EPISODE 04 | THE JOURNEY OF FOOD

Leo's final part of his quest has him learning about how and why food changes and goes through a journey of its own

• Episode length: 11 minutes • Extension: 10–20 minutes

THE BIG IDEA

There isn't one food that gives our bodies everything they need. Eating a variety of food from the five food groups helps give our bodies the different nutrients they need to learn, grow, play and stay healthy.

Knowing about food is only the beginning. Great Food Explorers can use what they learn to make choices every day!

LEARNING TARGETS

Students will be able to: (1) identify the five food groups, (2) explain why eating a variety of foods is important, (3) recognize that food can be changed for safety, nutrition, convenience and taste, and (4) choose one realistic action they can take to build a healthy diet.

QUEST VOCABULARY

Variety • Food Groups • MyPlate • Nutrients • Healthy Habit • Choice

BEFORE YOU WATCH | 2 MINUTES

Ask: **If you could eat only ONE food for an entire week, what would you choose?** After students answer, ask:

Would that one food give your body everything it needs? That's the final mystery of our Great Food Quest!

WATCH EPISODE 4: THE JOURNEY OF FOOD | 11 MINUTES

DISCUSS & DISCOVER | 5-10 MINUTES

- What are the five food groups?
- Why does our body need different kinds of foods?
- Why do people process or change foods?
- What did lettuce, oranges and dairy each teach us during our quest?
- How can knowing where food comes from change the way we think about it?
- What's one healthy choice you can make yourself?

TAKE THE QUEST FURTHER

MATERIALS & SETUP

Blank paper or a templated plate worksheet, pencils, colored markers.

HANDS-ON ACTIVITY | 10-15 MINUTES

BUILD A QUEST-WORTHY MEAL: Have students draw a school lunch tray or plate. Challenge them to create a meal containing foods from several food groups.

Label each food: **FRUIT • VEGETABLE • GRAINS • PROTEIN • DAIRY**

Then have students circle:

☆ A food they already enjoy.

🔍 A food they would like to learn more about.

🚀 A food they are willing to try.

Ask:

What could you add or change to give your meal more variety?

There isn't one "perfect" plate. The goal is to explore how different foods can work together.

TAKE-HOME EXPLORER MISSION

Choose **ONE** mission to complete this week:

🌈 **COLOR QUEST**
Add another color of fruit or vegetable to your day.

🥕 **TASTE QUEST**
Try a fruit or vegetable you haven't tried before.

🗺️ **FOOD ORIGIN QUEST**
Find out where one food you eat comes from.

🍽️ **FOOD GROUP QUEST**
See how many food groups you can find on your school lunch tray.

👩‍🍳 **KITCHEN QUEST**
Help prepare a fruit or vegetable at home.

Afterward, ask yourself: **What did I try? What did I discover? What will I do again?**

KEEP EXPLORING

TRUSTED RESOURCES

Inspire curiosity, engage minds, and foster a genuine connection to where food comes from and how it impacts ourselves and communities.

RESOURCE	WEBSITE
California Foundation for Agriculture in the Classroom – Taste and Teach	https://learnaboutag.org/tasteandteach/
California Foundation for Agriculture in the Classroom – Knowin' What's Growin' (4th Grade)	Knowin' What's Growin' | California Foundation for Agriculture in the Classroom
California Grows...	https://cdn.agclassroom.org/ca/resources/learn/map.pdf
Ag Bites	https://learnaboutag.org/resources/bites/
Dairy Council of California – Explore Nutrition	Explore Nutrition Unit
Dairy Council of California – The Market Mystery	Storybook to Teach Students Food Groups and Where Their Food Comes From
Dairy Council of California – Let's Eat Healthy Together Video Series	Let's Eat Healthy Together
Dairy Council of California – Education Professionals Nutrition Science Resources	Education Professionals







