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| **EL Civics: Nutrition (Obj 46) • Beg Low Task 2: Eating Habits** |
| **Language & Literacy Objectives:**   1. Identify a healthy diet as recommended by USDA. 2. Identify the relationship between nutrition and good health. |
| **INTRODUCTION** |
| In this lesson, students will learn about the USDA “MyPlate” program, and what is considered a healthy American diet. Students will also learn vocabulary for common American foods. |
| **ASSESSMENT TASK** |
| Students will list healthy & unhealthy food choices. 12 points possible. |
| **SUGGESTED ACTIVITIES** |
| Introduce students to USDA “MyPlate” and food groups   * Use LCD projector or document camera to project MyPlate and define food groups * Bring in various food products; Ss work in groups to sort products into food groups * Scavenger Hunt: Take a field trip to a grocery store or the Torrance Farmer’s Market to find items (students with camera phones can take pics!)   Identify healthy and unhealthy food choices using picture prompts   * Teacher uses pictures available in textbook   Have students keep a nutrition journal   * Jot down what they eat and what they feed their family for one week (or more);  bring notes to class and compare with other students * Discuss eating habits in U.S. & eating habits in home country   Organize a recipe exchange   * Students dictate family recipes to each other |

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| **HANDOUTS PROVIDED** |
| Information for Teachers - New “MyPlate” & Dietary Guidelines  *(READ BEFORE INTRODUCING STUDENTS TO MYPLATE)*  Handout 1: Related Vocabulary & Discussion Questions  Handout 2: USDA MyPlate  Handout 3: Healthy Foods (and answer key)  Handout 4: Food Groups (and answer key)  Handout 5: Unhealthy Foods (and answer key)  Handout 6: Healthy and Unhealthy Foods  Handout 7: Healthy and Unhealthy Foods #2 Handout 8: Practice/Review: Eating Habits  Handout 9: Food for One Day: Food Journal  Graphics courtesy of:  choosemyplate.gov  office.microsoft.com/clipart |
| **COMPUTER LAB IDEAS** |
| * Use Oxford Picture Dictionary software to teach food-related vocabulary * Go to [www.choosemyplate.gov](http://www.choosemyplate.gov) where students can put in their age, sex, and level of activity to see a personalized eating plan. * Create “picture dictionary” of healthy & unhealthy food choices (Word or PowerPoint) – use Google Images to find pictures. * Have students keep a nutrition journal, in which they write down everything they eat for one day. Then, have them evaluate what is healthy and unhealthy. Have them plan a weekly menu that includes healthy foods from MyPlate. Use templates provided (Handout 9) * Write about personal eating habits in U.S. & home country. (Word or PPT) |

**INFORMATION FOR TEACHERS:   
USDA “MY PLATE” & DIETARY GUIDELINES**

*adapted from choosemyplate.gov*

My Plate servings: fruits, vegetables, grains, protein, dairy

**MyPlate Icon**

* MyPlate is part of a larger communications initiative based on *Dietary Guidelines for Americans* to help consumers make better food choices.
* MyPlate is designed to *remind* Americans to eat healthfully; it is not intended to change consumer behavior alone.
* MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting.

**ChooseMyPlate.gov**

The website features practical information and tips to help Americans build healthier diets. It features selected messages to help consumer focus on key behaviors. Selected messages include:

o Enjoy your food but eat less.

o Avoid oversized portions.

o Make half your plate fruits and vegetables.

o Switch to fat-free or low-fat (1%) milk.

o Make at least half your grains whole grains.

o Compare sodium in foods like soup, bread, and frozen meals—  
and choose foods with lower numbers.

o Drink water instead of sugary drinks.

Choose**MyPlate**.gov includes much of the consumer and professional information formerly found on MyPyramid.gov.

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TASK 2 – Handout #1

**VOCABULARY**

**diet**: foods eaten by a particular person or group (e.g. family).

**food group**: a group of foods that have similar nutritional properties, such as grains, dairy, protein, fruit & vegetables.

**healthy**: nutritious

**healthier**: a better, more-nutritious choice (e.g. an apple is a healthier choice than a cookie for a snack)

**healthiest**: the most nutritious choice (e.g. You are given an apple, a cookie, and a soda. The apple is the healthiest choice for a snack.)

**“MyPlate:”** diagram of a plate of food, used to show amounts of each food group recommended for a healthy, balanced diet.

**unhealthy**: bad or harmful

**USDA**: United States Department of Agriculture; government office that regulates food.

**DISCUSSION QUESTIONS**

1. What are some healthy foods you eat?
2. What are some unhealthy foods you eat?
3. Who cooks the food in your family?
4. What is a typical diet in your home country?

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TASK 2 - Handout #3

**Healthy Foods**

**Directions:** Can you write the names of these **healthy** foods?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| avocado | eggs | pineapple | bread | strawberries |
| **\_\_\_\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_\_\_\_** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| broccoli | milk | banana | cheese | turkey |
| **\_\_\_\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_\_\_\_** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| carrot | **mushroom** | fish | watermelon | lettuce |
| **\_\_\_\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_\_\_\_** |

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TASK 2 - Handout #3

**Healthy Foods**

**Directions:** Can you write the names of these **healthy** foods?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| **avocado** | **eggs** | **pineapple** | **bread** | **strawberries** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| **broccoli** | **milk** | **banana** | **cheese** | **turkey** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| **carrot** | **mushrooms** | **fish** | **watermelon** | **lettuce** |

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TASK 2 - Handout #4

**Food Groups**

**Directions:** With a partner, write each **healthy** food from Handout #3 under the correct Food Group.

|  |  |  |
| --- | --- | --- |
| **Grains** | **Vegetables** | **Fruits** |
| **1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| **Dairy** | **Protein** |  |
| **1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  |

