

Unit Title- Food and Nutrition at College Module

Lesson Plan Title- Healthy Eating

Student Performance Objectives- After the lesson, students will be able to fill out a worksheet which displays their knowledge of the USDA MyPlate.

Guiding Questions-

- 1) What is healthy eating?
- 2) Why is it important to eat healthy?
- 3) What are the five food groups which create a balanced healthy meal?
- 4) How can eating healthy make your life better?
- 5) Why should every adult know this skill?

Vocabulary/Glossary-

Active Lifestyle- Includes being physically active at a level equal to walking **more than 3 miles** at 3 to 4 miles per hour, in addition to the light physical activity of day-to-day life.

Inactive Lifestyle- An inactive lifestyle includes only the light physical activity of standard day-to-day life such as getting dressed, preparing food, talking with your family, and attending class, with much of the time spent sitting.

My Pyramid- *Steps to a Healthier You* is the food guidance system developed by the U.S. Department of Agriculture to guide healthful eating and active living. It gives the amounts and kinds of foods we need daily from the five food groups, plus a category for oils, and guidance on physical activity levels. For more information go to <http://www.choosemyplate.gov/>.

Protein- An essential nutrient that helps your body grow, repair itself, and fight disease; it can also provide energy if needed.

Whole Grains- Whole grains contain the entire grain kernel: the bran, germ, and endosperm. Examples include foods like cereals, breads, pasta, or foods that contain the following: whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, brown rice.

Resources for Lesson- Worksheets 1&2, projector, laptop, pens

Teacher Delivery System- Demonstration, guided practice

Content Outline-

- 1) Healthy eating's introduction to the students will be what the USDA defines it as after generating conversation about what the students' prior knowledge about healthy eating is. A USDA video is shown to students to have them get an idea of what we are suggesting. The video link is:
http://www.youtube.com/watch?v=1G2247yyGAE&feature=player_embedded
- 2) Students are then asked why it might be beneficial to their lives for them to eat healthy.
- 3) They are shown pictures to demonstrate why healthy eating is beneficial to everyone.
- 4) Students are given the USDA diagram of what their plate should look like when planning or ordering a meal.
- 5) Some discussion is generated of what different types of foods fall into what categories.
- 6) Different foods are presented to them and given as examples of what to have on their plate and identify which part of the plate they should be placed in.
- 7) Students are given worksheet #1 in which they are asked to place a few random foods that are displayed written on the PowerPoint and correspond to their worksheet in to the correct category of their plate.
- 8) Teacher will go around and see how everyone is answering the questions, and go over the worksheet in class.
- 9) As homework for independent practice, students are asked to write down what they had for dinner that evening (see worksheet #2), and to then place each item they ate into the USDA plate categories.
- 10) They are graded on this during the next class.

Assessment- The assessment will contain part of the full assessment which is meant for the unit, the assessment is attached and the relevant parts to this particular lesson are highlighted.

Technology-

-A copy of the worksheets displayed on a laptop through a projector for students to observe different healthy foods along with PowerPoint.

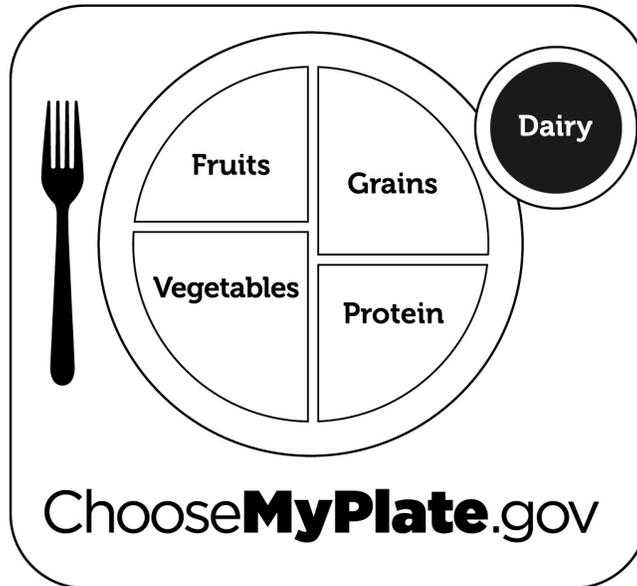
Closure- The lesson is summarized by going over why we should participate in healthy eating, and why we should think about it every time we eat because there are many life benefits to being conscious of what we eat, and not eating too much of one type of food. Too much of one thing can be bad!

Healthy Eating: Worksheet #1

Name:

Date:

Directions: Looking at the PowerPoint, where should the foods #1-10 be placed on the USDA's plate for healthy eating? Name the category each one would go under.



- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

Healthy Eating: Worksheet #2: Homework

Name:

Date:

- 1) What did you have for dinner tonight? Be sure to name everything, even your drink!

- 2) Where on the USDA plate would what you had for dinner be placed? Write the food names in or next to the right section of the plate.