

Making Better Food Choices

Name: _____ Period: _____

FCS essential learning: Review the food pyramid information. Identify foods they eat and what is missing from their diet and how that may affect them in the future.

State/National Standards: FCS.7.D — Analyze factors that influence nutrition and wellness practices across the life span.

Directions: All will be using a file on your “z” drive. Follow each step. Use links to find information. After completing, print off. You will share your results with the rest of the class and then turn in the final results.

Step 1: Resources – Diet and Nutrition

- View ABC News Video – [“Slash the Salt”](#)

Step 2: My Pyramid Plan – The goals for this activity are to find out how much you need to eat for your body size and activity, review why each group is needed, what choices you are making now that are good, and how you can improve your food choices.

Check the pyramid that fits you. What recommendations does it give you for each food group?

[My Pyramid.gov web site](#)

Age:

Sex: [Select] ▼

Weight: pounds
(optional)

Height: feet inches
(optional)

Physical Activity:
Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.

[Select] ▼

SUBMIT

Plans for children 2-8 are based on an average height and weight for their age and gender.

- Directions: Complete personal information chart at the web site. (See example)

- Click Submit
- Record findings.



Food Groups	Recommended Servings
Grain	(ounces)
Vegetables	(cups)
Fruits	(cups)
Milk	(cups)
Meat & Beans	(ounces)

Step 3: My Pyramid Plan - Grain

- Record all grain products and amounts that you ate on the assigned date. **Remember 1 ounce of grain is equal to 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal.**

Date	Meal	Grain Item and Amount
	Breakfast	
	Lunch	
	Dinner	
	Snacks	

- Draw lines to indicate the number of servings you are to eat. For example if you are to get 6 ounces of grain, divide this rectangle into 6 equal parts. **Note: this is a table, so you can insert columns to get your needed divisions.**
- Shade one part for each ounce of grain you ate. **Use a different shade of gray for each meal.**

Grain

- Did you eat the recommended amount for the grain group? Yes/No (Please underline)
- List 2 or more reasons why this group is important for your health. Use your own words and write in complete sentences. NOTE: Check the following link for information or use the class room resource notebooks.
 - http://www.beatricepublicschools.org/pages/uploaded_files/Nutrient%20Notes.pdf

Step 4: My Pyramid Plan - Vegetables

1. Record all vegetables and amounts that you ate on the assigned date. **Remember 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.**

Date	Meal	Vegetable and Amount
	Breakfast	
	Lunch	
	Dinner	
	Snacks	

2. Draw lines to indicate the number of servings you are to eat. For example if you are to get 3 cups of vegetables, divide this rectangle into 3 equal parts. **Note: this is a table, so you can insert columns to get your needed divisions.**
3. Shade one part for each cup of vegetables you ate. **Use a different shade of gray for each meal.**

Vegetable

4. Did you eat the recommended amount for the vegetable group? Yes/No (Please underline)
5. List 2 or more reasons why this group is important for your health. Use your own words and write in complete sentences. NOTE: Check the following link for information or use the class room resource notebooks.
 - http://www.beatricepublicschools.org/pages/uploaded_files/Nutrient%20Notes.pdf

Step 5: My Pyramid Plan - Fruits

1. Record all fruits and amounts that you ate on the assigned date. **Remember 1 cup of fruit, or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group.**

Date	Meal	Fruit and Amount
	Breakfast	
	Lunch	
	Dinner	
	Snacks	

2. Draw lines to indicate the number of servings you are to eat. For example if you are to get 2 cups of fruits, divide this rectangle into 2 equal parts. **Note: this is a table, so you can insert columns to get your needed divisions.**
3. Shade one part for each cup of fruits you ate. **Use a different shade of gray for each meal.**

Fruit

4. Did you eat the recommended amount for the fruit group? Yes/No (Please underline)
5. List 2 or more reasons why this group is important for your health. Use your own words and write in complete sentences. NOTE: Check the following link for information or use the class room resource notebooks.
 - http://www.beatricepublicschools.org/pages/uploaded_files/Nutrient%20Notes.pdf

Step 6: My Pyramid Plan Milk

1. Record all fruits and amounts that you ate on the assigned date. **Remember 1 cup of milk or yogurt, 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.**

Date	Meal	Milk and Amount
	Breakfast	
	Lunch	
	Dinner	
	Snacks	

2. Draw lines to indicate the number of servings you are to eat. For example if you are to get 3 cups of milk, divide this rectangle into 3 equal parts. **Note: this is a table, so you can insert columns to get your needed divisions.**
3. Shade one part for each cup of milk you consumed. **Use a different shade of gray for each meal.**

