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| **EL Civics: Nutrition (Obj 46) • Int High/Adv Task 2: Analyze 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, the food groups represented, and what is considered a healthy American diet. Students will also learn vocabulary for common American foods. | |
| **ASSESSMENT TASK** | |
| Given a short case study, students will list 6 unhealthy eating habits/food choices of the person in the case study. They will also recommend changes the person can make to improve his diet and health. 24 points possible. | |
| **SUGGESTED ACTIVITIES** | |
| * Introduce the USDA food recommendations (“MyPlate”) * *Use videos and/or PowerPoint presentations to highlight main ideas* * *Emphasize different needs for ages, genders* * Organize a nutrition and health fair and/or food drive for charity * Group activity: Give students a list of random foods based on “MyPlate” and the food groups, and instruct them to work in groups to answer the question “What would you make with these ingredients?” Compare responses. Variation: Each group comes up with a list of ingredients & swaps with another group. Students in each group work together to plan menu or create recipe. * Students keep a nutrition journal and analyze own eating habits and food choices * Invite a nurse or nutritionist to visit your class as a guest speaker * Watch & discuss the DVD “Super Size Me”– educationally-enhanced version available, including interactive teaching materials *(available in ESL Resource Office)* | |
| **HANDOUTS PROVIDED** |
| Information for Teachers: New USDA “MyPlate” icon and Dietary Guidelines  Handout 1: Related Vocabulary  Handout 2: Discussion Questions  Handout 3: New USDA “MyPlate”  Handout 4: Super Tracker My Plan (Internet Activity)  Handout 5: What Counts as One Serving? (Internet Activity)  Handout 6: Case Studies: Healthy or Unhealthy Diets w/Worksheet  Handout 7: Practice: Eating Habits  Handout 8: Food for One Day: A Nutrition Journal |
| **COMPUTER LAB IDEAS** |
| * Create a personalized eating plan at <https://www.supertracker.usda.gov/> * “Not My Mama’s Meals” - Using famous TV chef Paula Deen & son as example, how can you take an unhealthy recipe and make it healthy? Provide recipes & students work in teams or groups to change ingredients, amounts, etc. Show as example: [www.cookingchanneltv.com/not-my-mamas-meals/](http://www.cookingchanneltv.com/not-my-mamas-meals/) * Work in groups to create a menu for a fictional healthy restaurant. Present menus to the class; class discussion regarding menu items. Are they healthy? (Can use menu templates in Publisher: Publications to Print 🡪 Menus.) * Look up nutritional information on restaurant websites and/or Calorie King ([www.calorieking.com](http://www.calorieking.com)). * Research healthy food choices based on USDA recommendations. Create a presentation & share information with class. Compare US diet to other cultures? * Conduct online searches for healthy recipes. Compare different recipes of same dish and determine healthiest choice. Explain why. * Create a presentation about the USDA food groups and present to class. Note the different recommendations for different genders, age groups, etc. * Visit local restaurants and create reviews; record and post as podcasts ([www.podomatic.com](http://www.podomatic.com)) or videos (www.youtube.com or www.teachertube.com). * Research eating disorders (e.g. anorexia, bulimia), their causes and treatments. |

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

*adapted from choosemyplate.gov*

My Plate 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

**Related Vocabulary**

*adapted from* [*www.dictionary.com*](http://www.dictionary.com)

**analyze**: to study or examine carefully (and in detail) to identify causes, possible results, etc.

**balanced**: a balanced diet is one that has the proper proportion of food groups represented.

**diet**: foods eaten by a particular person or group.

**eating habit**: pattern of behavior.

**food choice**: option or preference.

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

**food pyramid**: diagram of human nutritional needs used until 2010.

**journal**: a personal record of occurrences, experiences, observations and reflections kept on a regular basis.

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

**recommendation**: a course of action that is advisable.

**USDA**: United States Department of Agriculture.

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**Discussion Questions**

1. Describe the typical diet in your native country. Do you continue to eat those foods here in the United States?
2. Compare the typical diet in your culture to the typical U.S. diet. How are they similar? How are they different?
3. How has your diet changed since moving to the U.S.? What about your kids’ diet?

