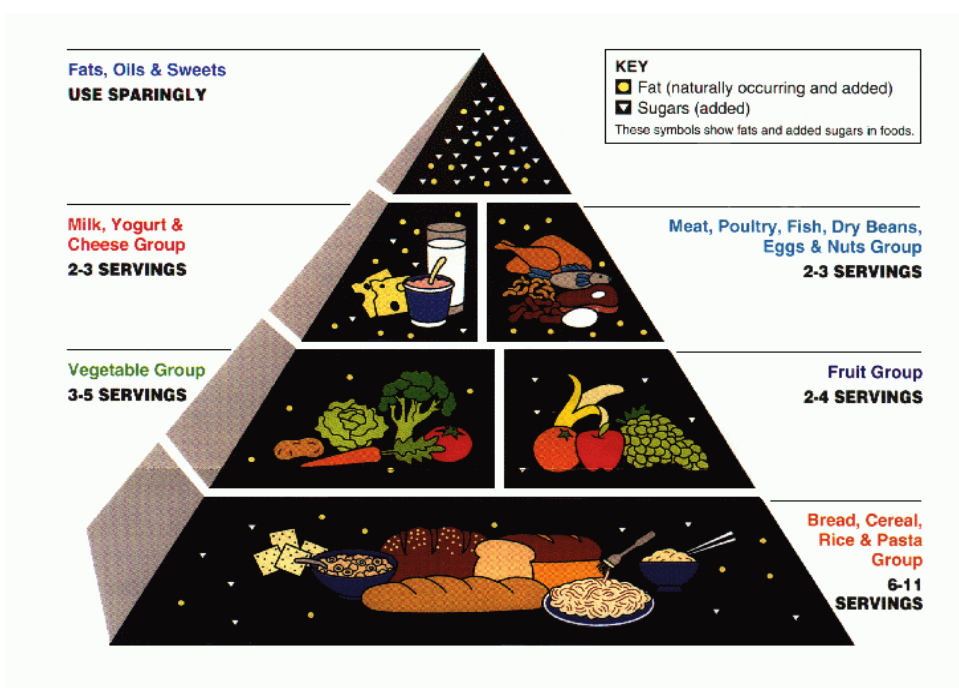


## Food and Nutrition

Name:

### essential understanding

This elective course provides students with an overview of good nutrition principles that are necessary for physical and mental wellness and a long, healthy life. Unit topics include discussions of good nutrition, food pyramid, the food you eat everyday, evaluating food labeling, and nutrition on a budget. The food and nutrition course emphasizes an understanding of today's food and eating trends and gives students the capacity to intelligently evaluate all available sources of nutrition information and make informed decisions.



### Overview

“An Introduction to food Nutrition” is designed to teach students how to apply concepts of nutrition to their lives. Students will become familiar with the elements of the Food Pyramid and how to interpret it. Through a journalist activity, the students will track their own eating habits and learn how to evaluate it’s nutritional contents. They will learn how the components of the food they eat function in their bodies. They will learn how to evaluate food labeling in order to

make informed decisions when purchasing food. Through a shopping exercise, the students will practice applying their nutritional knowledge to an authentic activity. The lessons in this unit are designed to create relevancy to the multicultural makeup of the student population. Students will be able to utilize knowledge from their own cultural background while participating in the activities. The activities create opportunities for individual work as well as small group and large group interaction. Students will gain knowledge pertaining to nutrition and skills to apply the knowledge to their everyday lives.

### Guiding question 1:

What is on a food label?

### Lessons

- \_\_\_\_\_ Introduction to nutrition
- \_\_\_\_\_ Food pyramid
- \_\_\_\_\_ The food you eat
- \_\_\_\_\_ Evaluating food labeling
- \_\_\_\_\_ Nutrition on budget

### individual work

#### QUARTER 3- WEEK 1 -

- \_\_\_\_\_ 1. **Lesson Opener:** Introduce all the different levels and parts of The Food Pyramid. **Due 2/1**
- \_\_\_\_\_ 3. The food pyramid and bingo game activity. **Due 2/1**
- \_\_\_\_\_ 4. As a multi-culture activity discuss how The Food Pyramid recommendations are different than those of your native country. **Due 2/8**
- \_\_\_\_\_ 5. An alternative activity with the Internet research food pyramids of your native countries and compare with the American Food Pyramid. **Due 2/8**
- \_\_\_\_\_ 6. The Food Pyramid Quiz. **Due 2/15**

**QUARTER 3- WEEK 2 –**

- \_\_\_\_\_ 1. **Lesson opener:** The food you eat. *Due 2/22*
- \_\_\_\_\_ 2. As a class discuss the importance of eating healthy. *Due 2/22*
- \_\_\_\_\_ 3. Complete a food journal of all they food you eat for the next 3 days to see if you are meeting the requirements for calories, iron, calcium, and vitamin C. **Due 3/1**
- \_\_\_\_\_ 4. After you recorded your food intake for 3 days, access to the internet to find more information about the foods you have eaten. *Due 3/8*
- \_\_\_\_\_ 5. **Discussion/Wrap-up:** Discuss your food journal as a class. Then, answer the following questions in discussion of your journals. (see handout). *Due 3/15*

**Group work****QUARTER 3- WEEK 3 –** choose one from the following

- \_\_\_\_\_ 1. In pair, cut out food pictures from magazines and newspapers, and construct a Food Pyramid booklet. *Due 3/22*
- \_\_\_\_\_ 2. In group of four create an informational brochure or poster that describes a disease caused by a nutrient deficiency from one of the charts, including signs and 28 symptoms, prevention, and treatment. (see a public health informational brochure to shown as a model). *Due 3/22*

**individual work****QUARTER 3- WEEK 4 -**

- \_\_\_\_\_ 1. **Lesson opener:** Learn what information is available on food labels and how to interpret that information. *Due 3/29*
- \_\_\_\_\_ 2. Look and evaluate your food package or label, and read it over which of the six essential nutrients are listed. Write all student answers on the board. *Due 4/5*
- \_\_\_\_\_ 3. Fill out the “Labeling Report Card” (*See handout for instructions*). *Due 4/19*

**Assessment due 4/26**

- \_\_\_\_\_ 1. Bring a nutritional label.
- \_\_\_\_\_ 2. Complete the “Labeling Report Card” activity