

Clean Sweep Lesson Plan

Procedures Sheet
Lab Sheet
Worksheet

*From the New Jersey Agricultural Society's
Learning Through Gardening Program*



Clean Sweep Procedures



1. Crumble one saltine cracker between your fingers.
2. List words to describe the texture of the cracker in the space on your Clean Sweep Worksheet.
3. Put the remaining saltine cracker into the hand strainer and hold it over a cup.
4. Slowly pour $\frac{1}{8}$ cup of water over the cracker. Let the cracker stand wet in the hand strainer for about 1 minute. Describe what you see on your worksheet.
5. Using the back of a plastic spoon, press the wet cracker through the hand strainer and then examine what is left behind. Describe the texture of what is left in the strainer on your worksheet.
6. Repeat steps 1-5 with the Triscuit cracker.
7. Answer the questions on your worksheet.



Clean Sweep Worksheet

Complete the chart for each cracker.

	Saltine	Triscuit
Describe the cracker after you crumbled it with your fingers.		
Describe the cracker after it sat in the water for one minute.		
Describe what was left in the strainer after pushing with the spoon.		

Which cracker do you think contains the most fiber and why?

Look at the nutrition labels of each cracker. Which cracker contains the most fiber?

Clean Sweep Lab Sheet

Fiber helps clean us on the inside by “sweeping” away waste our bodies don't need. Which cracker contains the most fiber?

To find out, answer the following questions as you follow the steps on your procedure sheet. Then read the nutrition labels on both boxes and compare them with your data.

Problem Write the question you are trying to answer.

Hypothesis Write what you think the answer will be and why.

Materials List the material you will use during your experiment.

Procedures Write the steps you took to complete the experiment.

Observations Complete the chart on the Clean Sweep Worksheet.

Conclusions Answer the questions on the Clean Sweep Worksheet.