

## **Food for Thought** Food breakdown

### **Objectives**

- Students will discuss their favorite meals
- Students will identify the origins of all ingredients in their favorite meals
- Students will use watercolor to illustrate a meal
- Students will research to diagram where all parts of the meal originate
- Students will learn how to use graphite paper as a drawing tool

**Grade Levels:** 5<sup>th</sup>-8<sup>th</sup>

### **Vocabulary and Terms**

### **Resources**

### **Materials**

Watercolor paper, graphite paper, watercolor, sharpies, ball point pens

### **Procedures**

1. Brainstorm students' favorite meals and allow for discussion around memories tied to those meals.
2. Students sketch this meal.
3. Discuss the importance of knowing where our food comes from as a tool for more conscious decision making.
4. Allow students time to use their phones or computers to research the ingredients of their favorite meal, working to identify how or where its made/grown.
5. Print out photos of foods. Demonstrate using the printout, pen, and graphite paper to do a transfer drawing. Once drawing is transferred to watercolor paper, outline with sharpie and use a big eraser to clean it up.
6. Use watercolor to fill in.
7. Write directly on paper to map out where ingredients come from.





