

FOOD \$ENSE  
Journal Writing Prompts  
CALCIUM

This document contains Expository and Narrative nutrition writing prompts for K-6 grade. Choose any that you feel are appropriate for your students.

TOPIC	EK1,1A	NK1	EG2-3	NG2-3	EG3-4	NG4-6,6A	EG5-6,6A	PG6,GA
<b>Calcium</b>	Write or draw pictures to show the body parts that calcium affects	Write a story about going to the market with your family and selecting the most calcium-rich foods.	Write at least 2 paragraphs explaining how you can get more calcium into your body	Write a story about a real or imaginary friend who eats lots of calcium in his/her diet and what benefits that has	Write an article for your classroom website about what your class is learning about calcium.	Write an email to your friend about what you've been learning about the benefits of calcium and what foods you recommend to increase calcium intake	You are the new nutrition expert for the school district. Write a description of how calcium affects the body and how to increase its intake in student lunches.	Write a TV commercial about to persuade your friends to eat more calcium in their daily diets
<b>Whole Grain</b>	Write or draw pictures to show illustrate a whole grain kernel	Write a story about having your friend over for breakfast and the healthy whole grains you served	You are a nutrition label on the cereal box. Write what the shopper will see on your label to make them choose you.	Write a story about a real or imaginary friend who eats 3 whole grain foods a day and how that benefits your friend	You are responsible for planning the Whole Grain Expo at you local farmers market. Describe the informational displays you will set up at the Expo to educate the people about whole grains	Write a letter to your real or imaginary uncle explaining what you've learned about the benefits of whole grain to a healthy body	You are going to do a presentation for your class. Write a plan for the presentation including at least 3 reasons why whole grains are good for your body. Include a description of a whole grain kernel	At the local farmers market you will be setting up the whole grains display area. Describe the presentations you will include to encourage people to eat more whole grains
<b>Physical Activity</b>	Draw a picture showing a person getting healthy physical activity	Write a story describing how you get healthy physical activity	Write at least 3 criteria by which your teacher should select the healthiest physical activities for your class. Give examples.	Write a story about the time you and your friend started the healthy activity club at school	Your PE teacher has asked for input about new activities for your class. How will you decide which activities are the healthiest?	Write a story about your trip to the healthiest country in the world. Describe the types of physical activity you saw the people doing there.	Your class is going to plan the field day at school. Write about the activities you will plan that provide the healthiest physical activity and why you recommend them	You are planning the new playground for the community center. How will you convince the others on the committee to select the equipment that provides the healthiest physical activities?
<b>Handwashing</b>	Draw a picture showing what you need to wash your hands the right way	Write a story that tells about how you taught your friend to wash his/her hands the right way	Make a poster showing the rules for proper hand washing	Write a story about what could happen if you didn't wash your hands correctly	Write an article for your classroom website about how to wash your hands correctly	Write an entry on the nutrition blog about teaching your little brother to wash his hands correctly	Write a script for a TV commercial about proper hand washing	Write a TV commercial persuading others to wash their hands correctly
<b>Food Safety</b>	Draw a picture of preparing food safely in your kitchen. Be ready to tell about your picture	Write a story that tells about how your taught your class to prepare food safely in the kitchen.	Describe at least 5 things you can do to make sure food is prepared safely	Pretend you are a fruit or vegetable in the grocery store. Write about how you should be cared for and cleaned before eating	Explain to your friend how to prepare dinner safely in the kitchen. Include cleaning surfaces and utensils	Write instructions for your sister about how to wash fruits and vegetables so they will be as clean as they need to be for eating	You will be going on a field trip tomorrow. Write instructions for your classmates on preparing a nutritious lunch that will be safe to eat with no refrigeration 3 1/2 hours after leaving school	Plan a campaign to increase food safety in your community. Include at least 4 strategies you will recommend to increase food safety

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<b>MyPyramid</b>	Write or draw pictures to show 2 or more ways you can find out which foods are good for you	Write a story about the healthy breakfast you ate	Write instructions to your friends on how to select foods and plan a healthy lunch	Write about a real or imaginary friend who eats a healthy diet and how that benefits your friend	Write an essay comparing and contrasting the old Food Guide Pyramid and the new MyPyramid. Which one is your preference and why?	Write a story about how a real or imaginary friend goes to the market to select foods for a healthy lunch. What did he/she select to select the healthiest foods?	You have been invited to appear on the 5 o'clock News to explain how the MyPyramid Food Guidance System should be used by youth. What would you say?	Your friend is eating junk food for lunch. Write a persuasive argument showing how you would convince him/her to make healthier food choices
<b>Vegetables</b>	Draw or write about how the roots of a plant make us healthy	Draw a plant and label each of its parts	Write about going to the store without much money. Write several paragraphs to your teacher explaining why you chose to buy one green vegetable and one orange vegetable	Decide on a healthy food you would like to buy at a fast food restaurant. Write a letter to the president of the company explaining why you want him/her to sell that food	Describe the parts of a plant and the purpose of each part. Identify the edible parts	Write a story about a vegetable you like that grew from a seed into an adult	You are giving a public presentation about vegetables. Write a script for yourself. Make sure you include the important benefits from vegetables	Your friend doesn't want to help in the school garden. Write how you persuaded your friend to help you in the garden.
<b>Protein</b>	Draw at least 2 foods that have protein	Write about at least one way that protein keeps your body healthy.	Write about why a healthy body needs protein. Describe at least 3 foods in which protein can be found	Pretend you are protein and you are lost. Where should you friends look to find you? Include why protein is important for a healthy body.	Write a story about all the foods that contain protein and how much of them you should eat each day	Describe how protein is used in the body to make us more healthy	Design a video game about protein	Your friend doesn't like to eat meat. Write about how you would persuade your friend to eat more protein in his diet.
<b>Fruits</b>	Identify 2 or 3 nutrients we get from fruits and vegetables and why each is important	Write a story about your favorite fruit and why it is good for you	Identify 5 fruits and explain the important nutrients we get from them. Tell why the nutrients are important	Write a story about a fruit that you just learned about. Why do you like it? Why is it good for you?	We usually think of a tomato as a vegetable. Write about why it is not a vegetable.	Write a recipe using a fruit that you like. Explain why you selected this recipe	You are a tomato from another country. What county are you from and what recipes from that county include tomatoes?	Write a persuasive argument that you could use to convince your school to include more fresh fruit in the vending machines
<b>Fiber and Water</b>	Draw some foods that provide fiber in our diets	Pretend you are fiber going through the arteries in your body. Tell what you find and what you do	Write about a friend who didn't get enough fiber in her diet. What happened to the friend	Name some fibrous foods that are good for your digestion. Tell about each one and why it is good for you	If your teeth could talk, what would they say about how fibrous foods affect human digestion?	Write a description of how fibrous foods affect the human digestion. Include examples of some fibrous foods	Write directions for a simulation of how the fiber travels from our mouth through the body and exits	Write a TV play intended to persuade other students to eat more fibrous foods

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