

Health

5.NPA.2.1

Summarize the influences of family, culture, and the media on food choices.

Materials Needed:

Appendix 1 – Kid-Friendly Veggies and Fruits

Appendix 2 – copy of Who Influences Your Eating? for each student

Appendix 3 - Nutrient-Dense vs. Not Nutrient-Dense Foods

Materials needed for multimedia presentations: camcorder, poster paper, markers, colorful paper, tape, scissors, access to computers and tablets

Statement of Objectives:

Today we are going to study how our eating behavior is influenced. By the end of the lesson, you will be able to sum up how your family, culture, and the media persuade you to eat certain foods.

Focus:

Cut apart the foods described in Appendix 1, Kid-Friendly Veggies and Fruits. Give one food to every two or three students. Imagine you are responsible for getting a younger child to eat a healthy snack. Each of these foods is nutrient-dense, which means they have more of the nutrients we need to eat more of and fewer of the nutrients we need to eat less of. They have more vitamins, fiber, and minerals and less fat, sugar, and salt. Plan what you will say to the younger child.

Allow several groups to act out the scenario. Share why they were persuasive.

Teacher Input:

Share with each student a copy of Who Influences Your Eating? (Appendix 2) Ask them to rank order the influences on their eating: vote #1 for the strongest influence, #2 for the next strongest, and so on. Collect their voting sheets.

Tally the votes by awarding a value to each vote. The number of #1s is multiplied by 4. The number of #2s is multiplied by 3, the number of #3s is multiplied by 2, and the number of #4s is the score that 4s receive.

The influences are then placed on the white board in descending order based on the points received. Say, We can see from your voting that _____ influences us the most, followed by _____, _____, and _____. Most people eat for a variety of reasons: hunger, health, taste, and for the time with family and friends. Our choices of WHAT we eat are influenced both positively and negatively by a variety of factors.

An example of a negative influence is when you eat candy as a snack because your friends are. An example of a positive influence is when you eat a cup of yoghurt as a snack because your parent tells you it's good for you.

Assessment:

In the assessment activity, students will be placed in groups of three or four. They are assigned an influence: **family**, **media**, **friends**, or **culture**. They will develop a presentation using multimedia components and/or visual display to represent a **positive** influence on food selection. They are to illustrate how a fifth grader is influenced to eat a new food that is nutrient-dense, i.e., has more nutrients we need to eat more of (vitamins and minerals) and fewer nutrients we need to eat less of (fat, sodium, sugar, and calories).

Share with each group the list of nutrient-dense foods (compared with foods not nutrient-dense) in Appendix 3. Ask these questions:

- What do the nutrient-dense foods have in common?
- What do the not nutrient-dense foods have in common?
- How can you get more nutrient-dense foods in your diet?
- How can you get fewer not nutrient-dense foods in your diet?
- Which types of foods are more likely to be advertised on TV?
- Does your culture or your family influence you to eat more nutrient-dense foods?
- How can you influence others to eat more nutrient-dense foods?

Provide the following materials: camcorder, poster paper, markers, colorful paper, tape, scissors, access to computers and tablets. Allow students 20 minutes to plan and create their presentations. They should record the videos using tablets or the camcorder. Observe so you can select several as examples to show the entire class.

Closure:

In this lesson, you learned that what you eat is influenced by several factors. Hopefully as you become older and more independent, you will make the choices that are best for your health: more nutrient-dense foods.

Kid-Friendly Veggies and Fruits

10 Tips for Fun and Nutrient-Dense Foods

| | |
|--|---|
| <p>1 smoothie creations Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!</p> | <p>2 delicious dippers Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.</p> |
| <p>3 caterpillar kabobs Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.</p> | <p>4 personalized pizzas Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.</p> |
| <p>5 fruity peanut butterfly Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.</p> | <p>6 frosty fruits Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make “popsicles” by inserting sticks into peeled bananas and freezing.</p> |
| <p>7 bugs on a log Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!</p> | <p>8 homemade trail mix Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.</p> |
| <p>9 potato person Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.</p> | <p>10 fruit pops Use cookie cutters to make shapes (stars, hearts, flowers) from honeydew, watermelon, and cantaloupe. Place lollipop sticks in the bottom for easy snacking.</p> |

United States Department of Agriculture
Center for Nutrition Policy and Promotion

Who Influences Your Eating?

