

The Power of Zero



Thanks for participating in the Power of Zero field trip program. The following are suggested follow-up activities to help students reflect on their field trip experience.

After the Trip

Ask students their overall impressions of the field trip. What did you enjoy? What didn't you enjoy? What surprised you? What do you want to learn more about?

Have them share their general observations and reactions.

You may want to have the class compose and send an individual or a group thank you note to the field trip site host and/or other persons that supported the field trip and mention a favorite activity or bit of information learned during the field trip. You could also have students formulate more follow-up questions via a group email to continue dialogue with the store.

Demonstrate Knowledge

Remind students MyPlate can be a helpful guide to make sure we eat lots of healthy foods like fruits and vegetables and less foods that contain more fat and sugar. Show students the MyPlate visual to reinforce the importance of eating a balanced meal that includes foods from all of the food groups. Then have students complete the MyPlate Meal activity sheet again and compare to the initial sketches they made.

Work with students to complete the K-W-L chart about hunger and food waste based on your field trip experience:

<u>What we know:</u>	<u>What we want to know:</u>	<u>What we learned:</u>
Some people do not get enough food to	What happens to food that does not sell?	1 in 8 Americans struggle with hunger.
Some people use scraps of leftover food	What can I do to help fight hunger and	

Fighting Hunger and Food Waste are important initiatives we all can help address. For more information, including ways to get more involved as an individual or with your student group, please visit:

<https://www.thekrogerco.com/>

#ZeroHungerZeroWaste



MyPlate Meal

Name _____

Sketch/draw foods or write-in food names on the plates below to show what foods you believe make a balanced meal AND how much you should fill your plates with each type of food. Label the 5 main food groupings.

