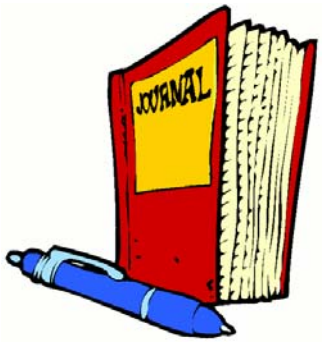
Journaling



Goals:

- To enhance written communication skills.
- To have students reflect on what they eat during a typical school day.

Materials:

- Pens
- Paper or notebook

Directions:

- Have students write a paragraph about one or more foods they have eaten during a particular school day. Repeat this activity daily or weekly.
    - They should describe the taste, texture, temperature, how it was cooked, etc.
    - They should write about their favorite food eaten that day and why it was their favorite.
    - After writing, have students pair up to discuss what they have written.
    - Have students create food goals (increase fruits or vegetables, decrease pizza, try something new, etc.).

Modification: Have students prepare a simple recipe such as trail mix or yogurt parfaits. They should then journal about the preparation of the recipe as well as what they would like to add or remove, the taste, texture, color, etc.