1. What is a balanced diet? Give an example.
2. What nutritious foods do you eat? Talk about a healthy meal that you have eaten recently.
3. Do you eat any low-fat foods? If so, what are they? If not, why not?
4. What junk foods and snacks do you like to eat? When do you eat them?
5. What fast foods do you eat? Do you think fast foods are junk foods? Why or why not?
6. What is a vegetarian? A vegan? Name three reasons people are or become vegetarians. Do you think it is healthy to be a vegetarian? Why or why not?
7. What did your parents tell you to do to stay healthy? Did they tell you to “eat your vegetables!”? What do you tell your own children?
8. What is an eating disorder? Which ones are most common in the U.S.? In your home country? Why do you think people have them?

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Task 2 – Handout #3

Description: My Plate fruits, vegetables, grains, protein, dairy http://www.choosemyplate.gov/images/MyPlateImages/JPG/myplate_green.jpg
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Task 2 – Handout #4

**Super Tracker “My Plan”: Internet Activity**



* Go to: [**https://www.supertracker.usda.gov/myplan.aspx**](https://www.supertracker.usda.gov/myplan.aspx)
* Select **“Create Profile”**
* Fill in the information about yourself.
* Write your username & password here, for future reference:  
  username: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ password: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Click on the **Submit** button, **print your results** and answer the questions below.

**Directions:** Read the information in your plan. Answer the following questions:

1. How many **TOTAL CALORIES** should you have each day? \_\_\_\_\_\_\_\_\_\_\_\_\_.
2. How many servings of **GRAINS** should you eat every day? \_\_\_\_\_\_\_\_\_\_\_.
3. How many servings of **VEGETABLES** should you eat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. How many servings of **FRUITS** should you eat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. How many servings of **DAIRY** should you have? \_\_\_\_\_\_\_\_\_\_\_\_.
6. How many servings of **PROTEIN FOODS** should you eat? \_\_\_\_\_\_\_\_\_\_\_\_\_.
7. How many servings of **OILS** should you have? \_\_\_\_\_\_\_\_\_\_\_\_\_.
8. How many **EMPTY CALORIES** are OK for you? \_\_\_\_\_\_\_\_\_\_\_\_\_.

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**What Counts as One Serving? (Internet Activity)**



* Go to: [**https://www.supertracker.usda.gov/myplan.aspx**](https://www.supertracker.usda.gov/myplan.aspx)and scroll down the page.

EXAMPLE:

Look for “Grains” and “What Counts as …”  
What is one serving (ounce) of **GRAINS**? *1 slice of bread*  
What is one tip about **GRAINS?** *Half should be whole grains*

* + - 1. Look for “Vegetables” and “What Counts as …”  
         What is one serving (cup) of **VEGETABLES**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
           
         What is one tip about **VEGETABLES**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      2. Look for “Fruits” and “What Counts as …”  
         What is one serving (cup) of **FRUITS**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is one tip about **FRUITS**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* + - 1. Look for “Dairy” and “What Counts as …”  
         What is one serving (cup) of **DAIRY**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is one tip about **DAIRY** ? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* + - 1. Look for “Protein Foods” and “What Counts as …”  
         What is one serving (ounce) of **PROTEIN**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is one tip about **PROTEIN**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* + - 1. Which one is a healthy, balanced lunch?  *(circle your answer)*

1. McDonald’s hamburger, fries, a Coke, and a bag of candy.
2. Tuna sandwich with lettuce and tomato, a glass of milk, and an orange.
3. 4 donuts and a beer.
4. 1 egg, 1 piece of chicken, 10 nuts, a large steak & a glass of tomato juice.
5. 1 carrot, 1 egg, and a glass of milk.

