

2 *October Supplemental Activity: Go Go Venn Diagram*

Nutrition Lesson(s) Supported:

- Go Food Lunches

Supplies Needed:

- Venn Diagram worksheet
- Writing utensils (pencils, crayons).

Length of Time to Complete:

- 5 minutes to introduce activity
- 15 minutes to complete Venn diagram

Audience (grades): 2nd

Common Core Standards Taught:

- English Language Arts: Reading Informational Text: 2.9
 - Compare and contrast the most important points presented by two texts on the same topic.
- English Language Arts: Writing: 2.8
 - Recall information from experiences or gather information from provided sources to answer a question.

Lesson:

This month we're learning about the importance of eating 'go' foods. 'Go' foods are foods that fuel your body with long lasting energy.

Raise your hand if you can think of examples of 'go' foods?
(Carrots, whole wheat bread, yogurt, turkey, apples, nuts or seeds)

It is important to fuel our bodies with 'go' foods so we grow strong, have energy, and are able to think clearly.

Today you're going to draw a diagram that highlights two of your favorite 'go' foods.

You will pick two of your favorite 'go' foods. Think about the characteristics of each food. What color is it? Is it sweet? Do you eat it for breakfast, lunch, dinner, or as a snack? Do you have to cook it before you eat it? Do you eat it with a fork, spoon, or with your fingers? Does it have a peel? Is it salty? Does it come from an animal? Does it grow on a tree? After you brainstorm characteristics of each food, you will

chart these characteristics on a Venn diagram. A Venn diagram is a tool used to compare two things that share similar characteristics.

(Show example of a Venn diagram)

This diagram compares apples and carrots. Under the apple, I've listed unique characteristics of apples. In the middle (where the circles overlap), I've listed characteristics that carrots and apples have in common. Under carrots, I've listed unique characteristics of carrots.

(Distribute handout)

Now it is your turn to create a Venn diagram. Remember, the part where the circles overlap is where you list characteristics that your two 'go' foods have in common; where the circles don't overlap is where you will list unique characteristics.