

Health

1.NPA.1.2

Contrast more nutrient dense foods from those that are less nutrient dense.

1.NPA.2.2

Select healthy alternatives to foods and beverages that are high in sugar.

Materials:

- 4 prepackaged snack foods of varying nutritional value (try to include one fruit drink or juice box)
- Choose This Not That PPT
- Green, Yellow, and Red Light Food card – printed and cut apart

Focus Step:

Place 4 prepackaged snack foods on a table in the front of the room. Ask students to rank the foods from most to least sugar content. After this activity – give students the correct line up describe how much sugar is in each food item. A good visual is sugar cubes or sugar packets and put the appropriate number of packets or cubes in front of each food item so students can compare the amount of sugar in each food item.

Statement of Objectives:

By the end of this lesson, you will be able to tell the difference between more and less nutrient dense foods. You will also be able to suggest healthy options to food and drinks that are high in sugar.

Teacher Input:

Begin this lesson by emphasizing that ALL foods fit and are allowed in your diet unless you have a food sensitivity, food allergy, or if your religious practices don't allow it. There are no GOOD or BAD foods. Some foods are more nutritious for us and benefit our bodies more than others. Some foods are foods we can eat regularly and some foods we eat occasionally another word people use is in “moderation.”

One example of a nutrient dense food would be an orange which contains vitamin C, fiber, protein, Vitamin A and calcium compared to a candy orange slice which is much higher in sugar with no protein, no vitamins, and no fiber. Use the Choose This Not That Ppt to illustrate the difference. The slide has animated highlights on each food label to compare the two (each click should offer points for comparison). Fruits and vegetables provide lots of vitamins, minerals, carbohydrates, and fats – all of which are important to our bodies. Empty calorie or less nutrient dense foods have a lot of sugar but not a lot of nutrients to nourish our bodies. Foods like hot dogs, sodas, candy bars, and cookies are less nutrient dense foods. It is okay to have these foods but only eat them every once in a while not regularly/every day.

Show slides 3-6 to see if students can recognize the nutrient dense food or beverage option. Encourage students to consider the sugar content of their foods and beverages as well. Lots of

beverages are sweetened with sugar giving us extra calories that we don't need and exposing our teeth to lots of sugar that can cause decay. Try to choose water, low fat milk, and 100% fruit juices when you can. Use slides 7-10 to emphasize the better beverage options (lower in sugar).

Assessment:

This game is very similar to a game that many students will be familiar with. Green light, yellow light, red light. The students will stand 20 -30 feet from the teacher in a line facing the teacher. The teacher will remind students about slow, whoa, and go foods. In this game a go food is the green light – eat it any time. A slow food is the yellow light – eat it in moderation or every once in a while. A whoa food is a red light – only eat this on special occasions or as a treat but very rarely.

The teacher will hold up the food cards in the Go, Slow, and Whoa Game Cards attached to this lesson. When the food card is raised the students will respond by walking slowly, medium pace, or quickly. As soon as a new card is held up, students must change their pace according to the food – if it is a go (green – anytime), slow, (yellow- only sometimes) or whoa (red – rarely) food.

If the students respond with an incorrect walking pace, they go back to the starting line and keep playing. The goal is to try to reach the teacher first.

When a red food is held up, have the students offer a healthier alternative that could be a green food, which students could eat more regularly instead, before moving on to the next card.

Have the students play several rounds of the game.

Closure:

Today you learned the difference between nutrient dense and less nutrient dense foods. You also learned about foods and drinks that have less sugar and are healthier options for you.

Go, Slow, and Whoa Food Cards

Green Cards



Skim Milk and No Fat Dairy



Whole Grain bread, pasta, and cereal



Lean Protein

Yellow Cards



2% Fat Dairy Products



Red Cards



Whole Fat Dairy Products

