

Healthy Sedimentary Sandwiches

Pillar: Healthy Eating

Division: I

Grade Level: Grade 3

Core Curriculum Connections: Science

I. Rationale:

This activity can be used to review and reinforce some specific learner expectations from the Rocks and Minerals Unit. Students will apply what they have learned about sedimentary rocks by creating nutritious sandwich replicas. Using a variety of healthy sandwich toppings, students will layer the toppings to create "Healthy Sedimentary Sandwiches". Students will be asked to compare the properties of their sandwich to the properties of sedimentary rocks and then describe the similarities and differences.

II. Healthy Eating Focus:

Students will be able to:

- apply what they have learned about sedimentary rocks to sandwich creation.
- make healthy sandwiches that resemble sedimentary rocks containing layers from each of the 4 food groups.

III. Curriculum Outcomes: Grade 3 Science

Topic A: Rocks and Minerals

General Learner Expectations

Students will:

3–5 Demonstrate knowledge of materials that comprise Earth's crust, and demonstrate skill in classifying these materials.

Specific Learner Expectations

Students will:

2. Given a description of the properties of a particular rock or mineral, describe similarities and differences.
4. Recognize that rocks are composed of a variety of materials;

IV. Materials:

- A healthy sandwich with several layers of toppings for a class demonstration
- loaves of bread (enough for each student in the class to make a healthy sandwich)
- a variety of healthy sandwich toppings including selections from all food groups
- plastics gloves and hair nets to reinforce proper food handling practices
- student handout: "Healthy Sedimentary Sandwiches"

V. Procedure:

1. Pull out your brown bag lunch and take a huge bite from your sandwich. Ask your students to consider which type of rock your sandwich resembles. Discuss the layers.
2. Review the properties of sedimentary rocks and other types of rocks the students have been learning about.
3. Tell the students that they will be creating "Healthy Sedimentary Sandwiches" from a variety of different ingredients. Discuss the layers of sedimentary rocks and how that would apply to sandwich making.
3. Pass out bread and toppings. Allow students to be creative, but encourage them to use a variety of toppings from all of the food groups to ensure that their sandwich is healthy. Challenge students to create the healthiest sedimentary sandwich!
4. Review the instructions on the handout provided to the students and demonstrate by making your own sandwich.
5. Students will draw and label a picture of their sandwich and reflect upon the questions on the handout.

VI. Extensions/Variations:

- Students could set up a healthy sandwich bar to repeat this activity with others at lunch time.

VII. Assessment Ideas:

- Use the checklist provided to determine students' level of understanding.

GOAL: I know that rocks are made of a variety of materials, and can describe these materials.

___ Excelling Within Grade Level

___ Achieving at Grade Level

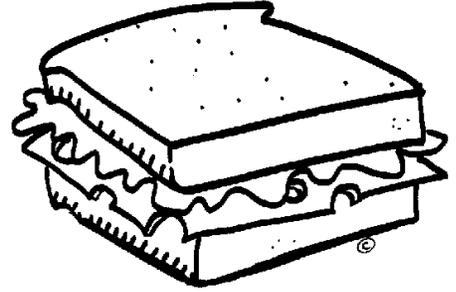
___ Beginning to Achieve at Grade Level

___ Not Yet Achieving at Grade Level

Sedimentary Sandwiches

Procedure:

1. Make a sandwich using 2 pieces of bread and 3-4 toppings.
2. Put your sandwich in a plastic sandwich bag.
3. In the bag, squish your sandwich down gently.
4. Take your sandwich out of the bag and cut it in half.



DRAW and LABEL a picture of your sandwich.

A large, empty rounded rectangular box intended for drawing and labeling a picture of a sandwich.

What are sedimentary rocks made of?

How is your sandwich like sedimentary rock?



