

Food and Nutrition

Name:

essential understanding

This elective course provides students with an overview of good nutrition principles that are necessary for physical, mental, and a long healthy life. Unit topics include five food groups and their role in building a healthy eating style, build healthy meals, students will create a daily menu by entering foods and beverages in Food Tracker, they will learn about physical activity, including the importance of being physically active, recommended amounts, and how to include physical activity in any lifestyle. They will also discover how many calories they need and how much of each food group they should eat in a day. The students will create a SuperTracker profile to get a personalized food plan. Students will complete the What's Your Plan handout to reflect on their personalized food plan. 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.



“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.” ~John F. Kennedy

Overview

SuperTracker's Food-A-Pedia feature is a quick and easy search tool that allows you to look up and compare the nutrition information for foods. Food-A-Pedia can be used without an account and is a good starting place for those new to the SuperTracker application. Choosing healthy snacks is an example of a small step students can take to begin working toward an overall healthy eating pattern. In this lesson, the teacher will provide information about what makes a healthy snack, including information about total calories, added sugars, saturated fat, and sodium. Students will use SuperTracker's Food-A-Pedia feature to compare the total calories, added sugars, saturated fat, and sodium content of various snack foods. Students will complete the Track Your Snack handout to reflect on what they've learned and discover the nutrition content of their favorite snack foods.

Guiding question 1:

Why is it important to make healthy snack choices?

Lessons

- ___ Track your snacks
- ___ What is your plan?
- ___ Three day food record
- ___ Build healthy meals
- ___ Get Active
- ___ Balance your calories

individual work

QUARTER 4- WEEK 1

- ___ 1. **Lesson:** Demonstrate the Food-A-Pedia feature by showing the "Getting Started: How to Use Food-APedia" SuperTracker site tour video available on YouTube. Link: <https://www.supertracker.usda.gov/sitetour.aspx>. **Wed Due 4/19**

- _____ 2. Following this lesson, summarize why healthy snacking is important. 2. Choose healthier snack options based on your nutritional content (calories, added sugars, saturated fat, and sodium). 3. Explain the importance of monitoring total calorie, added sugars, saturated fat, and sodium intake in your diet. **Wed Due 4/19**
- _____ 3. Guest speaker from *Ethical Choices Program*: 90 minute Ethics of Eating presentation. **Wed 4/19**

QUARTER 4- WEEK 2

- _____ 1. **Lesson:** Record any notes on “My Plate, My Wins”: What’s Your Healthy Eating Style? Video on YouTube Link: <https://www.youtube.com/watch?>. **Wed 4/26**
- _____ 2. Reflection and Discussion questions. **Wed 4/26**
- _____ 3. Reflect what you’ve learned in this lesson by summarizing the lesson and answer the following questions in the handout provided to you. **Wed 5/3**
- _____ 4. Complete the handout “What’s Your Plan”? **Wed 5/3**

Group work Due Wed 5/10

QUARTER 4- WEEK 3 – choose one from the following

- _____ 1. Create a daily meal plan using Super Tracker's Food Tracker feature and complete the Build Healthy Meals handout to reflect on what they’ve learned.
- _____ 2. Build a healthy meal. Make sure your meal meets the daily food group targets. Then, create a sample menu within a given calorie allowance.
- _____ 3. Think of two snacks you typically eat. Look up the nutrition content of both snacks using Food A-Pedia and compare (1) the number of food groups, (2) the number of calories, (3) the amount of added sugars, (4) the amount of saturated fat, and (5) the amount of sodium.

individual work

QUARTER 4- WEEK 4

- _____ 1. **Lesson:** Students will learn about physical activity, including the importance of being physically active, recommended amounts, and how to include physical activity in any lifestyle. **Wed 5/17**
- _____ 2. Create a Super Tracker profile and use the Physical Activity Tracker to track your own activities and identify areas for improvement. **Wed 5/24**
- _____ 3. Then, choose a moderate intensity activity. For example, search for “biking” and select “Biking, 5.5 mph, leisure” or a different moderate intensity activity of your choice. **Wed 5/31**

individual work

QUARTER 4- WEEK 5

- _____ 1. **Lesson: Balance your calories:** Students will learn about calories, including what a calorie is and how your body uses calories. They will also learn about the concept of calorie balance and its relationship to weight management. **Wed 6/7**
- _____ 2. Reflect on all the amazing things the human body does and how all require energy. Share some ways your bodies use energy. Examples: breathing, walking, growing, smiling, fighting illness, healing a cut or broken bone. **Wed 6/14**

Assessment: Due Wed 6/14

Answer the following questions based on what you’ve learned in class.

1. Why is it important to make healthy snack choices?
2. Explain that in addition to calories, your body needs the nutrients in foods in order to work properly.
3. Explain the importance of managing weight while also promoting a positive body image.
4. Why is it important for you to be physically active?
5. What are some ways you could add more physical activity into your lifestyle?