

Let's Make Gorp!

Integration: Health (Nutrition), Mathematics

Grade Levels: K-6 (with modifications for younger students)

Time: 1-2 class periods

Materials:

- *Gorp Recipe* handout
- *Explorer's Menu* handout
- Plastic sandwich bags
- Measuring cups
- Large bowls
- Large spoons or ladles
- Almonds
- Peanuts
- Raisins
- Dried fruit (apricots, dates, apples)
- M&M's
- Shelled sunflower seeds
- Low-fat granola
- Coconut

Students can sign-up to bring in the gorp ingredients for the class.

Objectives:

Students will:

1. Discuss the nutritional needs of Antarctic explorers.
2. Explain the reasons why gorp is a good food for expeditions or other outdoor activities.
3. Practice measuring skills to make gorp.
4. Explore the nutrient content of gorp and its importance on an expedition (fourth through sixth grade students).

Note: Before conducting the activity send a letter home to the students' parents/caretakers inquiring about food allergies. If a child is allergic to peanuts, tree nuts, or chocolate, adjust the activity and materials accordingly.

Lesson:

1. Introduce students to the menu of the explorers.
 - a. Give each student a copy of the *Explorer's Menu*.
 - b. Point out to students that the explorers eat something called **gorp**. Ask them to identify the ingredients in this particular gorp recipe.
 - c. Explain to students that gorp is a food that many people who enjoy outdoor activities, such as cross-country skiing, hiking, and camping, eat.

- d. Ask students why they think it is a food that is eaten on the Expedition (easy to carry, easy to eat/snack on, the high fat and calorie content gives the explorers a lot of energy).

For older students:

- e. Conduct a mini-lecture on fat, calories, and explorers.
 - Tell students that balanced diets should be low in fat and moderate in calories.
 - However, explorers need extra energy. They require more calories on a daily basis.
 - Fat has more calories than the same amount of protein or carbohydrates. Each gram of fat contains nine calories. One gram of protein contains four calories and one gram of carbohydrates contains four calories.
 - Gorp is high in fat and calories because of the nuts and chocolate that may be included.

Small groups

2. Divide the class into small groups and preview activity with the class.
 - a. Each member of a group will be given the ingredients and the recipe to make gorp for themselves. All members of the group will receive the same recipe.
 - b. Each person will measure the ingredients they need according to their recipe and will place it into the bowl.
 - c. Each group will then divide the gorp into equal portions for each member (either by calculating the fractions or by sight).
3. Note: Younger students should help each other to measure the ingredients. They can divide the gorp by sight (if they are not familiar with division and fractions).
4. Have students perform the activity and place their share of gorp in a sandwich bag to take home.

Assessment:

Teachers will assess:

1. Student's ability to explain why gorp is a good food for explorers (older students will integrate what they have learned about calories.)
2. Student's ability to measure.
3. Student's ability to work cooperatively.