

Healthy Eating Investigators

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Getting the facts about food/nutrition/healthy eating can be tough. Students work in small groups to research a question of their interest related to food, nutrition, healthy eating, and well-being.

Why Do It?

Getting the facts about food, nutrition, and healthy eating can be challenging. Role-playing private investigation teams, students explore an area of interest related to food, nutrition, healthy eating, and well-being.

How Do We Do It?

Divide students into small groups.

Students take on the role of a private investigator and complete an inquiry on how food, nutrition, and healthy eating affect health and well-being.

To gather material students interview friends and family, research the current evidence on the Internet, and talk to members of the community.

Each group writes a concluding report, designs a poster, or creates a radio podcast to summarize their "findings".

What Else Do We Need?

- Internet access
- Library, books, journal articles
- Paper
- Writing utensils

How Do We Get Creative?

Divide the large group into two groups, with one focusing on healthy eating and the other on physical activity. Make sure connections to the other group and to overall well-being are highlighted.