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