

# Sunny Meal



VIRGINIA  
**AQUARIUM**  
& MARINE SCIENCE CENTER

*Students (grades 2-5) will learn that the food they eat can be traced back to the sun.*

## Duration

Preparation: 15 minutes

Activity: 30 minutes

## Supplies

- Chart paper
- Pencils and paper

## Background

Our meals can be traced back to the sun. It is best if students already have a working knowledge of food chains and food webs prior to this activity.

## Instructions

1. Choose a volunteer
2. Ask the volunteer to write out everything s/he ate for dinner last night and record it on the board or chart paper for all to see. Leave space between each item.
3. Ask students where each item came from in the food web/chain and write the answer in parentheses next to the food item.  
Eg:  
Grilled chicken (chicken)  
Salad (Lettuce, tomatoes, carrots)  
Garlic bread (garlic, wheat)  
Ice cream (cow's milk)
4. Ask students where each organism in the food web/chain (those in parentheses) got their energy  
Eg:  
Sun → Grass → Grilled chicken (chicken)  
Sun → Salad (Lettuce, tomatoes, carrots)  
Sun → Garlic bread (garlic, wheat)  
Sun → Grass → Ice cream (cow's milk)
5. Once students have seen the food chains you made from your dinner, have them create food chains using their dinners.
  - For the younger students, go through a few of them on the board together, since they may not know what their food is made of (ex: pizza is wheat, cheese, and then toppings, like pepperoni).
  - For older students, they can work in small groups, working through any unknowns together, but completing their own dinner food chain.

## Vocabulary

Food web

Food chain

Energy source