



My Brain Keeps Me Alive (A Brain Facts Story)
(2nd Grade – 7-8 yrs.)
Worksheet: Food for Thought



STORY CONNECTION – SLIDES 13-15 (Approx Time: 15-20 mins)

To get food, your stomach must first tell your brain that you are hungry. Then, your brain tells your body to move - based on what you have learned about getting food. After you have eaten, then your stomach tells your brain that you are full. Your brain then tells your body to stop eating. If you eat slowly, then your stomach and your brain have a chance to “talk” and you will eat the right amount of food that your body needs. Eating when you are hungry makes you happy. Eating when you are full-well, can make you feel a little sick. This is your brain making sure you get the food you need – when you need it. This is your brain making sure you do not eat too much food.

Materials needed:

- Worksheet (1 per student- included below)
- Scissors
- Glue

Preparation needed:

- Print worksheet
 - If you are unable to print the worksheet, it can be projected, and student(s) can write the steps in the correct order on a piece of paper.
- Determine how student(s) will complete the worksheet (independently/partner/small group).

Instructions:

1. This section of the story goes through the process of feeling hungry and how the stomach and the brain work together to make sure we get the food we need to make our body and brain happy.
2. Review this process as necessary with student(s) as they will have to put them in order on the sequencing worksheet for this activity.
3. Student(s) will cut off the bottom half of the worksheet.
4. Next, they will cut the seven steps apart into strips.
5. Then, student(s) will place them in the correct order.
***NOTE: DO NOT glue them down yet. An adult will want to check them before student(s) glue them down. An answer key is provided. ***
6. Once their paper is checked, student(s) may glue the strips in the correct order.
7. As a whole group, read and review the steps again.
8. *Extension:* If time permits, student(s) can illustrate each step of the process.
9. In closing, remind student(s) that our brain keeps us alive by working with other organs, such as the stomach, to make sure we get what we need. This makes our body and brain happy.



Name _____



1. Cut off the bottom portion of this paper on the dotted line.
2. Cut apart the steps that your body goes through when eating.
3. Glue them into the correct order in the blank boxes.

1.
2.
3.
4.
5.
6.
7.

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You go and get some food to eat.
Your brain tells your body to move to go and get some food to eat.
Your body and your brain are happy.
You eat the food.
Your brain tells your body to stop eating.
Your stomach tells your brain you are hungry by growling or rumbling.
After you have eaten the food, your stomach tells your brain that you are full.



Name _____



Answer Key:

1. Your stomach tells your brain you are hungry by growling or rumbling.

2. Your brain tells your body to move to go and get some food to eat.

3. You go and get some food to eat.

4. You eat the food.

5. After you have eaten the food, your stomach tells your brain that you are full.

6. Your brain tells your body to stop eating.

7. Your body and your brain are happy.

Brain image credit:

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