

Cinquain Poetry about Food

Objective of Activity

To have students use their creativity while thinking of a nutritious food.

Teacher Background Information

- A cinquain poem is a verse of five lines that do not rhyme.

Material Required

- Paper and pencil; or,
- Computer to generate a PowerPoint slide with an image of food and poem

Instructions

1. Have students write a cinquain poem using the following format:

Line 1: Name a healthy food choice

Line 2: Write two words that describe how the food looks

Line 3: Write three words that describe how the food tastes

Line 4: Write four words that describes why you like it

Line 5: Describe its nutritional content using food group or nutrient descriptions

Examples:

Rice

White and small

Plain, moist and yummy

It can provide fibre

Carbohydrate

Oranges

Round and orange

Sweet, juicy and sour

Gives me vitamin C

Fruit