This is a values voting activity. Use colorful cards to show which influence is strongest when it comes to choosing foods. Strongest may be defined as the influence most likely to make you want to eat a certain food.

| <i>Influence</i> | <i>Example</i> | <i>Vote</i> Rank the influence 1, 2, 3, or 4. |
|--------------------|---|---|
| <i>Advertising</i> | <i>You see a TV advertisement for pizza. It looks yummy: warm and cheesy. You ask your parents if you can go to that pizza restaurant this weekend.</i> | |
| <i>Family</i> | <i>Your grandmother's chocolate cake is the BEST. At Sunday dinner she serves all your favorites: fried chicken, creamed potatoes, and carrots, topped off by a big slice of cake if you clean your plate.</i> | |
| <i>Friends</i> | <i>You bring your lunch from home each day. Your folks pack tasty sandwiches, an apple, carrot sticks, and Oreo cookies. Some days you wish you could eat what your friends are eating: French fries or pudding the cafeteria serves. Other days you swap your lunch for your friend's.</i> | |
| <i>Culture</i> | <i>Your family came to the United States from another country. The food eaten by your family is different from the foods eaten by your classmates. It's the food that tastes best to you because it's what you are used to.</i> | |

Who Influences Your Eating?

This is a values voting activity. Use colorful cards to show which influence is strongest when it comes to choosing foods. Strongest may be defined as the influence most likely to make you want to eat a certain food.

| <i>Influence</i> | <i>Example</i> | <i>Vote</i> Rank the influence 1, 2, 3, or 4. |
|--------------------|---|---|
| <i>Advertising</i> | <i>You see a TV advertisement for pizza. It looks yummy: warm and cheesy. You ask your parents if you can go to that pizza restaurant this weekend.</i> | |
| <i>Family</i> | <i>Your grandmother's chocolate cake is the BEST. At Sunday dinner she serves all your favorites: fried chicken, creamed potatoes, and carrots, topped off by a big slice of cake if you clean your plate.</i> | |
| <i>Friends</i> | <i>You bring your lunch from home each day. Your folks pack tasty sandwiches, an apple, carrot sticks, and Oreo cookies. Some days you wish you could eat what your friends are eating: French fries or pudding the cafeteria serves. Other days you swap your lunch for your friend's.</i> | |
| <i>Culture</i> | <i>Your family came to the United States from another country. The food eaten by your family is different from the foods eaten by your classmates. It's the food that tastes best to you because it's what you are used to.</i> | |

Nutrient-Dense vs. Not Nutrient-Dense Foods

| Nutrient-Dense (foods to eat more of) | Not Nutrient-Dense Foods (foods to eat less of) |
|--|--|
| apple | apple pie |
| low-fat or skim milk | milkshake |
| plain baked potato | French fries |
| air-popped popcorn | popcorn popped in oil with butter |
| water | sweet tea |
| grilled chicken | fried chicken |
| low-fat yogurt | ice cream |
| orange slices | orange soda |
| whole grain bagel | doughnut |
| almonds | candy |
| banana | banana pudding |
| strawberries | strawberry jam |
| sunflower seeds | potato chips |
| low-fat granola | sugary cereal |
| turkey dog | corndog |
| brown rice | white rice |
| pizza with veggies | meat-lover's pizza |
| trail mix with dried cranberries | trail mix with chocolate candy |
| hard-boiled eggs | eggs fried in bacon grease |
| salad with tomatoes and cukes | salad with cheese and dressing |
| pancakes with banana slices | pancakes with syrup |