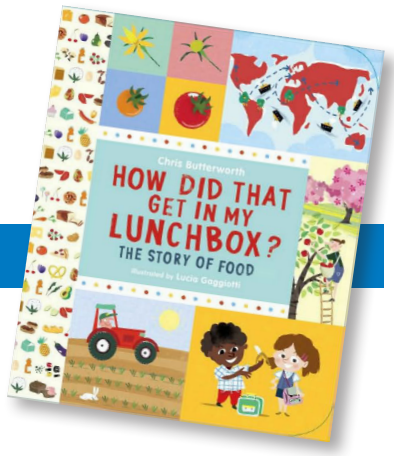
How Did That Get in My Lunchbox?



RIF EXTENSION ACTIVITIES FOR EDUCATORS

STEAM-THEMED: SCIENCE, TECHNOLOGY, ENGINEERING, ART, MATH

SCIENCE, MATH
VISIONS OF VEGGIES

Materials: vegetable seeds, disposable cups, soil

Provide different types of vegetable seeds that grow quickly, like lima beans, pumpkins, or peppers. Let each student choose a seed to plant in a cup of soil. Have students chart the growth of their plants over the course of two or three weeks. Compile the results into a class chart or graph. For older students, find the mean, median, and mode for the class as a whole and for each kind of plant.

TECHNOLOGY, MATH
CLASS COOKBOOK

Ask students to bring in a favorite recipe to add to a class cookbook. Walk the class through the nutrition facts of a sample recipe to explain the important concepts, then have students visit **recipes.sparkpeople.com/recipe-calculator.asp** to find the nutritional value of their own recipes. Once completed, compile recipes into a class cookbook to share.

ENGINEERING, SCIENCE
COOKIE CRUSH

Materials: 3" cardboard squares, tape, glue, foil, plastic wrap, toothpicks, 5 lb. weight

Challenge: Build a container for a chocolate chip cookie that can withstand five pounds being dropped on it without crushing the cookie.

Put students into groups. Let them feel how heavy a five pound weight is for reference, then work together to design and build the container. After construction, test the designs. Place the containers on the ground and drop the weight onto each one from a height of three feet. Observe the results and record whether the cookie inside was crushed.

ART
FAMOUS FRUIT

Materials: painting supplies, fruit

Frida Kahlo, a famous Mexican painter, painted fruit she found in her garden in Mexico. Have students visit this site (**www.fridakahlofans.com/c0640.html**) for a look at her work. Bring in fruit and allow students to arrange it for a still life painting. Encourage them to incorporate a "statement" into their pieces as Frida did with her peace dove.

MATH, GEOGRAPHY
FOOD TRAVELS

How far does food have to travel before it gets to your table? Have each student bring in one food product of their choice. For each food, find the country of origin. Have students calculate the distance between that country and your school. Label and track each food on a world map. Which food traveled the farthest? Was one country the source of multiple foods? Did any foods come from the United States? Why does our food have to travel so far? Has it always been this way?

WRITING, TECHNOLOGY
FIND A FARM

Find a local farm by logging on to **www.localharvest.org.** What questions do your students have for the farmer who runs the farm? Have them write letters to the farmer to find out the answers. They might ask about what types of crops grow on the farm, how many people work there, what machines they use to help them harvest, etc. Compile the letters into one big envelope and send them to the farm. Don't forget to include a self-addressed, stamped envelope for the reply.