

Application for Special Projects Funding

My project, Feed ME: Bringing Food Education to Maine Schools, is designed to teach fourth graders about nutrition. I am creating four lesson plans. The first will discuss what nutrition is and why it is important. It will also touch on the difference between real and processed foods. The second lesson is about the food pyramid. The third is about ensuring that children eat five fruits and vegetables a day, “5-a-Day,” and introducing children to new produce. The final lesson is about how to read nutrition labels. I will be testing these lesson plans in a fourth grade classroom at Clinton Elementary School. I would like to supplement my lesson plans with healthy snacks. In particular, I would like to bring fruits and vegetables into the classroom for the “5-a-Day” lesson. I have spoken to the teacher who runs the classroom I will be working in, and she feels that bringing healthy snacks for the students will be educational and help keep the students engaged.

I am requesting \$100 to use to buy fruits, vegetables, and boxed goods to teach the children how to read nutrition labels. There are twenty-five students in the classroom where I will be working. I will need to purchase food for twenty-five students four times. I will be purchasing food at Hannaford or Walmart. I checked Hannaford’s website to create a rough estimate of my budget. Most produce, such as carrots, kale, or strawberries, is about \$3 per package. I will need two or three packages of anything I buy to feed the class. This will allow me to include approximately three different fruits or vegetables with each lesson. I plan to use cereal to explain serving size and nutrition labels. Cheerios are about \$3 per box. I will need three boxes. \$100, \$25 for each lesson, would be an adequate amount to cover my expenses.

The results of this project will be made public on a website that I am creating to accompany this project. The website will include my lesson plans as well as a section explaining whether or not they were effective in the classroom. I will explain how I used healthy snacks as an educational tool to accompany my lesson plans. I will also ask the teacher who runs the classroom I will be working in to write a review of my lessons and to indicate if she felt the snacks were a useful learning tool.