



The State Fair of
TEXAS
Curriculum

FAIR FOOD
GRADE 6 STEM

DELICIOUS : NUTRITIOUS

BALANCING FUN AND FOOD WITH RATIOS





Delicious : Nutritious Balancing Fun and Food with Ratios

Recap

- ★ Re-read how to alter recipes for good health [here](#).
- ★ Recall your class list of everyone's favorite foods. Was your favorite food good for you? If not, what nutritional factors were unhealthy?
- ★ Use this knowledge to help you on your trip today!

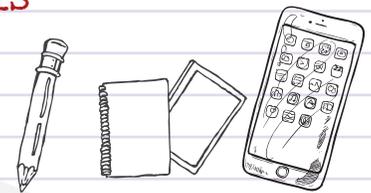
Plan Your Route.

- ★ Start at Big Tex and head toward the National 4-H Food Challenge Contest Area.



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 up to **TWO project goals**:

1. Create a graph comparing nutritional info for three of the ingredients in a fair food.
2. Reinvent and cook your own fair food!

You'll work on your projects back at school and at home. For now, the objective of your visit is to gather nutritional information about several fair foods you see, to help you with your projects.

FAVORITE FAIR FOODS

As you walk through the State Fair, write down the nutritional information for 4-6 of your favorite foods.

- What ingredients are being used?
- Is a recipe available? If so, write it down, take a photo, or ask for a copy.
- How much of each ingredient is needed in this recipe?
- Pay attention to how the food looks.
- How is it plated?
- Does it look appetizing? Why or why not?



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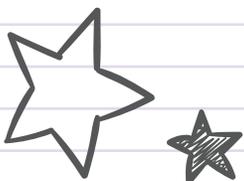
- ★ You will end up at the National 4-H Food Challenge.



CONTESTANT RECIPES

- Write in your notebook about the foods you see.
- Answer the same questions that you did for your favorite fair foods.
- Do you notice any differences?
- Did the contestants provide any healthy options?
- What about appearance? Is there a difference in the way the 4-H contestants display their food?

My Notes on Fair Foods:



Back at School

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

