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| EL Civics: Nutrition (Obj 46) • Beg High Task 2: Eating Habits |

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| **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 describe healthy & unhealthy food choices. 16 points possible. |
| **SUGGESTED ACTIVITIES** |
| Introduce students to USDA “MyPlate” and food groups   * Use LCD projector or ELMO 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 recipes to each other, take home recipes & try out, return to classroom and share experiences (Did the recipe turn out well? If not, work with others to figure out & solve language problems.) |

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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. * At home, after preparing meals, students can take pics with phones and post on class Instagram account (use #hashtags to organize by food group). Follow up class discussion about the variety of foods posted. * 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.

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

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

**healthy**: nutritious

**“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?
5. Have your eating habits changed since living in the U.S.?

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TASK 2 - Handout #3

**Healthy Foods**

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Avocado | eggs | pineaaple | bread | strawberries |
| \_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_ |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| broccoli | milk | banana | cheese | Turkey |
| \_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_ |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| oatmeal | mango | pear | eggplant | yogurt |
| \_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_ |

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TASK 2 - Handout #3 (Answer Key)

**Healthy Foods (Answer Key)**

**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** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| **oatmeal** | **mango** | **pear** | **eggplant** | **yogurt** |

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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? ***Answers will vary.***

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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**  **1. bread**  **2. oatmeal** | **Vegetables**  **1. broccoli**  **2. carrot**  **3. mushrooms**  **4. lettuce**  **5. eggplant** | **Fruits**  **1. avocado**  **2. pineapple**  **3. strawberries**  **4. banana**  **5. watermelon**  **6. mango**  **7. pear** |
| **Dairy**  **1. milk**  **2. cheese**  **3. yogurt** | **Protein**  **1. eggs**  **2. turkey**  **3. fish** |  |

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

***Answers will vary****This page intentionally blank.*TASK 2 - Handout #5

**Unhealthy Foods**

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

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

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

|  |  |  |
| --- | --- | --- |
| French fries | donuts | cake |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**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)** | **ice cream bar (sugar, saturated fat)** |

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

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

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

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TASK 2 - Handout #6

**Healthy & Unhealthy Eating Habits**

**Directions:** Match the descriptions & pictures below. Are the choices healthy or unhealthy?

Eating in front of the TV (couch potato!) Eating while driving

Eating fast food Having fruit for a snack

Drinking soda – high in sugar & empty calories Drinking water

Eating junk food – high in fat & sugar

|  |  |
| --- | --- |
| drinking water  1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | eating junk food  2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| eating in front of the tv  3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | eating while driving  4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| having fruit for a snack  5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | drinking soda  6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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TASK 2 - Handout #3 (Key)

**Healthy Foods (Answer Key)**

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| **avocado** | **Eggs** | **pineapple** | **bread** | **apple** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| **carrot** | **pasta** | **pear** | **eggplant** | **yogurt** |

|  |  |  |  |  |
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|  |  |  |  |  |
| **mushrooms** | **fish** | **watermelon** | **lettuce** | **steak/beef** |

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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**   1. **Bread** 2. **Pasta** | **Vegetables**   1. **Avocado** 2. **Broccoli** 3. **Carrot** 4. **Eggplant** 5. **Mushrooms** 6. **Lettuce** | **Fruits**   1. **Pineapple** 2. **Apple** 3. **Banana** 4. **Pear** 5. **Watermelon** |
| **Dairy**   1. **Milk** 2. **Cheese** 3. **Yogurt** | **Protein**   1. **Eggs** 2. **Chicken/turkey** 3. **Fish** 4. **Steak/beef** |  |

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

*Answers will varyThis page intentionally blank.*TASK 2 - Handout #5 (KEY)

**Unhealthy Foods (Answer Key)**

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

|  |  |  |
| --- | --- | --- |
|  |  |  |
| **hamburger/burger** | **potato chips/chips** | **popsicle** |

|  |  |  |
| --- | --- | --- |
|  |  |  |
| **hot dog** | **cookies** | **candy** |

|  |  |  |
| --- | --- | --- |
|  |  |  |
| **french fries/fries** | **donuts/doughnuts** | **cake** |

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

*Answers will vary*

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TASK 2 - Handout #6

**Healthy & Unhealthy Eating Habits**

**Directions:** Match the descriptions & pictures below. Are the choices healthy or unhealthy?

Eating in front of the TV (couch potato!) Eating while driving

Eating fast food Having fruit for a snack

Drinking soda – high in sugar & empty calories Drinking water

Eating junk food – high in fat & sugar

|  |  |
| --- | --- |
| 1. Drinking water (healthy) | 2. Eating junk food – high in fat & sugar (unhealthy) |
| 3. Eating in front of the TV (couch potato!) (unhealthy) | 4. Eating while driving –or- Eating fast food (unhealthy) |
| 5. Having fruit for a snack (healthy) | 6. Drinking soda – high in sugar & empty calories (unhealthy) |

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Task 2 – Handout 9: Nutrition Journal

**Food for One Day: Food Journal**

**Directions:** Write what you 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** |  |