



My Food Journal

Domain:

- Creative Writing, Reading and Phonemic Awareness, Science

Objectives:

- Child will use creative spelling to form words.
- Child will use pictures or words to express thoughts.
- Child will dictate words and thoughts to an adult to express meaning.
- Child will use imagination to expand on concepts introduced in the story.
- Child will identify and print his/her name.
- Child will identify healthy nutritious foods.
- Child will identify days of the week.

Materials:

- *My Food Journal* writing pages
- markers, crayons, pencil
- stapler or rings to bind journal
- *Parent Food Journal Newsletter*

Instructions:

- Begin this activity on a Monday.
- Copy one set of *My Food Journal* writing pages for each child.
- Bind the journal using staples or rings.
- Run one copy of the parent newsletter for each family.
- Read *The Very Hungry Caterpillar*. Remind children that the caterpillar ate a variety of foods on different days of the week.
- Tell children that just like *The Very Hungry Caterpillar*, we are going to make a book to include all the different foods that they eat each day.
- Have journals available after each meal so children can remember to record the different foods they ate.
- Journals will need to be sent home each day so that dinner and/or breakfast entries can be made.

- The journal will need to be completed on Sunday and returned to school Monday morning.
- After journals are completed on the weekend, have children share their journals on Monday with classmates.
- Possible discussion questions:
 1. Did they eat nutritious foods from the food pyramid?
Have the food pyramid chart on page 317 available for discussion.
 2. Did they eat any of the same foods that the caterpillar ate?
 3. Make a chart of the different foods eaten to see how many of the children ate the same foods.
 4. Make a chart of the favorite foods to see which choice was the most popular.
- Review the days of the week as they are written on the top of each journal page.

Suggestions:

- Encourage and allow "creative spelling."
- Use *Caterpillar's Food Choices* cutting grids on page 318-320 for children with beginning writing skills to complete their journals.
- Send a copy of the *Caterpillar's Food Choices* home with the food journal to help children and parents work together to complete the food journal.
- Make your own food journal to share with your students.





My Food Journal

Name _____

On Monday I ate:



Breakfast



Lunch



Snack



Dinner

On Tuesday I ate:



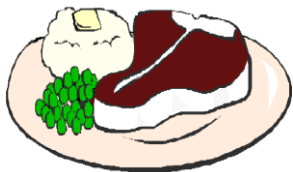
Breakfast



Lunch



Snack



Dinner

On Wednesday I ate:



Breakfast



Lunch



Snack



Dinner

On Thursday I ate:



Breakfast



Lunch



Snack



Dinner

On Friday I ate:



Breakfast



Lunch



Snack



Dinner

On Saturday I ate:



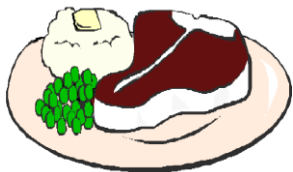
Breakfast



Lunch



Snack



Dinner

On Sunday I ate:



