



The State Fair of
TEXAS
Curriculum

FAIR FOOD
GRADE 5 SOCIAL STUDIES

FRIED FOOD FRENZY:
SHOULD CONSUMERS EAT HEALTHIER @ THE FAIR?

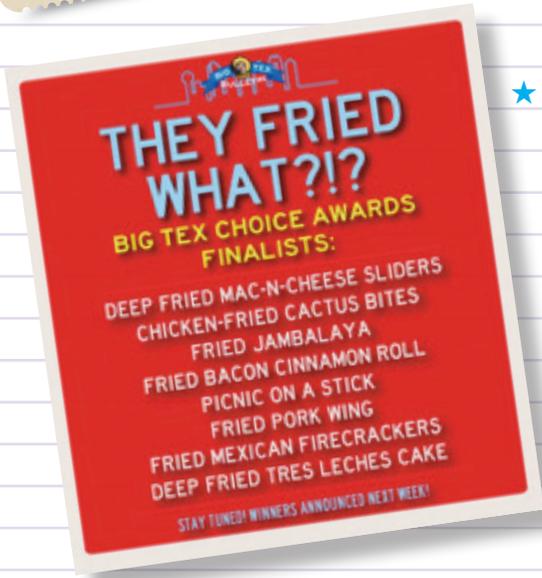




Fried Food Frenzy: Should Consumers Eat Healthier @ the Fair?

Recap

- ★ Review this [short news clip](#) about Michelle Obama's campaign to encourage healthy eating choices among children.
- ★ Recall the book you read in class, *The Cotton Candy Catastrophe at the Texas State Fair* by Dotti Enderle.
- * What was it about?



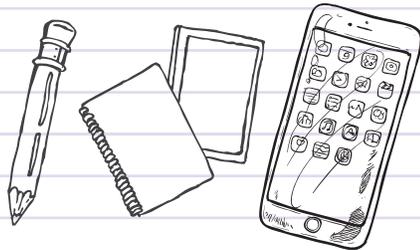
Plan Your Route.

- ★ Food stands are scattered throughout the State Fair of Texas.
- ★ Make your way through the fairgrounds observing the different foods available.



Optional Materials to Bring

- ★ Smart Phone or Tablet
- ★ Pencil & Notepad
- ★ Sketchbook



While You're There

You will use information you gather at the State Fair to help you with TWO project goals:

1. Conduct a mock debate in the classroom, in which you take a position on the issue of childhood obesity. Defend your position and in the end, write a letter to First Lady Michelle Obama.
2. Create an infographic-style poster that supports the side of the argument that you're on!

You'll work on those projects back at school. For now, the objective of your visit is to determine whether you are for or against fried foods being sold at the Fair.



Fried Food Frenzy: Should Consumers Eat Healthier @ the Fair?

FOOD OBSERVATION

- Visit various vendors and purchase/observe a variety of foods.
- Pay attention to the food choices on each menu.
- Request any nutritional information vendors may have available.
- Note all the available options you see around the park.
- Interview other fair goers: Ask their opinion about the issue of obesity and fair foods.
- Observe the crowds: Look for examples of both healthy and obese people.
- Where do you observe the healthiest people? At which food booths?
- Where do you observe the most obese people?

DIGESTING

★ Find a place to sit, or just ponder the following questions as you observe and explore. Write down your thoughts in your notebook.

- What healthy alternatives were available to combat the fried-food frenzy surrounding you?
- Did the guests seem concerned about the number of calories in the items they purchased?
- Is food a form of entertainment?
- How could the organizers of the State Fair encourage healthier eating choices?
- Should governments or institutions be responsible for the diet choices of individuals?
- Does one day of bad eating choices really matter?

ART CONNECTION

- Get out your notepad/sketchbook & pencil, or use your phone.
- Draw sketches or take photos of the fair foods that most impressed you.

THINK BEFORE YOU EAT	
IF YOU CONSUME	YOU HAVE TO DO
Glazed yeast doughnut (242 calories)	88 minutes of crunches
Cheeseburger and Fries (691 calories)	141 minutes on the elliptical
Fried Chicken Breast (444 calories)	65 minutes on a stationary bike
Slice of Cheesecake (710 calories)	148 minutes of brisk walking
Milkshake (780 calories)	72 minutes of jumping rope



Back at School

★ When you return to class following your State Fair visit, you will complete your debate and infographic projects! See your teachers for more information.