



ENGINEER WITH FOOD

Grades K-8



ENGINEERING FOOD SCULPTURES

Students get to create their own food sculptures

HOLA!

5 min

Hola is Catalan for hello!

Greet your students. Be friendly. Use their name, ask a question, give a high five, or thumbs-up! Take roll. Mark down which students took a snack and tally how many snacks were given out.

SNACK / FREEPLAY

30 min

Enjoy free play:

Students enjoy playing outside and eating their snacks.

STORY TIME

15 min

Read the story:

Read the story of the day. Older students may choose to read their own books.

STEM TIME

50 min

Engineering food sculptures

Say- "We get to have fun engineering with food today! There are professional chefs all over the world that are challenged with coming up with creative ways to present the food we eat everyday. There are worldwide competitions for this and today we will have our own food challenge to see how creative you can be with coming up with your own design of insects, animals, or other food sculptures using the food we have here. We will have 30 minutes to complete our creations! "

Materials:

- Plates for every student
- Trays and bowls
- Spoons/forks/ or toothpicks
- Plastic knives
- Celery
- Almond butter or cream cheese
- Sliced apples, cucumbers, oranges, etc.
- Pretzels
- Grape tomatoes
- Grapes
- Blueberries
- Cashews
- Clementines

Instructions:

1. Be sure to have an ample amount of food for the students to use. Feel free to use other foods in addition to the ones listed. Having enough food will help the students to be as creative as possible.
2. Watch the video to help give students ideas.
3. STEM coaches prepare the various fruits and veggies by cutting the celery into smaller sizes, and slicing the apples, cucumbers, and oranges. Place all the food items in bowls and on trays for the students. Remind students to wash their hands before the activity for food safety. They may be given a plate and a utensil to pick the food they want to use for their creations. Younger students may have a plastic knife to use for the activity. Be sure to supervise students and help them with what they need.

Here are some ideas, but the students can come up with their own designs and be as creative as they want with this activity!



4. Caterpillar: Fill the celery sticks with either cream cheese or almond butter. Add the grapes, tomatoes, or blueberries on top of the celery. Add antennae with small slices of celery.
5. Snail: Fill the celery sticks with either cream cheese or almond butter. Add the sliced fruit standing up on top of the celery. Add a cashew for a head. You may use either the cream cheese or peanut butter to stick the eyes onto the cashew.
6. Butterfly: Fill celery with filling, add two pretzels for wings. Add antennae with small slices of celery.
7. Once the 30 minutes are up have the students take turns going up to the front of the class and present their creation! Encourage the students to complement everyone's creations and point out what they like about them.
8. STEM coaches, take pictures of the students creations.

SPORTS / GAMES

25 min

*Older students may practice their sport if they don't want to play the game.

Materials:

- Volleyball
- Four square court, or chalk or masking tape to make a four square court

HOMEWORK / FREE PLAY

20 min

CLEAN UP / DISMISSAL

5 min

Four Square Volleyball

Objective- Players will try to hit the volleyball to stay in the game as long as possible

Instructions- Depending on the group size, multiple groups can be organized and multiple courts can be made. Have groups line up at their four square court. Have the first four players in each line fill in the four squares. Have the first person in line pass the volleyball to player one. The first player will then state the name of another player in the court, and will hit the ball to them. Players will continue to play in this pattern. If a player misses the ball then they must go to the end of the line and the next player in line will take their place. The game continues until the STEM Coach decides.

Instructions:

Allow your students some homework time. If they need help let them know you can help them. If they do not have any homework they can have some reading time, or they can have free time to go outside and play.

Clean up/pack up/dismissal

Clean up, pack up and practice lining up.

