

Can a cookbook save your life?

We need food to live, but are we making the best choices when it comes to nutrition? A healthy, well-balanced diet can help people achieve optimal health and reduce the risk of illness. In this project, students will learn to make healthier choices by diving deep into the world of nutrition. Students will use their creativity to design and test healthy recipes. They will think like dieticians, using data to improve on their delicious designs. Finally, they'll present their nutritious dishes to a live audience and create a cookbook to sell for a charitable cause.

Imagine if thousands of students just like yours, all around the country, made small changes to improve their lifestyles. It could add up to an incredible force for good!



Start with why

Lesson 1: Why Nutrition Matters

Kick off this project by playing the card game, "Your Heart or Mine." The cards represent different diseases associated with unhealthy eating habits. When you reveal what the cards mean, some will live and some will die! But all will learn a bundle about the perils of junk food. **MATH**



Think it through

Lesson 2: Sort of Food

Engage students in thinking about nutrition by having them bring in their favorite food and choose its place on the Healthy Track. Expand their understanding by exploring resources on nutrition. Discuss any changes that need to be made to where food is placed on the Healthy Track.

Lesson 3: The Great GMO Debate

Encourage debate and discourse by introducing the concept of GMOs. Have students read an article that relays the pros and cons of GMOs to discuss and debate differing perspectives on nutrition. Show a video of a toxicologist sharing her thoughts on the article. **SOCIAL STUDIES**

Lesson 4: "Sum" Work with Nutrition

Have students analyze nutritional labels and guidelines using the "All That and a Bag of Chips!" activity. Challenge students to bring in nutrition labels from their favorite foods to analyze and determine how they can make small steps to improve their own nutritional choices.



Work it out

Lesson 5: This Recipe Won't Write Itself

Promote creative thinking by having your students brainstorm original healthy recipes and write their first drafts. **ENGLISH LANGUAGE ARTS**

Lesson 6: Chef It Up!

Have students don their chef hats as they work together to create their healthy recipes and reflect on what worked well and what did not. **SOCIAL EMOTIONAL LEARNING**



Fix it up

Lesson 7: Top Chef Revisions

Encourage students to think like engineers by participating in a Top Chef event. Have students taste each other's food and provide feedback on both taste and nutrition. They will use that feedback to revise their creations. **SCIENCE**



Share your awesome

Lesson 8: Friends and Family Feast

The big day has arrived! Have your students host a tasting party for friends, family, and community members. Publish these recipes in a cookbook to raise funds for Action for Healthy Kids!

Suggested project time: **8 hours**



Get started at [BlueAppleTeacher.org](https://www.BlueAppleTeacher.org)



Math

EQUIVALENT FRACTIONS

Explain that fractions are equivalent by using visual fraction models while sharing the number of people who die from nutrition-related diseases. Use this principle to recognize and generate equivalent fractions. **CCSS.MATH.CONTENT.4.NF.A.1**

English Language Arts

WRITING EXPLANATORY TEXTS

Write recipes focusing on the conventions of informative/explanatory texts and conveying ideas and information clearly. **CCSS.ELA-LITERACY.W.4.2**

Science

SENSORY INFORMATION

As students see, smell, and taste their culinary creations, explore how we receive sensory information, process it in our brains, and respond in different ways. **NGSS 4-LS1-2**

Social Studies

ROLE OF SCIENCE AND TECHNOLOGY

Students discuss and debate the role of science and technology in our lives as they explore the controversial topic of GMOs. **NCSS D2.Civ.10.3-5**

Social Emotional Learning

SELF-AWARENESS AND SELF-MANAGEMENT

Learn self-awareness and self-management by role playing to solve conflicts as they arise. **CASEL CORE COMPETENCIES**

Not teaching these standards?

Blue Apple projects include content connections for grades K–8. Go to BlueAppleTeacher.org to learn more!



Kit Supplies

- Star Stickers
- Healthy Track Cards
- Chef Hat Cardstock
- Chef Hat Tissue Paper
- *Gregory, the Terrible Eater* by Mitchell Sharmat

Online Resources

- “Your Heart or Mine” Card Game
- Why Kids Should Eat Healthy and Exercise (**YouTube 2:27**)
- “Is it Time to Label GMO Foods?” Article
- Chef Hat Template
- “All That and a Bag of Chips!” Activity
- And so much more!



Bring the World to Your Students

- Advice from Kids.gov
- Learn From a Toxicologist
- Meet a Nutritionist

Bring Your Students to the World

- Connect with Community
- Publish and Sell
- Be Talk-Show Worthy!
- Meet the Press



Recipe Swap

After your class has made their culinary creations, do this activity again with students from a partner class or school! Not only will students “eat up” the opportunity to have some more food fun, but seeing how someone else follows your directions really shows where improvement is needed!



Applying Creative and Critical Thinking

How can I get my students to apply critical and creative thinking to my content?

Student Choice and Voice

How can I add more student choice without classroom chaos?

This is just the beginning!

Go online to access the complete project.

- Clear **learning targets** and **step-by-step instructions**
- Dozens of links to **supporting resources**
- **Mini-lessons** aligned to content standards
- **Videos and contact information** from industry experts
- **Ideas to collaborate** with other classrooms
- Practical, point-of-use **instructional strategies**
- Access to a grade-specific **Project Coach**



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