

Nutrition Poems Literacy



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

TITLE: NUTRITION POEMS

OBJECTIVES: Students will compose an original and fun poem about themselves, nutrition, or a healthy activity which will include an illustration. The poems will then be submitted to the local newspaper for publication.

*****Note: Poems will also be shared with family and community members on last day.***

MATERIALS:

- Nutrition Poem Examples
- Pencils, Markers, Colors
- Poem Template

PROCEDURES:

1. Explain that the students will compose an original and fun poem about themselves, nutrition, or a healthy activity which will include an illustration.
2. Each student will be given poem templates and pencils.
3. Share some examples of nutrition poems with the children.
4. Challenge them to use their imaginations to compose a poem about themselves and favorite nutritious foods or healthy activities.
5. They will then illustrate their poem with a colorful picture.
6. The poems will then be submitted to the local newspaper for publication.

APPROXIMATE TIME FOR PROCEDURE: 25 MINUTES

My Delicious and Nutritious Poem

TITLE _____

NAME _____

Nutrition Poem Examples:



Bananas

My name is Savanna,
My favorite snacks are bananas!
I like them blended in a smoothie,
Or covered in peanut butter, nice and gooey!



Broccoli and Basketball

Broccoli and basketball are my dears,
Bright green tops and hearing fans cheers!
Broccoli gives me strength and iron,
So I can shoot hoops like a lion!