OBJECTIVE: Understand guidelines for healthful food choices.

Course: Food and Nutrition

Date: 6/29/2016

Bell(s) or Block: 1 & 4

Topic of Lesson: Understand guidelines for healthful food choices.

VBCPS Objective: The student will be able to: To introduce and engage students in the study of guidelines for healthful food choices

VA SOL: Literacy Strategy: Think-Pair-Share is a cooperative learning strategy that encourages students to think about course content and then talk about it with a partner. The teacher should tell students, “I’m about to ask you a question, and I would like you think about it. After about 30 seconds, I want you to turn and share your thoughts with a neighbor.” After giving these general directions, the teacher then gives the specific topic or question he/she wants students to consider. It is important for the teacher to give strict time limits for student sharing or this short, highly engaging activity can become ineffective.

Materials: Computers, power points, hand outs

Key Terms:
- Gender
- Age
- Height
- Weight
- Regular physical activity
- fruits (red)
- vegetables (green)
- grains (orange)
- protein (violet/purple)
- Age
- Gender
- Body size

Procedure:
Warm-up/Preparation for Learning: ( minutes)

- What are credible sources of scientific nutrition and fitness information?
- What are the Dietary Guidelines for Americans, who compiles them, and why were they established?
PAR
Preparation/Assistance/Reflection

- What are key recommendations provided by the Dietary Guidelines for Americans and why were they established?

Directed Assistance/Learning Activity: (minutes)

Place 5.02A Car/Person on the screen, showing only the question and the car. Have students form groups of three and make their lists of answers. Go around to each group and ask for one answer, listing on the board as they are given. The next group should provide one new answer. Continue around the room. Stop when all the answers are listed. Leave the question unsolved until later in the unit.

Closure/Reflection on Learning: (minutes)

- How does ChooseMyPlate.gov help one to follow guidelines for healthy food choices?
- How do calorie intake and physical activity influence weight management?

Assessment/Evaluation:
Test on the Edmodo site.

Assignment:
What is the American Dietetic Association, what does it do, and why is the association so important?