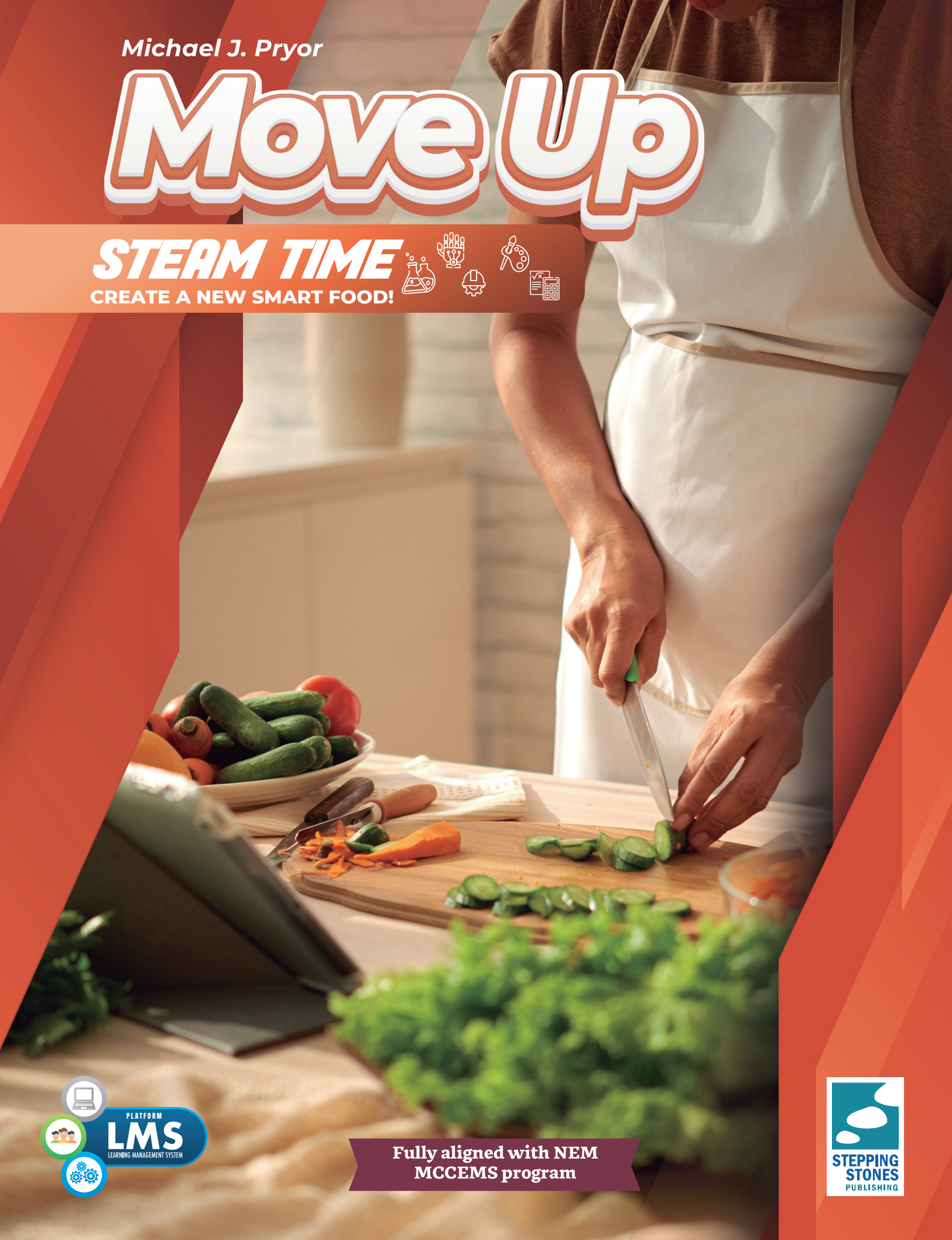


Michael J. Pryor

# Move Up

**STEAM TIME**

CREATE A NEW SMART FOOD!



Fully aligned with NEM  
MCCEMS program



CREATE A NEW SMART FOOD!



**Create a cheap, healthy, eco-friendly 'smart' school lunch for students.**



*What types of foods do you consume? Are you a healthy eater?  
What food options are available for students at your school? Are they healthy? Why (not)?*



- ◆ What do you understand by 'smart'? In what situations do we use the word 'smart'? What are the characteristics of 'smart food'?
- ◆ In groups, discuss these questions and create a definition for 'smart food'. Add an example to clarify your definition.

Smart food' is...

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- ◆ Read the text to learn about what smart food is and how it can help us, especially students.

