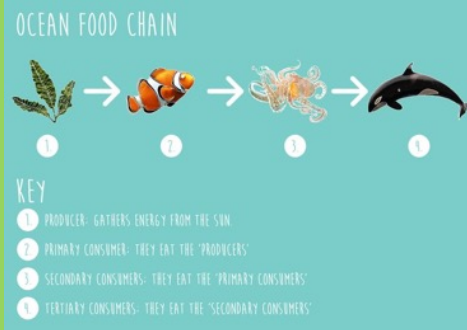


# YOU ARE WHAT YOU EAT (K-2):

Common Core Standards

Reading - Informational: K.RI.7:,  
K.RI.8, K.RI.9, 1.RI.7, 1.RI.8, 1.RI.9,  
2.RI.7, 2.RI.8, 2.RI.9



**Together:** Look at pictures in books, online, or on posters of different types of fish found in Hawaii's waters.

**Students:** Choose a fish that you would like to create. Think about how the fish looks. What colors does it have on its body? How big are its eyes, fins, and tail? Draw the fish's face and body on a plastic cup.

Make sure to add color and detail to your fish.

**Teachers:** Float plastic bottle caps in a tub of water to act as marine debris.

**Students:** Try to catch the bottle caps with your fish.

**Together:** Think about how eating the debris will affect the fish and how eating that fish will affect us.



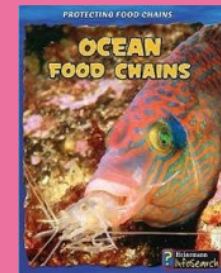
## MATERIALS:

- Plastic cups
- Plastic tub or sink
- Permanent markers
- Plastic bottle caps
- Water

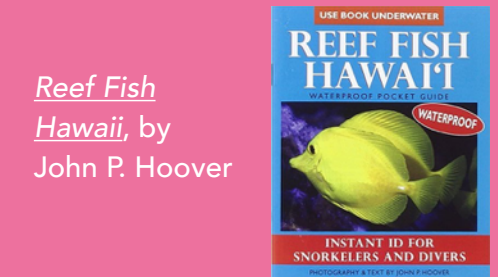


## BOOKS:

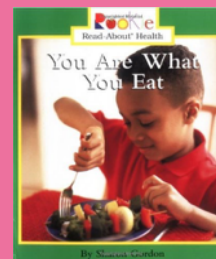
Archipelago,  
by David  
Littschwager  
and Susan  
Middleton



Ocean Food  
Chains, by  
Heidi Moore



Reef Fish  
Hawaii, by  
John P. Hoover



You Are What  
You Eat, by  
Sharon  
Gordon

## VIDEO:

Marine Debris Impacts, by  
PBS Learning Media

## HANDOUTS:

Posters and Reference Materials,  
by the State of Hawaii Division of  
Aquatic Resources

Hanauma Bay Education Program  
Fish Identification Card, by the  
University of Hawaii Sea Grant