Milk

4. Did you eat the recommended amount for the milk group? Yes/No (Please underline)
5. List 2 or more reasons why this group is important for your health. Use your own words and write in complete sentences. NOTE: Check the following link for information or use the class room resource notebooks.
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Step 7: My Pyramid Plan Meat and Beans

- Record all fruits and amounts that you ate on the assigned date. **Remember 1 ounce of meat, poultry or fish, ¼ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group. (Hint: 3 ounces of meat is about the size of a deck of cards)**

Date	Meal	Meat/Beans and Amount
	Breakfast	
	Lunch	
	Dinner	
	Snacks	

- Draw lines to indicate the number of servings you are to eat. For example if you are to get 5.5 ounces of meat, divide this rectangle into 6 equal parts and draw an X through half of the last box. **Note: this is a table, so you can insert columns to get your needed divisions.**
- Shade one part for each ounce of meat you ate. **Use a different shade of gray for each meal.**

Meat and Beans

- Did you eat the recommended amount for the meat group? Yes/No (Please underline)
- List 2 or more reasons why this group is important for your health. Use your own words and write in complete sentences. NOTE: Check the following link for information or use the class room resource notebooks.
 - http://www.beatricepublicschools.org/pages/uploaded_files/Nutrient%20Notes.pdf

So How Did You Do? – How can you make better food choices?



1. Do you usually select foods that are: (Please underline)
Steamed/Fried
2. Do you eat foods that are high in sugar? (Please underline)
Often/Sometimes/Usually Not
3. Do you check labels before making food choices?
Often/Sometimes/Usually Not
4. Teens should be physically active for 60 minutes each day or most days. Are you?
(Please underline)
Often/Sometimes/Usually Not

5. ***What are your conclusions?*** After completing your charts and questions, what did you find out about your diet? What good diet choices are you making? What diet choices could be improved? If you continue to eat low in certain groups, what could happen to you as a result? (*Please write in complete sentences. Answer the question thoroughly and in your own voice. Include an introduction and conclusion.*)

BONUS and Healthy Heart Contest:



The new dietary guidelines include

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Lower salt intake.
- Drink water instead of sugary drinks

Have a discussion with your family about lowering the family salt intake. Then write a paragraph describing at least 3-5 things your family is doing to cut the amount of salt and improve the family's health. Include an introduction and conclusion in your paragraph. Type and turn in.

Due Date: **Tuesday 2-22-11**

Students will: Print all pages/Share/Turn in

Scoring: Completed by FCS teacher

Record: Foods and amounts are to be listed.

Awesome: Foods and correct amounts are recorded. Complete food details were included.

Good – Most foods were listed. Most amounts were listed.

OK – Foods were listed, but not all amounts. Or amounts were listed, but not all foods.

Redo – Not completed

Chart: Foods are to be categorized in the correct food group. All table directions are followed.

Awesome: Directions were followed - Correct divisions were drawn for each recommended serving. Foods were placed in right food group. Correct boxes were highlighted for each amount. Different colors were used for each meal.

Good – Most directions were followed. Foods were placed in the correct food group.

OK – Foods were placed in the correct food group.

Redo – Not completed

Final Project: Print off your completed project. Include all pages. This section will be scored using the 6-Traits of Writing.

Trait/Points/Items Scored	Description of Trait	Points Earned and Comments
Voice (Awesome/Good/OK/Redo) <ul style="list-style-type: none"> Essay Questions 	The writing clearly belongs to the writer. Information is informative and interesting to the audience. The writer included two or more points for each question.	
Conventions (Awesome/Good/OK/Redo) <ul style="list-style-type: none"> Essay Questions 	Correct punctuation, capitalization, and spelling are used throughout the assignment. Complete sentences are used.	
Presentation (Awesome/Good/OK/Redo) <ul style="list-style-type: none"> Records, charts, and questions. 	Your assignment is neatly completed and easy to read. Student may include technology skills to add interest and eye appeal to the assignment.	

Completed and turned in all parts on time (1-point) (Late projects may have points deducted.)

Points:

Scores:	Awesome (A range)	3.8 - 4
	Good (B range)	3.5 – 3.7
	OK (C range)	3.2 – 3.4
	Redo	<3

Final Score: Total points for this activity = 21 (+ career bonus)