FAIR FOOD
GRADE 7 STEM

SUGAR RUSH!
HOW YOUR BODY WILL PROCESS THAT FRIED TWINKIE
Sugar Rush! How Your Body Will Process That Fried Twinkie

In this lesson students will:
★ Explore how fair food is digested in our bodies.
★ Examine which foods would produce the most sugars in the body.
★ Create a work of art based on their experience at the State Fair, using food as the medium.

Before You Go
What nutritional value do different types of food provide for us?
★ Play the “U R What U Eat” Game.
  ★ Which food groups do you eat the most?
  ★ Which food groups do you eat the least?
  ★ Calculate the percentage of foods you eat that fall into each category:
    • “GO”
    • “SLOW”
    • “WHOA”
★ You will use this new skill at the State Fair of Texas!
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Plan Your Route.
★ Food stands are scattered throughout the State Fair of Texas.
★ Make your way through the fairgrounds, observing the different foods.

Optional Materials to Bring
★ Smart Phone or Tablet
★ Pencil & Notepad
★ Sketchbook for Arts Connection

While You’re There
The objective of your visit is to gather information to use in your projects when you get back to school.

GROUPING
- Organize the food you see at the State Fair into three separate categories:
  1. Foods you can eat anytime (“GO” Foods).
  2. Foods you can eat sometimes (“SLOW” Foods).
Plan Your Route.
⭐ From Big Tex, go up Lone Star Blvd.
⭐ Make a Right after the Hall of State.
⭐ Pass the Embarcadero Building, and the
  Creative Arts Building will be on the right.
⭐ Stop in and see the Butter Sculpture!

After the Fair
When you return to class following your State Fair visit, you will:
⭐ Determine the percentage of food at the
  State Fair that falls into each of the three
categories (“GO”, “SLOW”, and “WHOA”).
⭐ Based on your observations, what conclusions
  can be drawn about the nutritious value of
  foods at the State Fair?
  * Create a graph and summarize your
    observations in 7-10 sentences.
⭐ Describe the benefits of eating foods from
  each of these categories.
⭐ Describe the challenges of eating foods from
  each of these categories.
⭐ How often would you recommend that each of
  these foods be eaten?

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ARTS CONNECTION
⭐ Think about the different ways you
  can create art from those foods.
  • Make sketches of your imaginary
    creations.
  • If you actually do get some food
    and decide to create a quick
    artwork from it, be sure to take a
    photo so you can show your peers
    and your teacher at school.

BUTTER ART?
⭐ This is a GREAT example of how
  a sculptor uses butter as the
  medium to create an amazing
  art work!
⭐ What do you think of this art
  piece?
⭐ Write down some thoughts.
After the Fair

When you return to the classroom, it’s time to play with your food!

★ Using any food you want, create an artwork inspired by the State Fair.
★ This could be something that you saw while there, colors that remind you of the Fair, or even a replica of a food that you saw while there.
★ If you are not able to bring actual food items for your work, draw or sculpt the food you would have used.
★ Keep in mind, bringing in something that requires refrigeration would not be a good choice.
★ Think about dry foods that are packaged in bags, like M&Ms, dried fruits or nuts.
★ When you are finished with your artwork:
  ★ On a separate sheet of paper, write down the numbers of “GO”, “SLOW”, and “WHOA” foods that you used.
  ★ Which ones make up the largest percentage of your work?
  ★ Share your work with your teacher and classmates, and challenge them to guess the theme of your work!