



*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

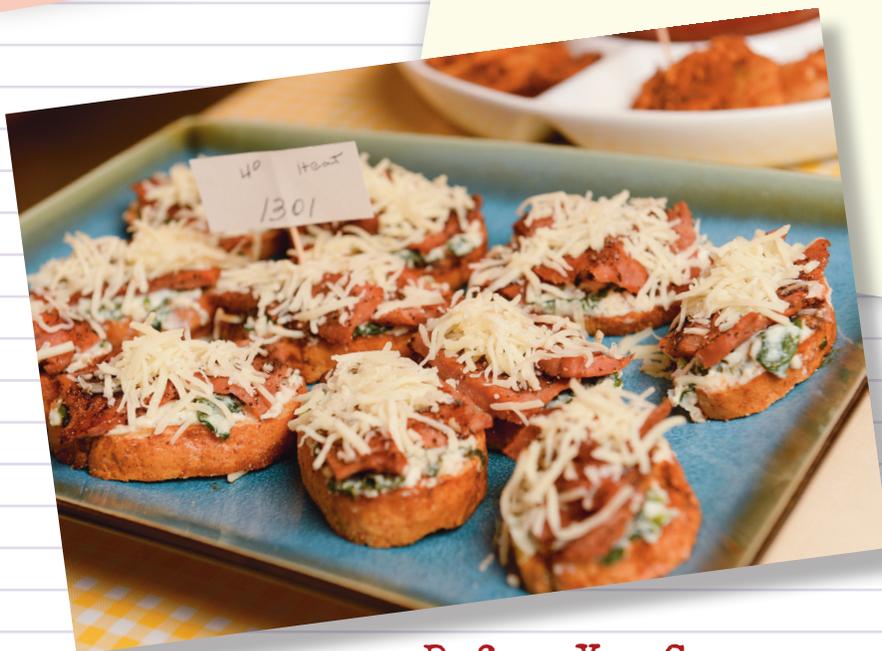
### In this lesson students will:

- ★ Use ratios and research to change a recipe.
- ★ Use comparative investigations to research and rate the nutrition of the 4-H Food Challenge Contest.
- ★ Create a unique recipe that is visually pleasing.

The State Fair is full of delicious food, but is it delicious and nutritious? Visit the State Fair to observe and analyze foods. Then make healthy suggestions in appropriate ratios to improve the nutrition of the National 4-H Food Challenge plates!

### Standards

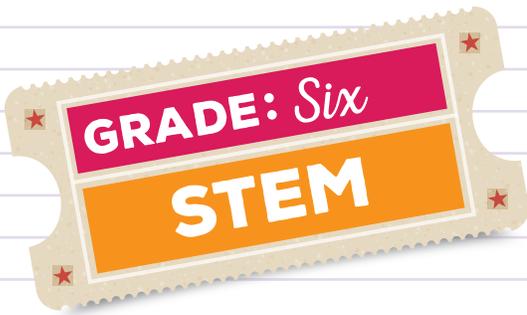
- ★ Math TEKS: 6.4(C)
- ★ Science TEKS: 6.2(A), 6.2(C)
- ★ Art TEKS: 6.1(B), 6.4(A)



### Before You Go

Practice with Ratios

The National 4-H Food Challenge Contest will be hosted at the State Fair of Texas! One category the competitors have to consider when preparing their meal is their knowledge of nutrition - specifically, any healthy substitutions that could be made.



