

Artifact Lesson and Granola Bar Activity

Bellevue School District Health classes

Objective: Students will discuss and present how common household products may influence personal health.

EALR's: 2.3, 2.4, 3.1

Materials: One air freshener per group, one apple per group, butcher paper, markers, tape, student journal

Engage: Brainstorming activity which asks students to discuss how two common household items impact their health. Together students will create a list of as many questions they may have about the items. Remind them to look at the big picture. The questions will be put on butcher paper and posted in the classroom. Encourage the use of pictures for visual learners.

Examples:

- Are these products organic?
- If so, what does “organic” mean to them?
- What makes the apple so shiny?
- What kinds of ingredients are listed on the airfreshner?
- What about exposure?

Explore: After each group posters are displayed, groups will be asked to walk around the room and look at the other responses. Were their groups responses listed on the other lists? Students will return to their posters to share/explain to the class.

Explain: A representative(s) will explain their questions providing clarification(s). Students should emphasize the questions that were unique to their group. Why would these questions help students gain a better understanding of the health impact? The class will create one class list on the board. Students will be asked to identify common “themes”.

Examples:

- Consumer Safety
- Laws and Labeling
- What common chemicals are in our foods? Household products?

Elaborate: At the end of the lesson, each student will star their top 3 questions on their posters they would like answered by the end of the unit. Posters will be put up again upon completion of the unit. Students will ask: What did you learn? What do you still want to know?

Evaluate: Teacher will ask for any clarifying questions. Students will begin their first “journal” response answering the following:

Prior to our discussion, how much thought did you put into the products you use? Eat? Etc. What are your top three questions you hope to find answers to?

Granola Bar Activity

Use:

Introduce lessons on nutrition, packaging, organic v. non-organic foods or consumer food choices

Materials Needed:

Two different yet comparable granola bars, one organic and one not organic, for each student team. Comparable means both should be either soft or crunchy and of similar size and flavor.

General Directions:

Each student team receives a set of the two granola bars. The team chooses a recorder and a reporter. The team then makes observations or generates questions for any one of the prompts that follow. These are written down by the recorder.

- As you look at the two bars, what questions do you have? (nutrition/packaging)
- What do you notice about the ingredient lists for the two bars? (nutrition/organic v. non-organic foods)
- Why might someone choose one bar over the other? (nutrition/consumer food choices)
- What makes one bar's packaging more effective than the other? (packaging)
- If you choose to allow students to taste test the two bars then: Which bar do you prefer, and why? Why might someone choose the bar you don't prefer? (consumer food choices)

After allowing a brief time for this discussion, the reporter for each group shares out to the class as a whole. The day's lesson then proceeds from this introduction.