

## Nutrition and Food: 6<sup>th</sup>-8<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 6<sup>th</sup>-8<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 will be featured in this book? What aspects of nutrition and food will this book discuss?

**Prior Knowledge:** Have you taken any classes in nutrition and food? What role do nutrition and food play in your life? Do you like to cook or have special meals you like to prepare?

**Vocabulary:** Identify 10-15 words that are likely to be new to your students and introduce them before you read this book with your class.

**Purpose for Reading:** The point of view or perspective of the narrator greatly influences how we read a text. As we read, consider how the narrator's point of view affects how the information or story is presented.

### While We Read

Monitoring Comprehension

- What is the central idea, theme, or main point of this book? What argument does this book make about food and nutrition?
- How do elements of food and nutrition in the book affect the characters, plot, or organization of the book?
- Summarize the book or retell the main points.
- Pay attention to the way the author uses specific word choices to impact meaning and tone. Give examples of this.

### Let's Think About

**Our Purpose:** What is the narrator's point of view and/or perspective? How does that affect the information we receive or the way the story is told?

**Extending Our Thinking:** Ask students to think about how the foods they eat every day affect their lives. Why do they make the food choices they do? Why do they eat when they do? How are their food choices affected by religion, culture, availability, convenience, health needs, and other factors? Have students journal about their answers to these questions.