

Food Fascination Course
Session 3, 2011-2012
Instructor: Laura Erlig

Lessons are adapted from the “Media Smart Youth: Eat, Think and Be Active! Curriculum“ put out by National Institute of Child Health and Human Development. All classes will feature at least one food or drink that contains a fruit or vegetable, whole-grain food, or calcium. Students will help prepare lunch.

1/26 Lesson 1: What is the Food Fascination Course? Class Work Agreement

Objectives:

- State the course’s purpose and topics
- Create a working agreement

2/2 Lesson 2: Media & Health – What’s the Connection?

Objectives:

- Explain at least two ways that media can affect health behaviors

2/9 Lesson 3: Focus on Fruits and Vegetables

Objectives:

- Name at least two qualities that make fruits and vegetables appealing to eat
- List three way to include fruits and vegetables more often in daily eating
- Eat Fruits and Vegetables by the season

2/16 Lesson 4: Hurray for Whole Grains

Objectives:

- Name two benefits of a diet rich in whole-grain foods
- List at least three types of whole-grain foods
- Identify a whole-grain food from information presented in the ingredient list and on the Nutrition Facts label
- Name three ways to include whole-grain foods in daily eating

2/23 Lesson 5: Cutting Back on Fat and Added Sugar

Objectives:

- Name two food that are high in fat
- Name two foods that are high in added sugar
- Explain the importance to health of reducing intake of fat and added sugar
- List three ways to reduce fat or added sugar in daily eating

3/1 Lesson 6: Building Better Bones

Objectives:

- Describe the importance of calcium and physical activity to building and maintaining strong bones and teeth
- Name at least two types of weight-bearing physical activities
- Name two calcium-rich foods

- Use the Nutrition Facts label to find the calcium content of a food

3/8 Lesson 7: What is Physical Activity?

Objectives:

- Explain what it means to be physically active
- Explain why physical activity is important to good health

3/15 Lesson 8: Mini-Production: Creating a Nutrition Poster

Objectives:

- Create food-related health messages for peers

Food Fascination course works on the following California State Health Standards for 7th & 8th Grade:

California Health Standards for 7th & 8th Grade:

1.1.N Describe the short- and long-term impact on nutritional choices on health

1.2.N Identify nutrients and their relationships to health

1.6.N Analyze the caloric and nutritional value of foods and beverages

1.7.N Describe the benefits of eating a variety of foods high in iron, calcium, and fiber

1.8.N Identify ways to prepare food that are consistent with current research-based guidelines for a nutritionally balanced diet

1.10.N Identify the impact of nutrition on chronic disease

1.14.N Identify ways to increase daily physical activity

1.15.N Explain that incorporating daily moderate or vigorous physical activity into one's life does not require a structured exercise plan or special equipment

3.1.N Distinguish between valid and invalid sources of nutrition information.

3.3.N Describe how to access nutrition information about foods offered in restaurants in one's community.

3.5.N Identify trusted adults in one's family, school and community for advice and counseling regarding healthy eating, and physical activity.

8.3.N Encourage peers to eat healthy foods and to be physically active