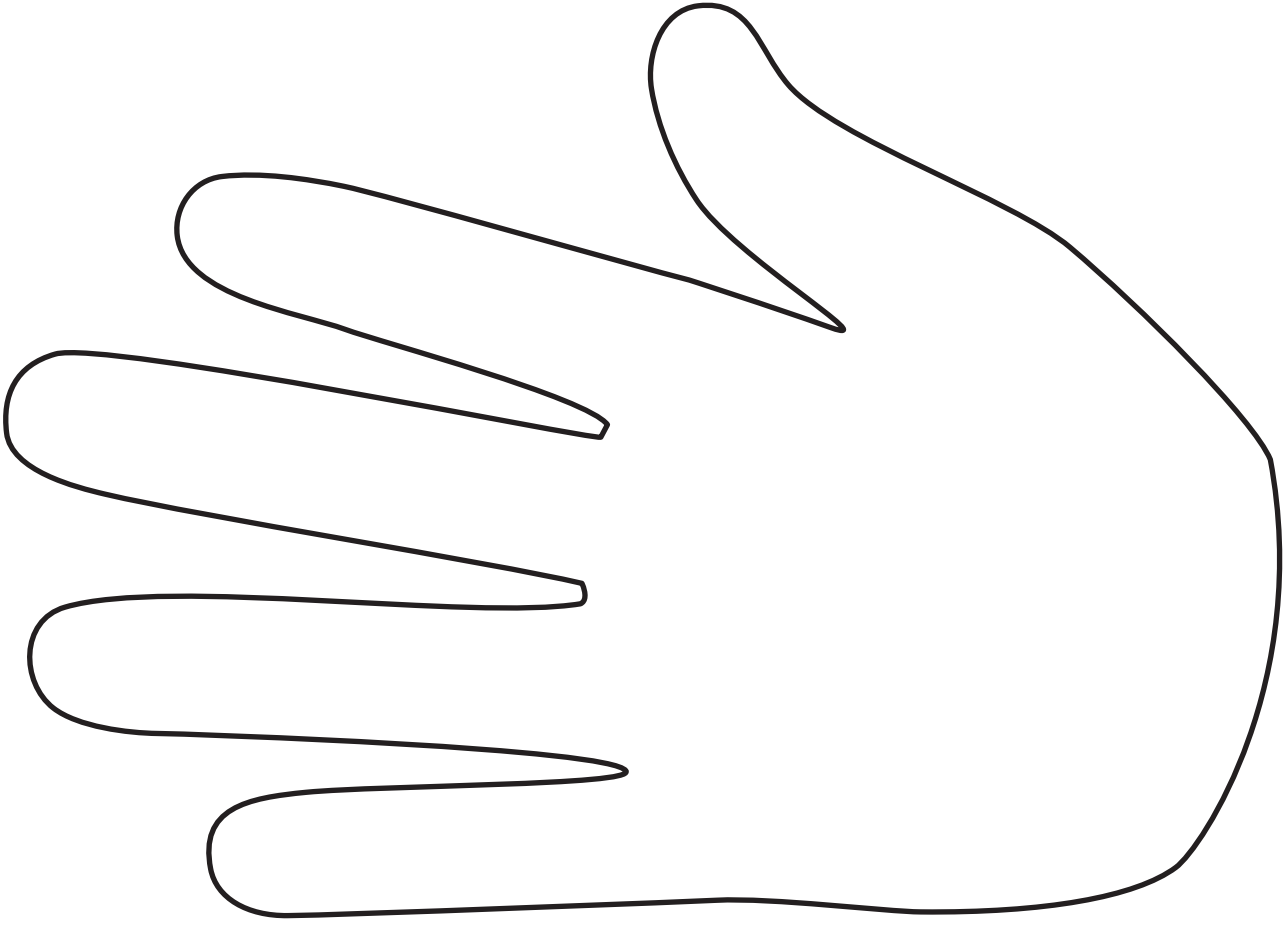


ALLIANCE TO
FEED THE FUTURE



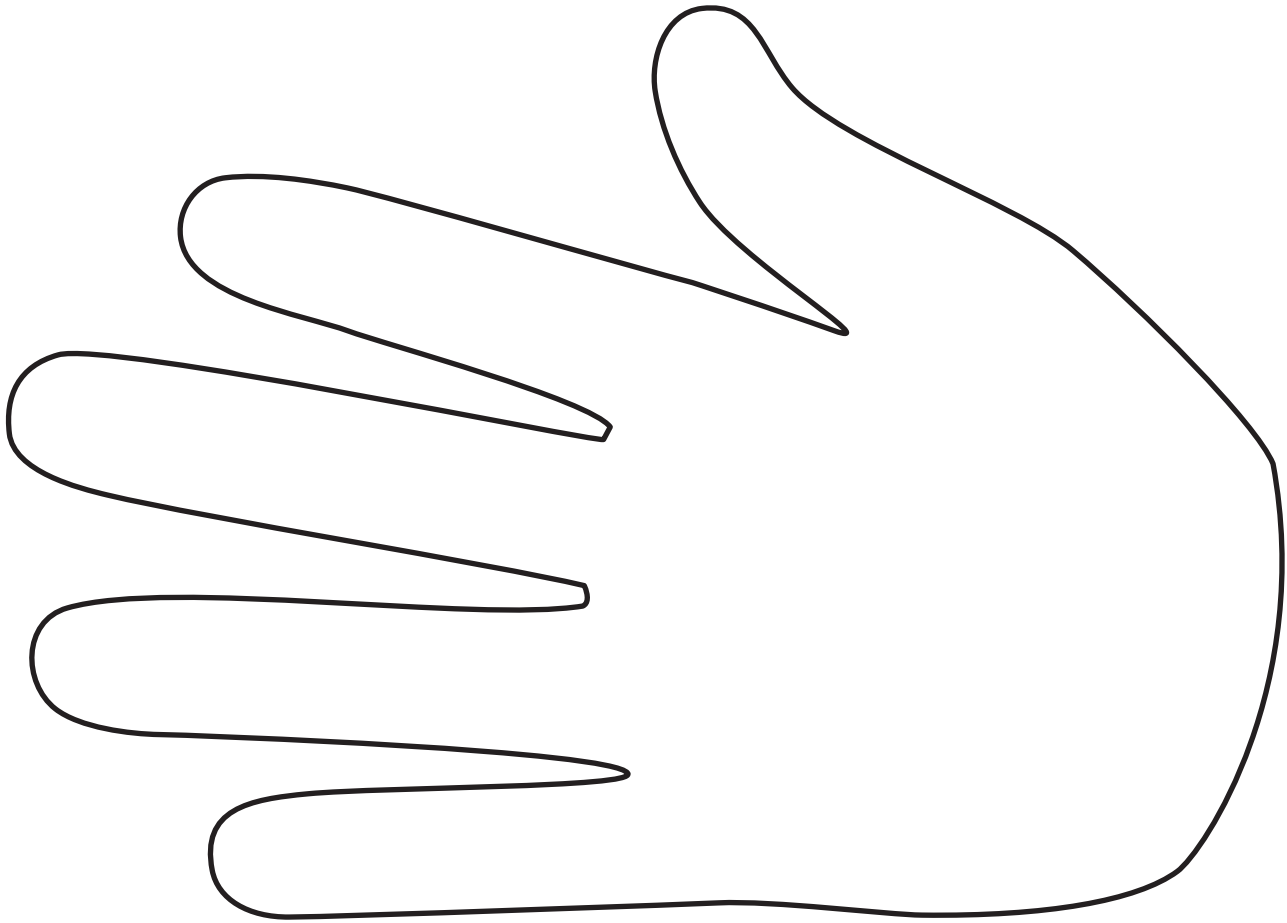
FARM CREDIT

Lending support to rural America®



(W.6.1e)

©2012 Alliance to Feed the Future, www.allianceofthefuture.org. Text and design by The Education Center, Inc.*
The development of this curriculum is made possible, in part, by a grant from Farm Credit.



(W.6.1e)

©2012 Alliance to Feed the Future, www.allianceofthefuture.org. Text and design by The Education Center, Inc.*
The development of this curriculum is made possible, in part, by a grant from Farm Credit.