### SMART FOOD FOR STUDENTS

**W**e all need food, right? Food is necessary to stay alive, to grow and for all normal daily functions for our body. Food is especially important for young people - including students, of course.



Students need food to learn and grow. Fresh food is healthier than junk food. Fresh fruits and vegetables are better than processed foods. Fruit and vegetables give students energy. Rice, bread and eggs help students to feel full. Brown cereals also provide fiber to help digestion.

A smart school lunch is healthy, cheap and good for the environment. Smart food is often local and fresh. It does not use a lot of plastic or unnecessary packaging. Most smart packaging is biodegradable or reusable. A reusable lunch box and utensils are better than plastic bags and disposable containers.

A smart lunch helps students feel good, grow and stay healthy and it helps the planet and local farmers, too.

CREATE A NEW SMART FOOD!



♦ Read the text again and use the words and phrases from the box to complete the sentences. Be careful! There are two extra options.

- doesn't cost a lot
- cheaper and smart
- healthy
- wood and paper
- biodegradable
- healthier
- near where we live
- plastic
- grow and learn
- bodily functions

1. We need food for our \_\_\_\_\_.
2. Food helps students to \_\_\_\_\_.
3. Junk food is not as \_\_\_\_\_ as fresh food.
4. Brown bread is \_\_\_\_\_ than white bread.
5. Smart food is environmentally friendly, healthy and it \_\_\_\_\_.
6. Smart food normally comes from places \_\_\_\_\_.
7. \_\_\_\_\_ are examples of smart packaging.
8. \_\_\_\_\_ is not normally smart packaging.



♦ What food do you normally eat at school? How smart is it? Complete the table with as much information as possible.

My typical lunch at school:

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Ingredients:

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	Smart elements	Not smart elements
Health factor		
Environmental impact		
Cost		

CREATE A NEW SMART FOOD!



♦ Look at the words in the table below. Think how they relate to each category title. Check the meaning and use of any new or difficult words in the dictionary.

Health		Environmental impact		Cost
healthy	ingredients	pollution	eco-friendly	cheap
unhealthy	nutritious	biodegradable	cardboard	convenient
fresh	nutrients	plastic	paper	expensive
processed	vitamins	organic	wood	fairly-priced
junk food	minerals	green	recyclable	affordable
fatty	artificial	reusable	harmful	
conservatives	greasy	disposable	single-use	
grains	cholesterol	local	farm	
diet	obesity	transport	chemicals	



♦ Choose any 5 new words and write an example sentence to demonstrate the correct use of the word. Write a minimum of 8 words in each sentence.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_



♦ Share your sentences with your classmates. Is the meaning of your word clear in each sentence? Do you use the word in the correct context? Make any changes if necessary.



CREATE A NEW SMART FOOD!



GET CREATIVE!

- ◆ Design a smart food for students at your school. Think of all the elements relevant to your local and school situation and all 3 factors necessary for a smart food, including the cost, health factor and nutritional content and the environmental impact (transport, packaging, locally grown).
- ◆ Draw or illustrate the smart food option for your school lunches and specify all the ingredients.
- ◆ Explain why this is a smart food and create an attractive slogan for your smart lunch.
- ◆ You can use some of the vocabulary from above or in the text to help you.



PRESENTATION

- ◆ Share or present your delicious new smart lunch option to your classmates or teacher. Include these points in your presentation:

- Give the smart lunch an appealing name
- Create an engaging, attractive slogan for the smart lunch
- Include the key ingredients of the food
- Explain clearly and justify why this is a 'smart food'
- Describe the positive environmental impact of the foods you selected
- Explain the positive impact on the local community for choosing this food
- Identify and describe the packaging of the food and justify its 'smart' credentials
- Calculate the cost of the product and explain how it compares to other food options
- Identify and explain the nutritious and healthy elements of the smart food
- Explain and justify why you think this smart lunch will be popular for students

You can use and adapt these phrases to help you:

*Our smart lunch contains* \_\_\_\_\_

*This smart lunch helps the local environment because* \_\_\_\_\_

*The name of our smart lunch is* \_\_\_\_\_

*The main ingredients are* \_\_\_\_\_

CREATE A NEW SMART FOOD!



- ◆ Draw your smart food and its packaging here. Label and specify the ingredients and packaging materials used.
- ◆ Write your full description below.

◆ Smart lunch name: \_\_\_\_\_ ◆ Cost: \$ \_\_\_\_\_

◆ Slogan: \_\_\_\_\_

◆ Ingredients:

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◆ Packaging materials used:

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◆ Our food is smart because \_\_\_\_\_

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