What is your favorite food? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What food group(s) is it in? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *This page intentionally blank.*

Task 2 – Handout #6

**Case Studies: Healthy and Unhealthy Diets**

Directions: Read the case studies below; then, answer the questions on page 17.

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| **Case Study 1:**  Linda Carter is 16 years old. She usually gets up late, so she doesn’t have time for breakfast. She grabs a donut and eats it on her way to school. At her school break, she has a soda and some chips. Lunch is served in the school cafeteria, and Linda orders a hot dog or hamburger and French fries. For dessert she has a pack of Oreos or chocolate chip cookies. On her way home from school, she and her friends stop at a mini-mart and get an ice cream cone or a candy bar. For dinner, Mrs. Carter serves spaghetti with meat sauce and garlic bread. Linda needs to improve her diet! Give some examples of healthy food choices she can make for better nutrition. |
| **Case Study 2:**   Mrs. Lee is a homemaker. She doesn’t work outside her home, but she is very busy all day. She doesn’t take time to eat proper meals. After the children and her husband leave in the morning, she pours herself a large cup of black coffee and munches on some leftover pizza from last night’s dinner. At noon, she has to pick up her youngest child from pre-school, and after she picks him up, she stops at a fast food restaurant and buys him a children’s meal. She orders a cheeseburger and a coke for herself. She runs some errands, picks up her other children from school, and drives them to swimming lessons. While she’s waiting for them, she buys a package of M&M’s from the candy machine. It’s late, so on the way home from swimming, they stop and take out some fried chicken and fries for dinner. They also have leftover birthday cake at home, so they have that for dessert. What are some healthier choices Mrs. Lee can make to improve her nutrition? |
| **Case Study 3:**  Mr. Lopez has lived in the United States for about one year, and he loves all the new foods that are available. He works at the airport, so he has a lot of choices for food. He buys an Egg McMuffin for his breakfast. With that he has a sweet coffee with whipped cream he gets at the coffee shop. When it’s time for lunch, he usually gets a large order of nachos with extra cheese, three enchiladas, and a large ice cream for dessert. In the afternoon he buys two or three large cookies and a soda at his break time. He stops on his way home for his dinner—a double half-pound burger, fries, and chocolate milkshake. At bedtime he has a beer and some chips. His doctor has told him his weight and his cholesterol are too high, and he has to change his eating habits. What suggestions do you have for Mr. Lopez? |

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**Case Studies: Healthy and Unhealthy Diets - Worksheet**

**Directions**: Choose one of the case studies on page 17 and answer the following questions:

Number of case study: \_\_\_\_\_\_\_\_\_

List 5 unhealthy choices made by the person in the case study:



List 5 recommendations to improve this person’s diet and health:



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**Practice: Eating Habits**

**Directions:** Read the case study below. Find 6 unhealthy choices made by Mr. Smith, and make 6 suggestions for healthier choices he could make instead. Write one sentence for each recommendation including both the unhealthy choice and a healthier suggestion.

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*Mr. Smith is 29 years old. He usually skips breakfast, but drinks coffee with cream and sugar on his way to work. During his morning break, he eats a donut or pastry. At lunch, he eats a hot dog or fried fish sandwich with French fries. For dessert, he eats cookies. He drinks a can of soda around 3:00 p.m. each day, and keeps candy bars in his desk for his afternoon snack. Since Mr. Smith works late, he picks up fast food on his way home (usually fried chicken, a hamburger or pepperoni pizza). While watching TV at night, he snacks on potato chips or popcorn with butter. Mr. Smith needs your advice about his unbalanced diet. Since there are several food groups missing from his diet, you need to give examples of healthier choices he can make instead.*

*Example: Mr. Smith should eat fresh fruit instead of potato chips for a snack.*

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2. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
3. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
4. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
5. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
6. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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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.

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