

Part 2: Lessons for 2015 Leading Healthy Change Book

Lesson 5: NUTRITION AWARENESS (Kaseir Archie, page 6)

Essential Question: What are my eating habits, and why do they matter?

Overall goal: Raise student consciousness about healthy eating.

Target skills: For BHA, math skills (make bar graph). For AHA, health skills (plan nutritional meals)

Objectives for Beginning Health Advocates:

SWBAT:

- Generate nutrition-related questions to query each other, family, and/or school community members.
- Represent data using grade-appropriate picture graph or chart.

Beginning Health Advocates activity outline

1. Read and discuss “Kaseir Archie: Loving A Sport Can Change Everything” in *Leading Healthy Change in Our Communities 2015*, pages 6-7. In this read-aloud, focus on Kaseir’s recommendations for healthy eating and the benefits for eating healthfully. Define and give examples of fruits, vegetables, junk food.
2. Ask students: What are some ways we can be healthier, according to Kaseir? What should we eat and do?
3. With the class, make a short list of healthy habits described by Kaseir, supplemented by any suggestions they have (e.g., Drink water instead of soda. Eat fruits and vegetables. Don’t eat junk food. Get off the couch.)
4. Use attached My Plate poster. Have students list 2 or more examples of each of the five food groups listed on the plate.
5. Distribute HEALTHY EATING survey. Have students practice with themselves, each other, and then branch out to query others if possible. After looking at their surveys and at the illustration on page 7 of *Leading Healthy Change in Our Communities 2015*, students can make Healthy Eating posters.
6. Use blank surveys to represent data collected in other, health-related queries (e.g., “How many times did you exercise this week?”) that students might want to perform and graph.

Healthy NewsWorks-provided resources

1. Choose My Plate handout.
2. Healthy eating survey example.
3. Healthy eating survey worksheets.

Select CCSS/ PA CORE Math Alignment

- CCSS.MATH.CONTENT.2.MD.D.10/ PA CC.2.4.2.A.4: REPRESENT DATA

National Health Standards Alignment

- STANDARD 1: Healthy living
- STANDARD 4: Communicate for health
- STANDARD 5: Set health goals

Objectives for Advanced Health Advocates:

SWBAT:

- Explain healthy eating habits and benefits.
- Plan a week of healthy, appealing dinners.

Advanced Health Advocates activity outline

1. Read and discuss “Kaseir Archie: Loving A Sport Can Change Everything” in *Leading Healthy Change in Our Communities 2015*, pages 6-7. See YouTube video, if desired: www.youtube.com/watch?v=3t14Ahmm50w
2. What is healthy eating? Distribute the MyPlate poster. Explain 5 food groups (fruits, vegetables, dairy, grains, protein), and the need to eat from each group daily.
3. Ask students to jot examples within each group. Discuss hard-to-classify offerings. Also help students categorize foods as belonging to subgroups within the vegetable group (Dark-Green, Red and Orange, Beans and Peas, Starchy, and Other), and the grain group (Whole Grains and Refined Grains). Note: any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product.
4. Students use ChooseMyPlate poster and menu planning worksheet to clarify food groups and plan a week of healthy meals they would like to eat.

Healthy NewsWorks-provided resources

1. ChooseMyPlate poster and information handout.
2. Menu planner handout.
www.choosemyplate.gov/sites/default/files/printablematerials/mini_poster.pdf

Web resources

Complete nutrition lesson plans at ChooseMyPlate: www.choosemyplate.gov/sites/default/files/printablematerials/ServingUpMyPlate-level3-TeachersGuide.pdf

Time needed: Three 30- to 40-minute sessions.

Select CCSS/PA Core ELA Alignment

- CCSS.ELA-LITERACY.SL.6.1/ PA CC.1.4.6.S GET EVIDENCE FROM TEXTS

National Health Standards Alignment

- STANDARD 1: Healthy living
- STANDARD 4: Communicate for health
- STANDARD 5: Set health goals