**Directions:** Can you add three more **healthy** foods to each list?

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**Food Groups (Answer Key)**

**Directions:** With a partner, write each **healthy** food from Handout #3 under the correct Food Group.

|  |  |  |
| --- | --- | --- |
| **Grains** | **Vegetables** | **Fruits** |
| **1. bread** | **1. broccoli**  **2. carrot**  **3. mushrooms**  **4. lettuce** | **1. avocado**  **2. pineapple**  **3. strawberries**  **4. banana**  **5. watermelon** |
| **Dairy** | **Protein** |  |
| **1. milk**  **2. cheese** | **1. eggs**  **2. turkey**  **3. fish** |  |

**Directions:** Can you add three more **healthy** foods to each list?

***Answers will vary***

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TASK 2 - Handout #5

**Unhealthy Foods**

**Directions:** Can you name these **unhealthy** foods? Why are they **unhealthy**?

|  |  |
| --- | --- |
| hamburger | chips |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |  |
| --- | --- |
| hotdog | cookies |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |  |
| --- | --- |
| french fries | donuts |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Directions:** What are some other **unhealthy** foods?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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TASK 2 - Handout #5 (Answer Key)

**Unhealthy Foods (Answer Key)**

**Directions:** Can you name these **unhealthy** foods? Why are they **unhealthy**?

|  |  |
| --- | --- |
|  |  |
| **hamburger (saturated fat, sodium)** | **chips (preservatives, trans fats, sodium, empty calories)** |

|  |  |
| --- | --- |
|  |  |
| **hot dog (nitrates, preservatives)** | **cookies (empty calories, fat, carbs, sugar)** |

|  |  |
| --- | --- |
|  |  |
| **french fries (high calories, saturated fat, trans fats, sodium)** | **doughnuts (fat, sugar, carbs, empty calories)** |

**Directions:** What are some other **unhealthy** foods? ***Answers will vary***

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TASK 2 - Handout #6

**Healthy and Unhealthy Foods**

**Directions:** Circle the **healthiest** foods. (Hint: You should find 10.)

|  |  |  |  |
| --- | --- | --- | --- |
| broccoli | letttuce | chips | hamburger |
| ice cream | cookies | tomato | bananas |
| fish | french fries | milk | donuts |
| bacon | apple | strawberries | hotdog |
| turkey | cake | eggs | pizza |

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TASK 2 - Handout #6

**Healthy and Unhealthy Foods**

**Directions:** Circle the **healthiest** foods. (Hint: You should find 10.)

|  |  |  |  |
| --- | --- | --- | --- |
| broccoli is healthy | lettuce is healthy | chips | hamburger |
| ice cream | cookies | tomato is healthy | bananas are healthy |
| fish is healthy | french fries | milk is healthy | donuts |
| bacon | apple is healthy |  | hotdog |
| turkey is healthy | cake | eggs are healthy | pizza |

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TASK 2 - Handout #7

**Healthy and Unhealthy Foods #2**

**Directions:** Look at the Smith Family diet.Circle the **healthy** food words.



### BREAKFAST

doughnuts

milk

banana

bacon

eggs



### LUNCH

hot dog

broccoli

lettuce

strawberries

chips

ice cream



### DINNER

hamburger

tomato

apple

french fries

cookies

fish



**Directions:** Think about a better diet for the Smith family. Write the names of foods they could eat for a **healthier** Breakfast, Lunch, and Dinner. (You may include any foods you know.)

|  |  |  |
| --- | --- | --- |
| Breakfast | Lunch | Dinner |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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Practice/Review: Eating Habits

**Directions:** Find 6 healthy foods and 6 unhealthy foods. Write them in the lists below.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **banana** | **broccoli** | **cake** | **chips** | **yogurt** |
| **turkey** | **chocolate** | **eggplant** | **doughnuts** | **watermelon** |
| **mushrooms** | **eggs** | **fish** | **fries** | **sausage** |
| **rice** | **bacon** | **popsicle** | **apple** | **hamburger** |

|  |  |
| --- | --- |
| **HEALTHY FOODS** | **UNHEALTHY FOODS** |
| 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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Practice/Review: Eating Habits (Answer Key)

**Directions:** Find 6 healthy foods and 6 unhealthy foods. Write them in the lists below.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **banana** | **broccoli** | **cake** | **chips** | **yogurt** |
| **turkey** | **chocolate** | **eggplant** | **doughnuts** | **watermelon** |
| **mushrooms** | **eggs** | **fish** | **fries** | **sausage** |
| **rice** | **bacon** | **popsicle** | **apple** | **hamburger** |

|  |  |
| --- | --- |
| **HEALTHY FOODS** | **UNHEALTHY FOODS** |
| 1. **banana 9. fish**  2. **broccoli 10. rice**  3. **yogurt 11. apple**  4. **turkey**  5. **eggplant**  6. **watermelon**  **7. mushrooms**  **8. eggs** | 1. **cake 9. sausage**  2. **chips 10. bacon**  3. **chocolate 11. popsicle**  4. **doughnuts**  5. **fries**  6. **sausage**  **7. popsicle**  **8. hamburger** |

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**Food for One Day: Food Journal**

**Directions:** Write down what you usually eat for one day. Think about the servings. For example: *1 cup milk; 1 orange; 1 ounce cereal.*

|  |  |
| --- | --- |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

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**Food for One Day (continued)**

**Directions:** Now plan a healthy menu for yourself for another day.

|  |  |
| --- | --- |
| **BREAKFAST** |  |
| **SNACK** |  |
| **LUNCH** |  |
| **SNACK** |  |
| **DINNER** |  |