

## **2** *April Supplemental Activity: My Favorite Snack*

### **Nutrition Lesson(s) Supported:**

- Sensational Snacks

### **Supplies Needed:**

- My Favorite Snack Worksheet
- Paper
- Writing utensils (pencils, crayons)

### **Length of Time to Complete:**

- 5 minutes to introduce activity
- 20 minutes to complete writing assignment

### **Audience (grades): 2nd**

### **Common Core Standards:**

- English Language Arts: Reading Informational Text: 2.1
  - Ask and answer such questions as *who*, *what*, *where*, *when*, *why*, and *how* to demonstrate understanding of key details in a text.
- English Language Arts: Writing: 2.2
  - Write informative/explanatory texts in which they introduce a topic, use facts and definitions to develop points, and provide a concluding statement or section.

### **Lesson:**

Raise your hand if you can remind me why it is important to choose 'go' snacks.  
'Go snacks give your body energy you need to think clearly and perform at your best.'

What could happen if you don't feed your body when it needs fuel?

You could feel tired, have a hard time concentrating, feel anxious, get a headache, feel crabby, or get the 'shakes'.

What kinds of foods make good 'go' snacks?

Fruit, vegetables, yogurt, nuts, seeds, eggs, whole grains, cheese etc.

Today, we are going to describe our favorite go 'snack'.

(Distribute My Favorite Snack Worksheet)

Before we begin writing about our favorite snacks, we are going to brainstorm. Writers brainstorm before they begin to write. Brainstorming helps writers organize their thoughts.

Writers use six questions to guide their writing:  
Who? What? Where? When? Why? How?

Once writers answer these six questions, they can begin writing an organized piece of work.

(Allow students to fill out the handout).

Now that we've brainstormed, it is much easier to write. (Distribute blank piece of paper). Use each question to help formulate an organized paragraph.

Write on board:

What is my favorite snack?

My favorite snack is \_\_\_\_\_.

Why do you like it?

I like \_\_\_\_\_ because \_\_\_\_\_.

When do you like to eat this snack?

I like to eat this snack \_\_\_\_\_.

(Continue to help students formulate a complete paragraph).

(Optional) After students are done writing, have them draw a picture of their favorite snack.