



# Ballad

Food Hero  
Poetry  
Workshop

## What is it?

A **ballad** is a poem or song with four lines that rhyme. Words that rhyme end with the same sound. For example, dad and add rhyme. In many ballads, the first and third lines rhyme with each other, and the second and fourth lines share a different rhyme. Here's an example:

### Making Pizza

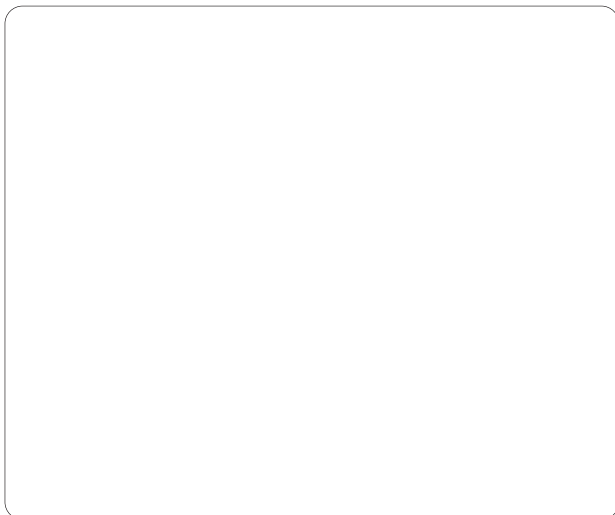
I like to help make pizza with my dad.  
I wash my hands and wash the veggies, too.  
My dad chops up the veggies, then I add  
Them on the top. It's so easy to do!

### Your Turn!

Try writing a ballad about making one of your favorite foods. First give your poem a title. Write your name below it. If you like, draw a picture for your poem in the blank space below.

### We would love to read your poem!

If you'd like to share it with us, send an email to [food.hero@oregonstate.edu](mailto:food.hero@oregonstate.edu) and we will tell you how!



**Title:** \_\_\_\_\_  
**By:** \_\_\_\_\_

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.  
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