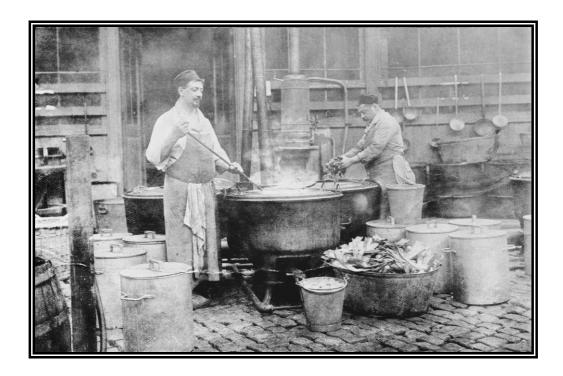# BENJAMIN'S MYSTERY SOUP

Student Workbook: Please, hand in to your teacher at the end of each class.

Student name: _____

Date of class: _____

Activity 1: Rotational Graffiti:
What do you think about nutrition?

Instructions to the student

Your teacher will supply the class with several large poster sheets, one per table. Your assignment is to go with your group to a table and write or draw on the sheet about nutrition as indicated on the sheet. Your teacher will provide further directions.

Activity 2: Student Questions after Rotational Graffiti

Instructions to the student

In the space below, please, write down any questions that come to mind.
What are you wondering? Write as many as you wish.

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Class discussion

Your teacher will discuss your questions with you in class.

Activity 3: Story—Benjamin's Mystery Soup

Instructions to the student

Listen carefully as your teacher presents the story.

Activity 4: Student Questions after the Story

Instructions to the student

In the space below, please, write down any questions that come to mind.
What are you wondering? Write as many as you wish.

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Class discussion

Your teacher will discuss your questions with you in class.

Activity 5: Student Investigation of Benjamin's Soup

Instructions to the student

Below you will see one of Sir Benjamin Thompson's recipes for soup (called Rumford Soup). It is supposed to feed one person for a complete meal. Using nutritional tables available on the USDA National Nutrient Database at http://ndb.nal.usda.gov/ calculate the number of kilocalories (energy), proteins, fats, fiber, and sugar in the quantity of soup. Your teacher will provide instructions for doing the calculations in the provided Excel spreadsheet.

Rumford Soup Recipe: Enough food for one person for a complete meal.

Solids	Grams	Energy	Protein	Fat	Carbo-hydrates	Fiber	Sugar
Barley (pearled, raw)	26.7						
Peas (split, raw)	24.8						
Potatoes, Red	87.0						
White Bread (croutons)	26.3						
Other							
Salt	7.5						
Vinegar	17.7						
Water	371.6						
Total	**561.6**						

Activity 6: Student Questions about the Soup

Instructions to the student

In the space below, please, write down any questions that come to mind.
What are you wondering? Write as many as you wish.

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Class discussion

Your teacher will discuss your questions with you in class.

Activity 7: Student Investigation of my Favorite Soup

Instructions to the student

Choose your favorite soup that is available in the store. Read the nutritional label on the soup can or package and calculate the number of kilocalories (energy), proteins, fats, fiber, and sugar in the same quantity of soup as Benjamin Thompson made for a complete meal (561.6 g). Your teacher will provide instructions for doing the calculations in the provided Excel spreadsheet.

My Favorite Soup: Enough food for one person for a complete meal.

Soup serving size: _____ g (or ml).

Solids	Grams	Energy	Protein	Fat	Carbo-hydrates	Fiber	Sugar
Soup mixture							
Other							
Water							
Milk (optional)							
Total	**561.6**						

Questions:

How does the nutritional value of your favorite soup compare to that of Rumford Soup? Which do you think would be better for you and why?

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