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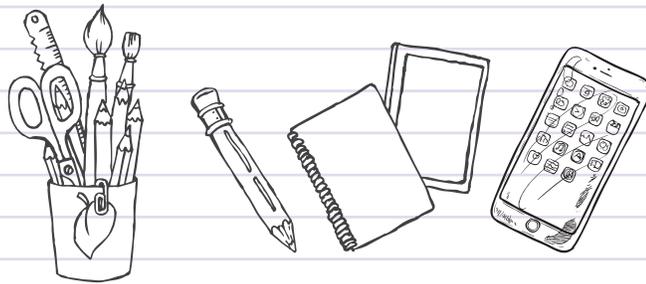
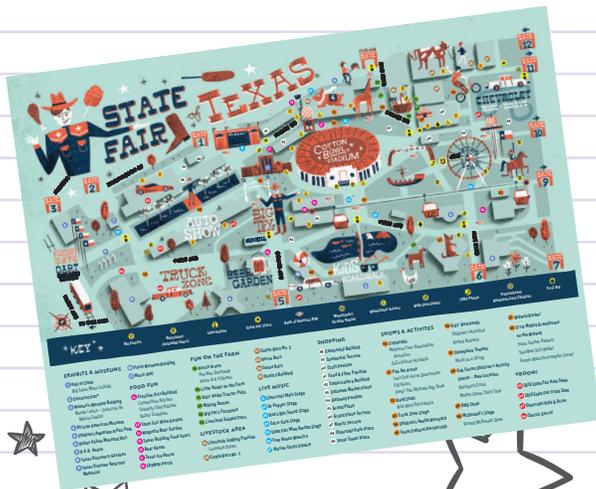
★ Read more about how to alter recipes for good health [here](#).

- ★ On the board, make a list of favorite foods of the class.
- ★ As a class, research food labels and discuss how to read the nutritional content.
- ★ Is your favorite food good for you? Why or why not?

### Plan Your Route.

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

★ Use this knowledge to help you on your trip to the State Fair.

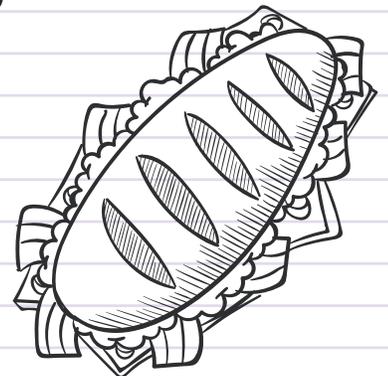
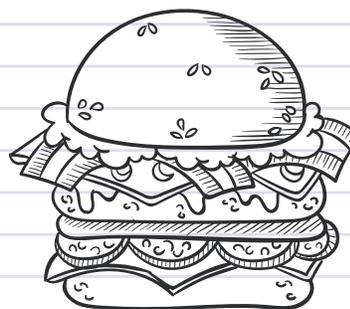
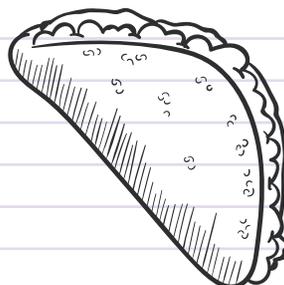
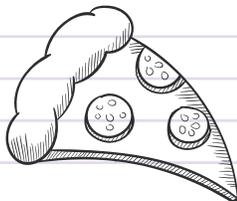


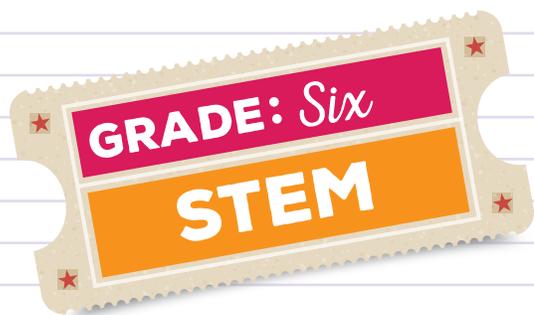
### Optional Materials to Bring

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

### While you're there

The objective of your visit is to gather nutritional information about several fair foods you see, to help you with your project back at school!





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### Plan Your Route.

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



### 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 each food looks.
- How is it plated?
- Does it look appetizing? Why or why not?

### 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?



### After the Fair

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

- ★ Research the nutritional content for the foods you found at the Fair and decide if they are healthy, according to FDA recommendations.
- ★ Research the nutritional content for healthy alternatives.
- ★ Create a graph comparing calories, fat, sugar, and fiber for three of the ingredients in one recipe.
  - \* What other changes could be made to the ingredients in the original recipe?
  - \* How would you change the recipe to serve the healthy alternative to everyone in your class?
  - \* How would you change the recipe to serve the number of people in your family?



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At home...

- ★ With the help of an adult, make your recipe!
- \* Pay attention to your plating. How does it look on the plate?
- ★ Here's an example of beautiful plating:



- \* Remember, food needs to look good so people will want to eat it.
- \* Think about the colors and textures you use.
- \* Balance is also important when creating something that looks yummy!
- \* Take a picture to share with the class.