



Food Education Standard #6: We can make positive and informed food choices.

Superfoods Assemble: Foods That Power Your Brain

Grade Levels & Subjects: Grades 3 - 5 English Language Arts

Learning + Food Objectives:

Students will learn about foods that power the brain and apply this knowledge to the creation of a *Superfoods Assemble! Comic* that highlights the importance of these foods.

Common Core Standards:

Common Core English Language Arts

Creating a comic through researching brain-healthy foods

CCSS.ELA-LITERACY.RI.4.2

Determine the main idea of a text and explain how it is supported by key details; summarize the text.

CCSS.ELA-LITERACY.W.4.3

Write narratives to develop real or imagined experiences or events using effective technique, descriptive details, and clear event sequences.



MATERIALS NEEDED

- Student Worksheet (Attached below)
- "Brain Food for Kids" slideshow by My Recipes - <https://www.myrecipes.com/kids/back-to-school-brain-food>
- "The 10 Best Foods to Boost Brain Power" video by Brainy Dose - <https://www.youtube.com/watch?v=RCa6ULGHsa8>
- "How are Foods Affecting Your Brain" infographic by Healthy Living Daily - <https://healthylivingdaily.net/how-are-foods-affecting-your-brain-infographic/>
- Laptops & headphones for each student

CLASSROOM PROCEDURE

INTRODUCTION (10 minutes)

1. Teachers should divide students into groups of 4 and provide each group with pre-labeled big chart paper (see the T-chart for reference).
2. Direct students' attention to the *Brain Food Scramble* charts around the room.
3. Teachers could opt to also use the T-chart below as a hard copy handout for students to cut/paste images onto. Each student would need a copy.
 - a. A virtual or remote learning alternative to this activity could be holding up food images to the screen and ask to speak their answers or to type "yes" or "no" in the chat or have students put their thumbs up or down to answer.
 - b. Food images to print or list nuts, blueberries, avocado, eggs, broccoli, corn, beets, fish, cherries, oatmeal, rice & cheeseburger, candy bar, fried chicken, dark chocolate, pizza.

INSTRUCTION (70 - 90 minutes)

1. Explain that today's lesson will focus on learning more about foods that boost their brain power.
2. Direct students to the *Brain Food for Kids* activity in the student worksheet.
3. The class read the slideshow [Best Brain Food for Kids](#) (or choose from additional resources) and complete the corresponding table together.
 - a. Teachers should alternate reading the slides aloud with student volunteers.
 - b. Teachers may wish to add any difficult vocabulary words to their class word walls or review those words during the session.
4. Next, the class will watch 1 video and review 1 image as a class. As they review each, students will fill out their Brain food video table after each. You may wish to show the video twice.
 - a. Cue up the video [The 10 Best Foods to Boost Brain Power](#) (or choose from additional resources) and Improve Memory and direct students' attention to the Brain food video table. Explain that the class will complete the table together after watching the video.
 - b. Pull up the image [How Are Foods Affecting Your Brain Infographic](#) (or choose from additional resources) and talk about what students see and what the images mean (the point of the infographic).
5. Ensure that each student has access to headphones and a laptop. Then, divide the class into small groups.
6. In their groups, each student should first watch the video and then, write the main ideas in the Group Video Notes table.
7. Bring the whole class back together and introduce the group project - *Superfoods Assemble! Comic*
 - a. Have a student volunteer read the instructions for the project in the student worksheet.
 - b. Allow students time to work on the project.
 - c. Teachers may want to use this time or the beginning of the next session to discuss grading policies and presentation logistics.
8. Over the next couple of class sessions, students should present projects to the class one of the following ways: as a Gallery Walk/exhibition, by each student reading their comic aloud to the class or via Comic Book Stations (students move through 4 - 6 stations that have a collection of comics).

CLOSING (10 minutes)

1. Close out each comic review session by having students leave feedback on sticky notes for each of the comics they read using the following sentence starters.
 - a. I really liked...
 - b. One thing to consider is...
2. Students should leave one comment per sticky note – meaning that positive feedback goes on 1 sticky and constructive criticism on a second sticky note.
3. Authors should take/read their own sticky notes and the teacher can decide how to authors should use that feedback.

