

EXPLORATION QUESTIONS

Step 2: After watching the episode, explore the topic further by asking the following exploration questions. This may range from 15-45 minutes depending on the number of questions asked.

Episode 2: Team Nutrients

1. Chef Monti made a smoothie that mixed many food groups. What are some snacks you enjoy eating that mix a few of the food groups?
2. What would happen if you did not eat food from every food group on a regular basis?
3. Can you name a member of the Super Six and explain how that nutrient helps us learn and grow?
4. Milk and dairy foods are important for our bodies. What are some of your favorite items to eat and drink from this food group?

Episode 5: Fuel Up with Breakfast

1. When you come to school and haven't eaten breakfast, how do you feel? How do you feel after you've eaten breakfast?
2. What are some benefits of eating school breakfast?
3. Let's look at our school breakfast menu. What are some of the options that mix a few different food groups?
4. If you don't have time in the morning to prepare and cook breakfast, what are some quick options you could grab and eat before school to give you energy?

Episode 6: Fuel Up with School Lunch

1. Prior to watching the episode, have students guess how many lunches are served in CA per day. Afterward, reflect on their estimations and compare to what was shared in the video.
2. What are some examples of foods that our school cafeteria might serve that came from a local farm? (Milk, apples, oranges, etc.)
3. Let's look at our monthly lunch menu. What are some examples of foods that are served that are in the dairy food group?
4. What are some ways students can influence what is put on the menu? (Taste tests, surveys, poll, menu ideas, etc.)
5. If you were to recommend a change to the school lunch menu, what would it be?

Episode 10: Food Cultures and Traditions

1. What foods remind you of your culture?
2. Can you think of a dish your family makes that involves many different food groups? Can you describe how it is prepared?
3. Is there a cultural food you are curious about and would like to try?
4. Share about a time you tried food from another culture.
5. Why might it be a good idea to try foods from a different culture?

Episode 11: Farm to You

1. Where does most of our food come from?
2. This episode shows how tortilla chips are made from corn. How are they made from start to finish? The teacher can lead a class illustration of the process.
3. What other kinds of foods are made from food on the farm?
4. What was the most surprising thing you learned that cows could eat?
5. This episode introduced new vocabulary words like Upcycling, Homogenized, Pasteurized. How can we describe these words in student-friendly language?