

Nutrition Theme

Math



Weigh Me

Materials

- Fruits and vegetables of different sizes (real items work the best)
- Bucket Balance

Procedure

- Say, “Today we are going to discover which of these foods weighs more , which ones weighs less, and which ones weigh the same. If we use this balance how do you think we will know which ones are the heaviest?” Wait for answers. “Yes, the food that is the heaviest will make the bucket drop lower. What about the food that weighs the least? What will the bucket do?” Wait for the answer. “Yes, the bucket that is holding the food that weighs the least will rise or go up.”
- Say, “Let’s see what we can find out.”
- Place a piece of food in one bucket. Ask the children to predict which food will weigh less.
- Place the food that the children said would weigh the least in the other bucket.
- Ask, “What happened?” Wait for an answer. “Yes, the apple weighs more than the banana.”
- Allow the children to test out other pieces of food.

Supplemental Activities