

NH ADULT EDUCATION LESSON PLANS

Focus Area:
FAMILY

Standard:
1. Practices good nutrition and health habits.

Objective:
1a. Demonstrates ability to understand and compare food nutrition labels and how they relate to the food pyramid.

Classroom Activities:

- ❖ Preparation activity: Have students keep a diet/food allergy journal for a week. **Handout 1**
- ❖ Using the Dietary Guidelines for Americans 2000, teacher will outline the ABCs of the Dietary Guidelines. **Overhead Teacher 1**
- ❖ Using the pamphlet, teacher will discuss each component of the Guidelines in appropriate depth:
 - Aim for Fitness
 - Aim for a healthy weight: Students figure their BMIs.
 - Be physically active each day. Brainstorm exercise options
 - Build a Healthy Base
 - Daily Food Guide Pyramid: Handouts 2, 3, and 4
 - Serving Size: **Handouts 5 and 6**
 - Choose Sensibly
 - Nutrition Facts Label. Handout 7, **Teacher 2**
- ❖ Students and teacher will work together to complete **Handout 8** (Steps 1,2, & 3).
- ❖ Students take their food diaries **Handout 1** and try to place their choices in the ABCs of dietary guidelines (calories per day, serving sizes, etc.). Does anything need to change?
- ❖ Review with students points from Teacher 3
- ❖ Create with paper plates, food models, and/or pictures balanced meals
- ❖ Using food flyers from local grocery stores, students prepare a week's menu of well-balanced meals and snacks. **Handouts 9 and 10**

Math & Language Practice:

- ❖ Addition of daily calories from labels using a calculator.
- ❖ Percentages of daily food requirements.
- ❖ Compute cost per serving.

Vocabulary:

Serving size	Calories
Cholesterol	Saturated fat
Sodium	Carbohydrate
Fiber	Protein
Sugar	Pyramid
Well balanced	Guide
Poultry	Mineral
Vitamin	Artificial
Nutrition	Junk food
Condiments	Vitamin
Recommended Daily Allowance	
Serving	Potassium
(Add words as needed)	Nutrients

Materials! Additional Resources:

- ❖ UNH Cooperative Extension materials
- ❖ Nutrition and Your Health: Dietary Guidelines for Americans Fifth Edition, (2000)
- ❖ Teacher 1 .4
- ❖ Handouts 1-10
- ❖ Websites:

<http://www.dole5aday.com/menu/educators>

<http://www.alaska.net.80/tne/>

<http://navigator.tufts.edu>

<http://www.newenglanddairyCouncil.org>

<http://www.usda.org>

Extensions:

- ❖ Continue weekly meal planning for 6 week cycle
- ❖ ACTIVITIES Teacher 4 have numerous ideas for classroom and outside classroom
- ❖ Contest: who can buy the most nutritious food with the least amount of money?
- ❖ Food Works: activities for parents to do with children

References:

- ❖ New England Dairy & Food Council 2000: Guide to Good Eating handout, Daily food guide Pyramid handout. No cost at <http://www.newenglanddairyCouncil.org>
- ❖ 5A Day for Better Health Program NHDHHS 6 Hazen Drive Concord, NH 03301
- ❖ Nutrition and Your Health: Dietary Guidelines for Americans Fifth Edition, (2000), 44 pages, \$4.75 each, item 115F or on-line at <http://www.usda.org>
- ❖ Food Works, a nutrition education program by Scholastic and USDA's Team Nutrition ISBN 0-590-93416-3