



FAIR FOOD
GRADE 7 STEM

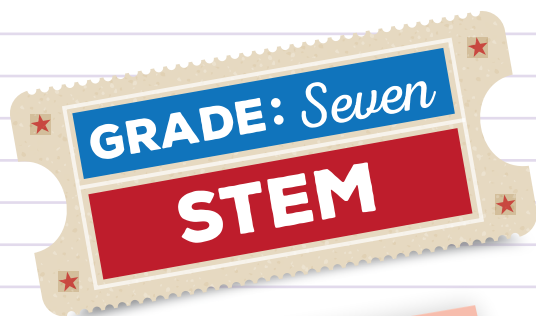
SUGAR RUSH!

HOW YOUR BODY WILL PROCESS THAT FRIED TWINKIE



TEACHER

FAIR FOOD



Sugar Rush! How Your Body Will Process That Fried Twinkie

Fair food is delicious! But what happens inside the body when it's consumed? How does it give us energy, and what happens as it's digested?

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.

Standards

- ★ Math TEKS: 7.1(A), 7.1(G), 7.3(A)
- ★ Science TEKS: 7.6(A)
- ★ Art TEKS: 7.1(A), 7.2(A), 7.4(A)



Before You Go

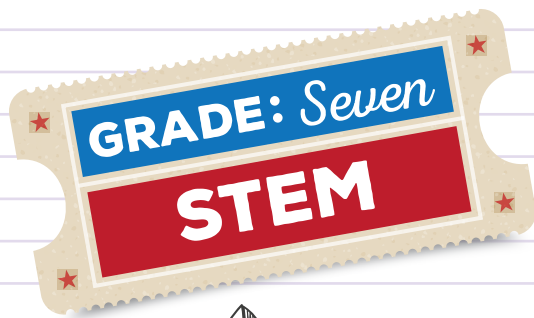
What nutritional value do different types of food provide for us?

- ★ 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!



TEACHER

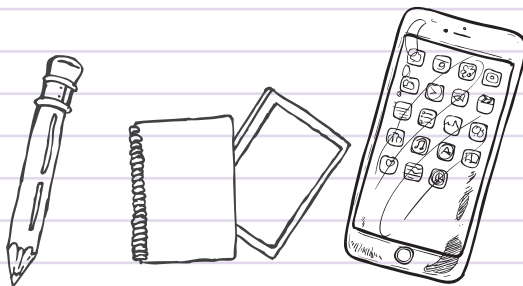
FAIR FOOD



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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.

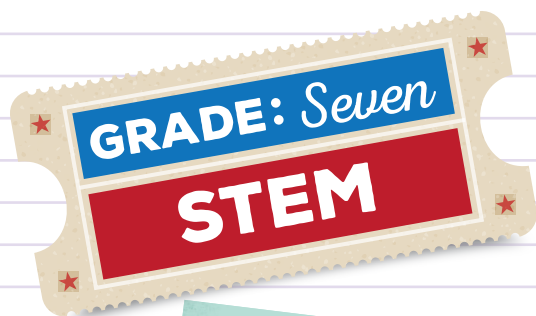
GROUPING

- 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).
- 3. Foods you should eat sparingly ("WHOA" Foods).



TEACHER

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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?

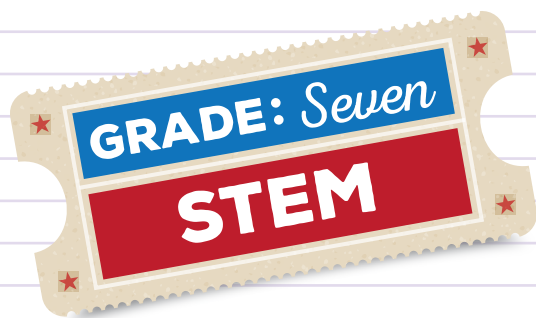
ARTS CONNECTION

- ★ 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.





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Arts Connection: Food Art

There are many artists who create their work using food as their medium!

Before You Go

Prior to visiting the Texas State Fair:

- ★ Follow this [link](#) to see wonderful examples of these artists and the vast array of food they use in creating their art.
- ★ As you show these images to the students, ask them questions such as:
 - * What do you see?
 - * What kinds of foods do you recognize?
 - * How has the artist utilized texture?
 - * How has the artist utilized the color of the food in the work?
 - * How does this work make you feel?
 - * What might you do differently?
 - * Be sure to ask the students to jot down notes and sketches of their favorite food works that they see, what it is about those pieces that they like, and what they are made from.

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!

