



## Soul Food



### 100% True

Through a hands-on activity, children are reminded that truthfulness includes their words and actions.

**Prep:** Oranges, juicer, small cups, Sunny D drink

### Introduction

Truthfulness includes telling the whole truth, 100%, with our words and actions. If you are ever in a court room, you will hear a witness promise to tell the truth by taking this oath, “Do you swear to tell the truth, the whole truth and nothing but the truth, so help you God?” Being 100% honest is important.

If you're supposed to only have one snack before dinner but when no one's looking you take two, is that being 100% truthful or sneaky? Even though you didn't lie with your words, your actions were sneaky and not 100% truthful.

Or what about if you say that you cleaned your room but really, stuffed your clothes under the bed, is that 100% truthful or sneaky? That is being sneaky and it's impossible for sneakiness and 100% truthfulness to go together.

### Activity

To help us understand what 100% true means, let's conduct a taste test with orange juice.

Using a juicer, juice the fresh oranges. Then, (so children can't see which juice is being poured into which cup) pour a sample of the fresh juice and ask kids to taste and describe it. Next, pour a sample of Sunny D and ask children to taste and describe it. Which sample tastes like 100% orange juice, that means it has nothing else in it except orange juice? Reveal the truth! Even though Sunny D says 100% on the bottle, it doesn't mean that it's 100% juice. If we read the fine print, it says 100% Vitamin C. That's a big difference!

### Reflection

When we make a habit of telling the truth with our words and actions, there is no room for sneakiness. Just like in the pure orange juice there was no room for anything else to be added in, it was 100% orange juice. This juice is also super healthy for our bodies. When we are truthful, it helps us grow healthy relationships with others by allowing us to build trust with them!

#### STANDARDS

**Critical Thinking:** Seek additional clarity to further own knowledge. **Social Awareness:** Demonstrate an understanding of how personal choices impact others. **Sensorimotor:** Use senses to assist and guide learning. **Engineering Technology and Science:** Recognize that tools have specific characteristics, that determine their use.