Breakfast



Lunch

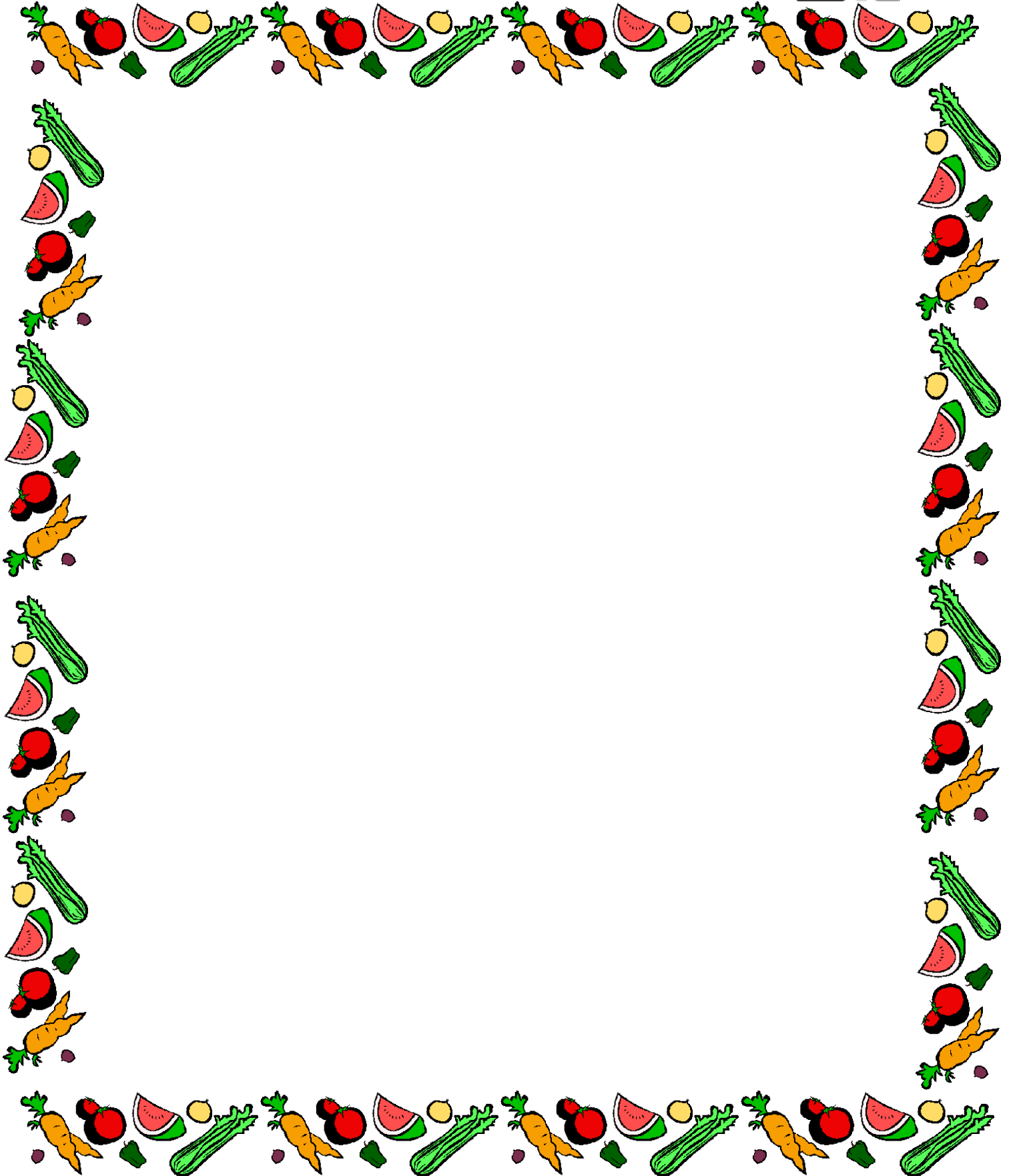


Snack



Dinner

My Favorite Food



Date _____

Dear Parents,

We have been reading *The Very Hungry Caterpillar* by Eric Carle. In this story a caterpillar eats many different kinds of food on each day of the week. We have been talking about nutrition and all different types of foods.

During this week, your child will be keeping a food journal, much like the very hungry caterpillar in our story. Our journal has a page for each day of the week. Each day is divided into breakfast, lunch, snack and dinner.

We will work with your child to record information about the meals that he/she eats here at school. We ask that the journal go home every night and is returned to school the following day for this week.

Please help your child fill in the information about meals that he/she eats at home with you. The information telling what your child has eaten may be recorded many ways. Your child may draw a picture, write words, or ask you to write words or phrases. Spelling is not important. We encourage your child to be creative in the writing and recording of their thoughts.

Thank you for helping your child to create a food journal. It is part of our class project and we look forward to all of our children sharing this information with each other. You are helping us to teach your child about nutrition and healthy foods.

Sincerely,