

Nutrition Activities for Multiple Intelligences

Inter/Intrapersonal Intelligence

- Interpersonal learners understand the moods and motivations of others enabling them to work and communicate effectively. They enjoy social activities
- Intrapersonal learners have a deep awareness of their own inner feelings. They have a strong sense of independence and self-confidence.

Interpersonal Activities:

Interview another student about their food choices

Conduct a survey on how many fruits and vegetables students eat each day

Lead a group discussion on the reasons why students might skip breakfast –then discuss ways to make eating breakfast more convenient.

Intrapersonal Activities:

Keep a diary or food journal on food choices for one week

Set personal fitness and nutrition goals

Later evaluate your success in reaching your goals

Existential Intelligence

- Students with existential intelligence are attuned to the human condition. They are able to comprehend issues like the significance of life and death and the experience of love.

Activities:

Plan a food drive

Maintain a current events notebook with a focus on hunger in our state

Report on successful events that have helped address the hunger issue in our state/country

Bodily-Kinesthetic Intelligence

- Students who possess bodily-kinesthetic intelligence have the ability to work skillfully with objects involving fine and gross motor skills. They are characterized by a well-developed sense of balance and motor control. In addition, they are skillful at translating intention into action. These students learn best by doing.

Activities for Bodily-Kinesthetic Intelligence:

Plan and present a show about how students can make wise food choices at school

Go on a nutrition scavenger hunt (give clues for where to find a healthy food)

Play charades (act out eating a healthy food – such as peeling a banana)

Visual-Spatial Intelligence

- Spatial intelligence is characterized by a person's capacity to perceive the visual world and recreate aspects of it even in the absence of relevant stimuli. This intelligence is fundamentally tied to concrete world and the location of objects in that world.
- Students with this intelligence have the ability to perceive the visual-spatial world accurately (e.g., as a hunter, scout or guide) and to successfully manipulate these perceptions (e.g., as an interior decorator, architect, artist or inventor). This intelligence involves sensitivity to color, line, shape, form, space and the relationships that exist between these elements. It includes the capacity to visualize, to graphically represent visual or spatial ideas, and to orient oneself appropriately in a spatial matrix.

Activities:

Feel an object in a bag and describe if it is a fruit or vegetable

Make a video about a student trying to make wise nutrition choices

Create a poster to express thoughts on healthy food choices

Play Nutrition Trivial Pursuit or other nutrition board game

Develop a 3-D food pyramid

Musical/Naturalist Intelligence

- No other intelligence emerges earlier than musical talent. Those who possess high levels of musical or rhythmic intelligence constantly hear tones, rhythms, and musical patterns in the environment and human voice as well as music. The auditory sense is crucial though not mandatory.
- People with naturalist intelligence have an appreciation for the natural world around them. They possess the ability to classify and distinguish plants and animals in the environment.

Musical Activities:

Write a song about some of the nutrients or food safety

Write an advertising jingle to get other students to try a specific healthy food

Make up a cheer to inspire healthy eating.

Naturalist Activities:

Plant a garden

Learn the names of the fruits and vegetables that have the highest amounts of phytochemicals

Present a fruit and vegetable exhibit

Verbal-Linguistic Intelligence

- Reading, writing, listening, and speaking are the activities that represent this intelligence. Students with this intelligence can use language to accomplish certain goals. This intelligence includes the ability to effectively use language to express oneself clearly. Additionally these students are seen as being very bright because standardized tests emphasize this intelligence.
- Linguistic intelligence is the most democratically and widely shared. Students in this intelligence can use language to convince others to take a specific course of action, use language to remember information, and can use language to inform or explain concepts.

Activities:

Take notes on a lecture on nutrition

Create a nutrition newsletter for the rest of the student body

Participate in a debate about whether people should be allowed to sue fast food restaurants for weight-related problems

Logical-Mathematic Intelligence

- Students with this intelligence can use numbers effectively (e.g., as a mathematician, tax accountant or statistician) and to reason well (e.g., as a scientist, computer programmer or logician). This intelligence can identify logical patterns and relationships, statements and propositions (if-then, cause-effect), functions and other related abstractions.
- Students possessing this intelligence have the ability to recognize patterns, work with abstract symbols, and see relationships. They also have an intuition about solving problems. They often see a solution before actually working out the problem.
- As with linguistic intelligence, students who possess this intelligence are often perceived as being very intelligent because standardized tests focus on math skills.

Activities:

Make something using a recipe

Create a Venn diagram for demonstrating different nutritional relationships

Make a graph to represent nutrition survey results