

WRITE! A POEM

NAME _____

Choose a fruit or vegetable that you don't like or have been afraid to try. Write a short poem about why you have been afraid to try it and why you will try it anyway. Practice reading your poem aloud.

Here is an example of a poem about cabbage:

Cabbage is green.
It looks kind of mean.
And it smells a little funny.
Like it might hurt my tummy.

But they say cabbage is good for me.
Got lots of fiber and vitamins I can't see.
Like C and A—Hey!

Maybe I should be brave and give it a taste.
Guess I shouldn't let it go to waste.
Besides, my teacher said cabbage is actually good for my tummy.
Isn't that funny?



BODY QUEST

LESSON 1 SHOWCASE ACTIVITY

WRITE! A POEM!

NAME _____

BODY QUEST

LESSON 1 SHOWCASE ACTIVITY

WRITE! A CHEER!

NAME _____

Can you write a cheer for all four Body Quest battle groups? Use the space below to write your cheer. Don't forget to include Battle Group Fruits; Battle Group Vegetables; Battle Group Grains; and Battle Group Meat, Beans, and Milk. See if you can create movements to go along with your cheer. Try it out and see how it works!

Here is an example of a cheer for Battle Group Fruits:

Battle Group Fruits, red like cherries
Peaches and pears and bananas and blueberries
Watermelons, apples, kiwis, and strawberries
Rocking to the left, rocking to the right
Rocking with the fruits well into the night!



BODY QUEST

LESSON 2 SHOWCASE ACTIVITY

WRITE! A CHEER!

NAME _____

BODY QUEST

LESSON 2 SHOWCASE ACTIVITY

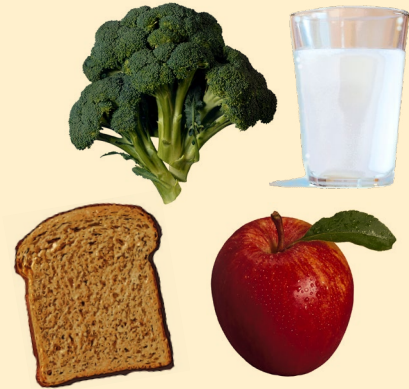
CREATE! A MEAL!

NAME _____

Can you create a balanced meal?
Which meal would you like to
create—breakfast, lunch, or dinner?

Draw a picture of a balanced meal
on your plate.

Be ready to share your drawing
with the class!



BODY QUEST

LESSON 3 SHOWCASE ACTIVITY

CREATE!
A MEAL

NAME _____



BODY QUEST
LESSON 3 SHOWCASE ACTIVITY

WRITE! A SONG

NAME _____

How does food protect your body? Use the space below to write a rap or song describing how food protects your body. What kind of dance moves can you do when you perform your song? Take a few minutes to practice your song and dance moves so you will be ready to perform.

Here is an example of a song about milk:

I like milk because it's smooth as silk.
My bones like milk too because it makes them strong.
How strong? So strong! So strong, I decided to write this song.
I like cheese (yes, I say "please").

My teeth like cheese too because it gives them a shine.
What kind of shine? A sparkling shine! Oh, yeah, and it tastes real fine.



BODY QUEST

LESSON 4 SHOWCASE ACTIVITY

WRITE! A SONG

NAME _____

BODY QUEST

LESSON 4 SHOWCASE ACTIVITY

LIGHTS! CAMERA, ACTION!

NAME _____

Here is your chance to star in your very own play. Work with your partner or group members to perform an improvised scene based on one of these scenarios:

1

You and your friends are at a convenience store. You are looking over the snacks (peanuts, chips, candy bars) and trying to decide which would be the healthiest.

2

You and your friends are in your kitchen with an adult family member. You are talking about what kind of snacks would be tasty and healthy.

3

You are at the grocery store with a friend. One of you pushes the grocery cart while the other shops for healthy snacks.

BODY QUEST

LESSON 5 SHOWCASE ACTIVITY

LIGHTS! CAMERA, ACTION!

NAME _____

BODY QUEST

LESSON 5 SHOWCASE ACTIVITY

CREATE! AN AD!

NAME _____

What kind of radio or TV commercial can you create about fruits or vegetables? What would a news report about fruits or vegetables sound like? Use the space below to write a news report or an advertisement for TV or radio.

Here is an example:



Hi, my name is Body Doctor. Today I am interviewing Tom Tomato on the benefits of including vegetables in a healthy diet. Mr. Tomato, what is so special about you?

Thanks, Doc! I'd like to give a special shout out to my friends, Carol Carrot and Bob Bean. Well, tomatoes keep you healthy. They help protect your heart, and they also help make your memory strong.

Thank you, Mr. Tomato. And there you have it, folks. To be healthy, be sure to include colorful vegetables, as well as fruits, in your meals and snacks.



BODY QUEST

LESSON 6 SHOWCASE ACTIVITY

CREATE! AN AD!

NAME _____

BODY QUEST

LESSON 6 SHOWCASE ACTIVITY