

# **6TH GRADE NUTRITION PROJECT**

## **SUPERHERO HEALTHY DRINK VS VILLAIN JUNK DRINK**

Objectives:

- 2.2 Differentiate the health effects of beverages which are nutrient dense with those high in sugar and calories
- 11 Attribute the prevention of nutrition-related diseases to following the Dietary Guidelines for Americans
- 3.2 Implement a personal wellness plan in nutrition and fitness to enhance quality of life

### **Part One**

- Create a superhero that is based on a healthy drink. It must have a creative name.
- Create a villain that is based on a junk drink. It must have a creative name.
  - Create a movie poster for your Superhero and Villain
    - It must be NEAT and colorful

### **Part Two**

You can choose one of the following items to complete...

1. Write a narrative story where the super hero defeats the villain
  - a. Story must...
    - i. Explain why the Super Hero is healthier than the Villain
      1. Amount sugar, sodium, calories, nutrients etc
    - ii. How can the Superhero defeat the Villain by using the Dietary Guidelines
    - iii. Superhero must create a plan to keep the Villain down (what will they do to make sure the Villain never rises again)
      1. Must include nutrition and fitness
  - b. What needs to be in your narrative
    - i. Engage and orient the reader by establishing a context and introducing a narrator and/or characters; organize an event sequence that unfolds naturally and logically.
    - ii. Use narrative techniques, such as dialogue, pacing, and description, to develop experiences, events, and/or characters.
    - iii. Use a variety of transition words, phrases, and clauses to convey sequence and signal shifts from one time frame or setting to another.
    - iv. Use precise words and phrases, relevant descriptive details, and sensory language to convey experiences and events.
    - v. Provide a conclusion that follows from the narrated experiences or events.
    - vi. Conventions
      1. correct sentence formation, punctuation, capitalization, and spelling

or

2. Create a comic strip illustrating a conflict between your Super Hero and Villain (Super Hero wins)
  - a. Create a comic strip where the super hero defeats the villain
    - i. Comic strip must...
      1. Explain why the Super Hero is healthier than the Villain
        - a. Amount sugar, sodium, calories, nutrients etc
      2. How can the Superhero defeat the Villain by using the Dietary Guidelines
      3. Superhero must create a plan to keep the Villain down (what will they do to make sure the Villain never rises again)
        - a. Must include nutrition and fitness
  - b. What needs to be in your comic strip
    - i. Title
      1. The title is creative, sparks interest and is related to the comic and topic
    - ii. Illustration
      1. strip contains a minimum of 10 cells
        - a. (colored) drawings in a creative, organized format.
    - iii. Captions
      1. Captions are related to the scenes and the story, and the connections are easy to understand.
    - iv. Characters
      1. The main characters are clearly identified, and their actions and dialogue are well-matched to their actions and dialogue in story.
    - v. Thought and Speech Bubbles
      1. Thought/speech bubbles are present and clearly reveal a character's thoughts or relay dialogue efficiently.
    - vi. Creativity
      1. The pictures and captions reflect creativity and there should an attempt at humor.
    - vii. Organization
      1. The comic is very organized. One idea or scene follows another logical sequence with clear transition.

**Other Standards Covered:**

**ELA:** Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details, and well-structured event sequences.