

# You Are What You Eat!

Materials needed for this project:

Butcher Paper  
Black Crayon  
Scissors  
Glue  
Magazines for collage  
Photographs of foods, plants that  
you eat, fruits, vegetables, etc.  
Drawing materials

Instructions for this project:

- Have students choose partners.
- Have one student lay down on the butcher paper while the partner traces around his/her body with a black crayon.
- Switch so that each has an outline of their own body.
- Cut out the body shape.
- Cut pictures out of magazines showing what you eat to fill up your body.
- Take pictures of foods that you eat - go to a farmer's market or the produce section of a grocery store to take pictures. Take pictures of your breakfast, lunch, dinner, snacks, drinks, etc.
- Draw pictures of what you eat and what you drink.
- If your body starts filling up with fast food and junk food, you may want to rethink some of your food and beverage choices.
- Be creative - have fun with this project - think about the rainbow of colors that you eat - and remember... YOU ARE WHAT YOU EAT!