ADDITIONAL RESOURCES

- Article option:
 - “14 Best Brain Boosting Foods for Kids to Improve Growth and Development Now” by CentreSpringMD - <https://centrespringmd.com/14-best-brain-health-foods-for-kids/>
- Video option:
 - “How the Food You Eat Affects Your Brain” by TED-Ed - <https://www.youtube.com/watch?v=xyQY8a-ng6g>
- Infographic options:
 - “7 Brain-Boosting Foods for Children” by Jenette Yee - <https://www.mountelizabeth.com.sg/healthplus/article/brain-foods-kids>
 - “Top 10 Brain Foods for Children” by Jeanie Lerche Davis” - <https://www.webmd.com/parenting/features/brain-foods-for-children#1>
- See other included resources list in Student Worksheet section

RECIPE

Below is the recipe aligned with this lesson. Pilot Light Anywhere lessons are designed to be able to be delivered from a remote setting; however, this recipe can be demoed by the teacher virtually/in person, sent home to families, or used for reference

Brain Salad

Serves 1-2

Materials:

1. Knives, cutting boards
2. Large mixing bowls
3. Plates, forks, knives, napkins, spoons, paper towels
4. All food ingredients to be used (as discovered while watching videos or reading information):
 - broccoli
 - cauliflower
 - Brussel sprouts
 - beets
 - sunflower seeds
 - pumpkin seeds
 - walnuts
 - almonds
 - quinoa (cooked)
 - Avocado
 - Coconut oil
 - hard boiled eggs (sliced or diced)
 - celery
 - extra virgin olive oil
 - balsamic vinegar or red wine vinegar
 - Leafy greens (spinach or containers of "Spring Mix" type greens)
 - Salmon (optional and if practical - and always be conscious of students with allergies).

Directions:

1. Have students in table groups of 4 or 5 students.
2. Each table is given an opportunity to come to the center table to get ingredients for their Brain Salads.
3. Students can take whatever they wish but encourage each group to add at least three items to the salad that they have never tried before.
4. For salad dressing, olive oil or coconut oil can be used as well as the balsamic vinegar. Some people mix olive oil with a touch of red cider vinegar to make a salad dressing (show how this is done if necessary). Encourage students to mix and match as they experiment with creating their salad.
5. Enjoy!

The student worksheet below can be printed or copied onto any online learning platform.



Superfoods Assemble! Foods that Power Your Brain

Bell Ringer: Brain Food Scramble

Directions: With your group, sort out the foods that are good for your brain from the ones that aren't good for your brain.

Good For My Brain	Not Good For My Brain

Brain Power Foods Resources

1. [Best Brain Food for Kids](#) (slideshow/digital article)
2. [Foods Linked to Better Brain Power](#) (university website article)

Superfoods Assemble: Foods that Power Your Brain



3. [Brain Fuel: 5 Groups for Successful Students](#) (university website article)
4. [9 foods to supercharge your brain](#) (school website article)
5. [What are Superfoods?](#) (article)
6. [5 Ways to Eat Your Way to a Healthy Brain](#) (article)
7. [Top 5 Brain Foods/100 Brain Foods A to Y](#) (article)
8. [Food for Thought: What Happens to the Brain When We Eat Foods High in Fat and Sugar?](#) (article)
9. [8 Brain Food Snacks to Boost Your Kid's Memory](#) (article)
10. [8 foods to boost your brain power and keep your mind sharp](#) (article)
11. [How Are Foods Affecting Your Brain Infographic](#) (image/infographic)
12. [Antioxidants Superfood Chart](#) (image)
13. [The Periodic Table of Superfoods](#) (image/poster)
14. [Brain SuperFood](#) (image)
15. [Nourish Your Brain](#) (image/poster)
16. [The Brain Food Pyramid](#) (image/poster)
17. [12 Healthiest Foods to eat in the Morning](#) (video)
18. [The Best Brain Foods that Helps Increase Your Memory](#) (video)
19. [How Food affects your brain](#) (video)
20. [The 10 Best Foods to Boost Brain Power and Improve Memory](#) (video)

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Brain Food Table

Directions: Based on the video you watched and the image the class reviewed, complete the table below.

COMPARE: Two similarities between the video and the image are _____	CONTRAST: Two differences between the video and the image are _____
CONCLUSIONS: The most important thing I learned is _____.	Plus 1: Write 1 thing that you found interesting from the image or video OR write 1 question you still have.

Group Video Notes	
Which video did your group choose to watch? Cut/paste the link or write the title.	
Write down 3-4 things you learned in this video.	

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Comic Strip Template starring The Superfoods

Directions: Use the 4-scene storyboard template below to plan out your comic strip. Given the short length of the video, you may only have 1 scene. Feel free to watch other videos, to review other articles and to look at other images to get more ideas for your comic strip.

Scene 1	Scene 2	Scene 3	Scene 4
Description:	Description:	Description:	Description:
Notes:	Notes:	Notes:	Notes:
Drawing:	Drawing:	Drawing:	Drawing: