



PASTA NECKLACE

TYPE OF ACTIVITY: Art

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will identify foods from the grain group.
- › Children will identify foods made with pasta.
- › Children will demonstrate fine motor skills by creating a necklace using pasta.

MATERIALS:

- › Dried pasta that is easy to string (e.g. rigatoni, penne, or wheel shaped)
- › Food coloring
- › Rubbing alcohol
- › Zipper-top plastic bags (quart or gallon size)
- › Paper towels
- › Yarn or plastic lace
- › Masking tape
- › Pictures or models of grains



PROCEDURE:

1. Set-up: A day ahead of time, place a few cups of dried pasta in a plastic bag. Place 3-4 drops of food coloring and 1 tablespoon of rubbing alcohol into the bag with the pasta. Close the bag and shake it until the pasta has absorbed the color (at least several hours). Remove pasta from the bag and place it on a paper towel to dry. Repeat for each color.
2. Cut yarn or laces into pieces long enough for children to make necklaces. String a piece of colored pasta onto the yarn and tie a knot in it so that the pasta remains at one end. If using yarn, place a piece of masking tape around the opposite end to make it easier for children to string pasta. Tape one end of the yarn to a table so the pasta does not slip off.
3. Review foods in the grain group. Show children pictures or models of grains and encourage them to name the foods. Suggested phrases:
 - a. *Who remembers which foods are in the grain group? Bread, crackers, cereal, and pasta are*

all grains. Today we are going to make a necklace out of pasta.

b. It is important to eat pasta and other grains because they give us energy to run and play.

4. Invite children to string the pasta onto the yarn. Encourage them to choose different shapes, sizes, and colors.
5. When children complete their necklace, tie the ends together.

ADAPTATIONS/EXTENSIONS:

Art: Use the colored pasta to make a collage or decorate a picture frame. Other interesting shapes of pasta that may not be easy to string may be used for collages (e.g. bow-ties, alphabet pasta).

Math: Encourage children to create a pattern when making their necklaces, and talk about the pattern they made.



Day 4: Grains

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