



## Snack Stars in the Sky

### Activity Outcomes

- Identify the Five Food Group foods
- Create imaginary constellations using food group foods
- Create stories about the constellations

### What You Need:

- Pictures of and information on the legends behind several constellations
- 5 index cards and envelopes
- 5 flashlights
- Hole punch
- Drawing paper, crayon/markers
- Star stickers
- On each index card, sketch a food from the Five Food Groups. Using a hole punch, make holes along the food's outline.
- Seal each card in an envelope.

### What You Do:

1. Explain that a constellation is a group of stars that form an imaginary picture in the sky. Show students pictures of several constellations.
2. Divide students into 5 groups. Give each group an envelope. Explain that there is a “food” constellation inside each envelope. Ask them if they can identify what is inside without opening their envelope. Record their guesses.
3. Now give each group a flashlight. Turn off the lights and have students hold their envelope up to their flashlight. Discuss. Then have each group open their envelope and compare their initial guess to what’s inside.
4. Have students create constellations by drawing their own food and attaching star stickers to the outline.
5. Read a few constellation legends. Let students make up a story about how their food constellation ended up in the sky. Create a bulletin board using the stories and pictures.