



# Lesson 3 **Fiber**

## Recipe: Spaghetti Marinara [foodliteracycenter.org/lesson3](https://foodliteracycenter.org/lesson3)

### Review Lesson 2

[foodliteracycenter.org/lesson2](https://foodliteracycenter.org/lesson2)

- Do you know what culture means? What is an example?
- What does "Tres Hermanas" mean? What are The Three Sisters? Where did it originate?

### Lesson Overview

Students will understand how fiber works in their bodies and give examples of foods that contain fiber. They will be introduced to the nutritional facts table and find fiber.

### Talking Points

- We're using whole grain pasta noodles today because they have fiber. What else has fiber on our tray? (fruits & veggies)
- What types of foods have fiber in them? Can you find the word "fiber" on a nutrition fact label? (fruits, vegetables, and whole grains)
- How does fiber work in our bodies? (sweeps your body clean like a broom)
- Eating foods with fiber helps you feel full.

### Activity

Teachers/Adults: Download and print the [Fiber Activity Worksheet](#). Prepare flashcards and explain the activity to the students.

### Recipe Overview

- Adults should boil the noodles, and allow for students to help stir.
- Have students cut seasonal vegetables first, so that adults can begin sautéing them.
- Have students mix the tomato sauce and seasonings in a large mixing bowl. (Let kids smell the seasonings before placing them into the bowl).

### Discussion & Wrap Up Questions

- What are the 3 types of foods that have fiber?
- What did you learn today?
- How were you a food adventurer?
- What did your recipe taste like? Thumbs up, down, or sideways? Can you describe how it tasted? Slurpy, wet, chewy, warm.

## Vocabulary Words

**Fiber**

**Nutritional Facts**

Your Sandwich Can Save the World!

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