

## Nutrition and Food: 3<sup>rd</sup>-5<sup>th</sup> Grade

A RIF Guide for Educators

**Themes:** Nutrition, Food, Family, Culture

**Book Brief:** This guide is designed for use with books about nutrition and food at the 3<sup>rd</sup> to 5<sup>th</sup> Grade reading level. Adapt the questions and activities in this guide to the book you are reading.

**Content Connections:** ELA, Health, Social Studies

### Time To Read!

**Before we read, let's look at...**

**The Cover:** Based on the cover, what foods or meals are the focus of this book? Does this book appear to be fiction or nonfiction?

**Prior Knowledge:** Do you have any experience with these foods or meals? What can you recall?

**Vocabulary:** Identify 8-10 words that are likely to be new to your students and introduce them before you read this book with your class.

**Purpose for Reading:** It's important to be able to identify the central message, lesson, or point of a book. As we read, think about the main message, lesson, or point the book makes about food and nutrition.

### While We Read

**Monitoring Comprehension**

- Retell or summarize the book.
- Discuss how the illustrations contribute to your understanding of the aspects of food and nutrition featured in the book.
- Identify the point-of-view of this book. Is it first or third-person? From whose perspective is the story told or the information given? How does that affect the description of events or concepts?
- Compare and contrast two experiences of or perspectives on food and nutrition in the book.

### Let's Think About

**Our Purpose:** What central message, lesson, or point does the book make about food and nutrition?

**Extending Our Thinking:** Ask students to think about what happens in the book. Then have them consider any connections they can make to experiences of food and nutrition in their own lives. For example, does their family have a special meal or dish? Can they think of times when they've made good or bad choices regarding healthy eating? (Adapt example questions to the book you are reading.) Have students write a paragraph that compares and contrasts their experiences to the experiences in the book.