**Nutrition Education Activity**  
**Activity Name:** Learning About Pasta

**Step 1: Why**  
Children need to learn to eat different kinds of breads and grains since these foods are basic to a healthful diet.

**Step 2: What**  
Introduce children to different shapes of pasta. Children will paste various pasta shapes on a piece of colored construction paper to make a picture.

**Step 3: How**  
 Materials needed to get ready for the activity:  
- Colored construction paper (one piece per child)  
- White glue (safe for children)  
- Pasta in various shapes (wagon wheel, small shell, elbow macaroni, spaghetti)
### Activity: Learning About Pasta

#### Step 4: When
After mid-morning snack

#### Step 5: Do the Activity
Directions: Talk to the children about pasta and show the different shapes.

Let the children make pictures using the pasta shapes.

Discuss various foods made with pasta.

#### Step 6: Follow-Up After the Activity
For lunch serve a pasta dish such as macaroni and cheese made with little shells and lean ham cubes. Whenever pasta is on the menu, discuss the shape of the pasta.