

Health

4.NPA.2.1

Compare unhealthy and healthy eating patterns, including eating in moderation.

4.NPA.2.2

Explain the effects of eating healthy and unhealthy breakfasts and lunches.

Materials Needed:

Link to Pancake a short poem by Shel Silverstein

(<https://www.youtube.com/watch?v=cmJRPgvqEHg>)

PowerPoint presentation – Healthy and Unhealthy Eating Patterns

Nutrient Dense activity from Myplate for Kids: [https://myplate-prod.azureedge.net/sites/default/files/2020-](https://myplate-prod.azureedge.net/sites/default/files/2020-12/Crack%20the%20Secret%20Code%20%2B%20KEY.pdf)

[12/Crack%20the%20Secret%20Code%20%2B%20KEY.pdf](https://myplate-prod.azureedge.net/sites/default/files/2020-12/Crack%20the%20Secret%20Code%20%2B%20KEY.pdf) make copies for students.

Appendix 1 – Which Breakfast? Planning Lunches

Appendix 2 – The Breakfast Club and the Lunch Bunch (copies of half the class, cut apart)

Statement of Objectives:

Today’s lesson is about eating nutrient-dense foods and eating less nutrient-dense foods only in moderation. It will also cover two pretty important meals of the day: breakfast and lunch. By the end of the lesson, you will be able to explain why following healthy patterns of eating benefits our health and our ability to learn.

Focus:

First, let’s talk about breakfast and lunch, the two meals that most affect our ability to learn.

Either play the linked video (Link to Pancake A short poem by Shel Silverstein

(<https://www.youtube.com/watch?v=cmJRPgvqEHg>) or find and read the Shel Silverstein poem, Pancake. Ask these questions:

- How many of you ate breakfast this morning?
- How many of you ate a nutritious breakfast?
- How many of you bring your lunch from home?
- How many of you eat lunch in the cafeteria?

Teacher Input:

Provide the content by showing the PowerPoint presentation, Healthy and Unhealthy Eating Patterns.

Slide #1: It looks like these girls have helped to harvest their school garden. Do you think these foods would be considered healthy? Why or who not?

Slide #2: You have learned the best way to plan healthy meals is to follow the guidelines of MyPlate for all meals and for snacking.

Slide #3: Here are examples of UNHEALTHY patterns of eating: Some of you may have been picky eaters when you were a younger child. Hopefully you have outgrown that and are willing to try new foods. Some of you may eat only a few things: like French fries and pizza. Some of you may eat too much or foods that are high in sugar or salt, such as doughnuts or chips.

Slide #4: Skipping meals is a bad idea. Usually folks who skip a meal over-eat later in the day. Some kids eat when they feel emotional and use comfort food to feel better. Eating in front of the television is not recommended. We tend to overeat when we're also doing something else.

Slide #5: Now, let's take a look at the meal that sets us up for success at the beginning of each day: Breakfast! Let's watch a video that will educate us about all of the reasons that breakfast is very important (share until 3:00 or watch them make a healthy breakfast). What were the healthy options that were shared? Why?

Slide #6: Recall the reasons that breakfast is so important. [Provides energy, Improves memory and recall, Helps with weight control, Prevents snacking on less nutritious foods, Helps concentration, Prevents mid-morning "slump", Helps us get nutrients we need, Tastes great]

Slide #7: Cover reasons not to skip breakfast

Slide #8: Describe the strategies for eating a variety and to select foods that are nutrient-dense. These recommendations apply to lunch, too.

Slide #9: List the reasons that lunch is so important. [Re-energizes the body, Reduces binge eating and non-nutritious snacking, Keeps blood sugar at the right level, Helps with weight control, Helps concentration, Prevents afternoon "slump", Helps us get nutrients we need, Tastes great]

Slide #10: Answer is B: healthy sources of protein from a salad bar could be baked chicken or beans, and a salad has variety of veggie which provide lots of different vitamins and minerals. Remember to eat the rainbow. Meal A is high in fat and salt and has less nutrient density.

Slide #11: Complete the activity (<https://myplate-prod.azureedge.net/sites/default/files/2020-12/Crack%20the%20Secret%20Code%20%2B%20KEY.pdf>) to crack the secret code about nutrient density. Ask for volunteers for correct responses.

Slide #12: There are foods that we should eat only occasionally. Foods that have lots of sugar or fat or salt should only be eaten in small amounts and every once in a while.

Slide #13: Remember you can make both breakfast and lunch healthy and fun every day!

Assessment:

Share with each student a copy of Appendix 1, Which Breakfast? Planning Lunches. Ask them to answer the questions based on what they learned in the PowerPoint. Have students share responses with the class.

Next, copy and cut apart The Breakfast Club and the Lunch Bunch (Appendix 2). Divide students into two teams and have them work in pairs within their teams to answer the questions about breakfast and lunch. Post the best responses on the bulletin board in the cafeteria.

Closure:

We learned in today's lesson that our patterns of eating influence how healthy we will be. It is okay to have an occasional sweet treat, but what we eat throughout the day matters. We also learned that breakfast and lunch are important meals and provide benefits for our health and our ability to learn and do well in school.

Which breakfast would you choose and why?

1	Fruit Loops Granola bar Hot chocolate	
2	Orange Low-fat milk Oatmeal with raisins	
3	Bacon Fried egg Hash brown potatoes Iced tea	
4	Pancakes like the ones piled up in Shel Silverstein's poem, "Pancake?"	
5	PB&J sandwich Gatorade Grapes	

Why is it a good idea to vary your breakfast choices?

<i>Plan 4 nutrient-dense lunches.</i>	<i>List the food groups in each meal.</i>

Do you have all 5 of the food groups planned in each meal?



The Breakfast Club

Explain to your younger brother why breakfast is important.

We learned to eat a good breakfast, because

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

The Lunch Bunch

Explain to your friend why lunch is important.

We learned to eat a good lunch, because

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.