

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?

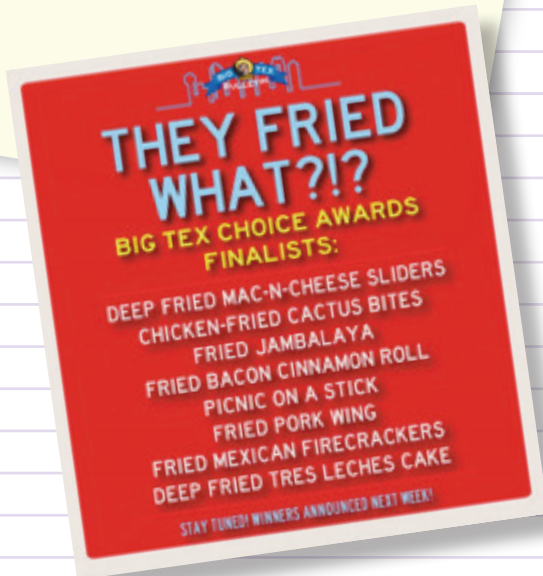
In this lesson students will:

- ★ Apply critical thinking skills to organize and use information acquired from a variety of sources.
- ★ Identify different points of view on the topics of health regarding fair foods and obesity.
- ★ Express ideas about these topics orally, based on research and experience.
- ★ Apply main and supporting ideas in verbal, written, and visual communication.
- ★ Create an artistic poster that supports their ideas.

The State Fair is the Fried Food Capital of Texas, and folks travel from all over to taste a wide variety of gloriously greasy concoctions. But did you know that all that saturated fat could actually be clogging your arteries? The question remains, is the entertaining experience worth the extra pounds you're sure to gain? Get ready to join the great debate over consumer choice and healthy eating!

Standards

- ★ Social Studies TEKS: 5.24(D), 5.25(B), 5.25(C)
- ★ ELAR TEKS: 5.19
- ★ Art TEKS: 5.1(A), 5.2(A), 5.4(B)



Before You Go

- ★ To engage the students and provide background information about the fairgrounds, read aloud the book, *The Cotton Candy Catastrophe at the Texas State Fair*, by [Dotti Enderle](#).
- * Connect the idea of a “catastrophe” to the current issues related to childhood obesity.
- ★ Show a [short news clip](#) about Michelle Obama’s campaign to encourage healthy eating choices among children.
- * Ask the kids to think about various points of view and perspectives on the issue.
- * Tell the students they will take a stance and participate in a debate about whether or not the State Fair should improve its food offerings to combat obesity in America.



TEACHER

FAIR FOOD



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

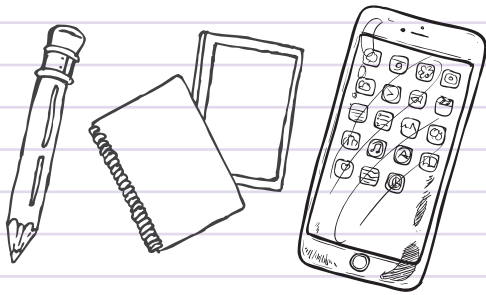
Plan Your Route

- ★ 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

The objective of your visit is to determine whether you are for or against fried foods being sold at the Fair.



FOOD OBSERVATION

- Visit various vendors and purchase/observe a variety of foods.
- Pay attention to the food choices available 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?



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

DIGESTING

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

- What healthy alternatives were available to combat the fried-food frenzy surrounding you?
- Did the guests seem to be 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.



After the Fair

When you return to class following your State Fair visit, you will:

- ★ Conduct a mock debate in the classroom.
 - * Take a position on the issue of childhood obesity.
 - * Defend your opinions using research, personal anecdotes, and data collected from the Fair.
- ★ After the conclusion of the debates, write a persuasive letter to Michelle Obama explaining why you support or denounce her initiative.



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

Arts Connection: Fair Food Infographic

Create an infographic-style poster that supports the side of the argument that you are on!

- ★ Provide drawings of a fair food on one side of the poster, and the amount of exercise it would take to burn off the number of calories in that food.
- ★ Include a healthier alternative to the fried food on the poster, as well.
- ★ Here is a fantastic [website](#) that tells you the number of calories in many foods found at the Fair, as well as the amount of exercise needed to burn them off!
- ★ Brainstorm with the class about how you can present your infographics to the school!

