

SUGGESTED ACTIVITIES

Grades 6-8

The Following activities are designed to make your visit to the fair more meaningful. Hopefully, you will be able to incorporate some of the ideas into your regular curriculum.

HEALTH/NUTRITION

PRE-FAIR

1. Show students an illustration of the Food Pyramid. Discuss the importance of fulfilling their daily nutritional needs and the impact on their overall good health if those needs are not met. This would be an excellent opportunity to discuss the importance of eating a good breakfast before coming to school, in order to help them perform better in the classroom. Assign students the task of keeping a record of everything they eat for one week. Send a notice home to parents explaining the assignment and enlisting their help by making sure their child keeps a record of everything they eat. (It would probably fit in well if this assignment were done the week prior to attending the fair.)

At week's end have students read and discuss aloud their food records. Give some kind of special recognition to those students who fulfill their daily foods requirements and have completed their records according to your instructions and expectations. A special parent's certificate would include the parents in the success of their child's assignment.

At the fair:

Have students find those crops grown in Fresno County that provide them with the foods they consume the most and list them. (Don't forget poultry, rabbits, and the animals in the Livestock Building that provide us with the meats we consume!)

POST-FAIR

2. Have students make a food pyramid and put in the foods they listed from their fair visit in the correct categories and list their nutritional value.