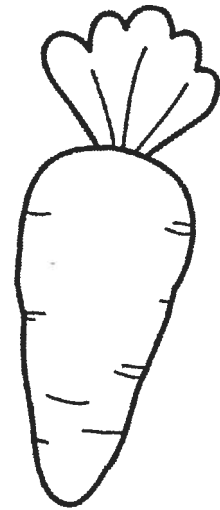
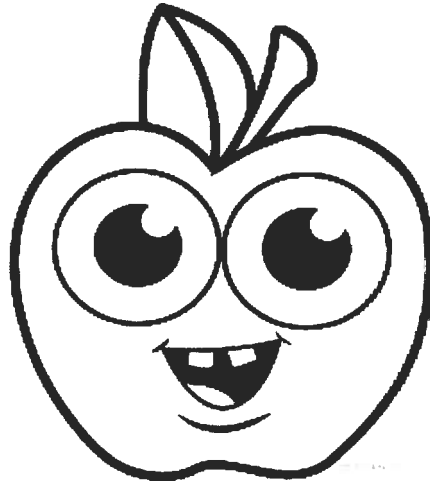
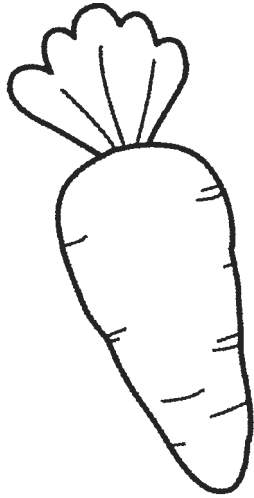


Be Smart and Eat Smart



Target Audience: 8th grade students

Number of Participants: 16

Presenters: Hailey Mullins and Hannah VanDiver

Chapter: Floyd Middle Magnet

Chapter Number: 10125

Division: Middle School

School Address: 344 LeBron Road, Montgomery, AL 36117

State: Alabama

Lesson Plan

Lesson Objective: The purpose of teaching this lesson is to further educate 8th grade students about the importance of nutritional value. At the end of the lesson students should be able to:

1. Identify healthy and unhealthy foods.
2. Define vocabulary words (Nutrients, Nutritional Facts, Food groups, Food pyramid, and My Plate).
3. Be able to create a balanced diet using the concept "Food Pyramid".

Materials Needed:

1. Pre-Test/ Posttest
2. Computer/ Powerpoint/ Smartboard
3. Edible Food
4. Evaluation Paper
5. Activity Worksheet

Goals:

- Educate students on the effects of making unhealthy choices.
- Inform students on ways to make healthier choices.
- Ensure the audience is well educated and gained knowledge about the chosen topic
- Students will promulgate the idea of eating healthy.

Planning Process

Before Presentation: Our team introduced ourselves and explained why we were teaching our topic. Students were then given a 10 question True/False Pretest to determine their knowledge on Nutritional facts, nutrition, and healthy/unhealthy foods.

Introduction: The presentation will begin with a fun game (icebreaker) categorizing healthy and unhealthy foods. A series of questions were asked to introduce each vocabulary word, each team member then explained the definitions and gave examples of unhealthy foods with little nutrition and healthy foods.

Activities:

1. Students watched a video, the video was paused several times to go further in depth about healthy foods and unhealthy foods.
2. Students will learn the importance of looking at nutrition labels and the food pyramid will be introduced as well as "My Plate".
3. Students will do a hands on activity involving edible healthy foods and unhealthy foods using the food pyramid technique, while using the "Food Pyramid Handout".
4. We will go back and cover any missed concepts and students will be given the time to ask questions and Posttest will be give out

Closing:

1. Share posttest answers with students and students will be given 5 minutes to fill out the evaluation form.

Data/Supportive Information

Nutrients

Nutrients are a substance that provides nourishment essential for growth and the maintenance of life. Nutrients is important in many ways. For starters, nutrients are some substances that provides nourishments essential for growth and the maintenance of life. With, unhealthy foods like sugar drinks, most pizzas, French fries, and potato chips can increase obesity, heart disease, diabetes, and other chronic diseases. It's not just years of poor eating, but regular consumption of junk food even for a few days can lead to a mental meltdown. So, students for your best interest do not eat unhealthy foods.

and close out the lesson.

Healthy Foods

Fish and seafood is very healthy for you. Salmon is one of the healthiest fish known for its excellent taste and high amounts of nutrients. Fruits and berries are also nutritious. Fruits and berries are among the world's most popular health foods. Avocados are also really healthy for you even though some people do not like them.

1. When you eat healthy food, your body gets vitamins and minerals that it needs to function.
2. Other foods such as red meats have excessive amounts of iron that is good for the red blood cells that carry blood from the lungs to the rest of the body.

Effects of Eating Unhealthy Food

A poor diet lowers the amount that your body needs to run correctly.

1. A poor diet can lead to health concerns such as stress, tiredness, development of some severe illnesses, and other health problems such as death.

How to Use The Food Pyramid And Look For Nutrition Labels

When you look for nutritional facts on an item you usually can find them on the back of the item. For example, when looking for the nutritional facts on a gallon of milk it is located in the front depending on the brand of milk. Other places nutritional facts can be found are on the side back and even on the side back and even on the bottom of the item. On every nutritional fact label it consist the basics such as the serving size, calories, total fat, vitamins, calcium, iron, and potassium. Food that contain more than one ingredient will contain a list of ingredients also. This information is useful for vegetarians, those who want to avoid pork or selfish, or if they just want to watch their diet.

You can use these skills to make sure you have a balance diet to stay healthy. The food pyramid showed you how make sure you get the right proportions of each food group every day. It also shows you what food have the most nutrients for you and what food you should eat a minimum of each day.

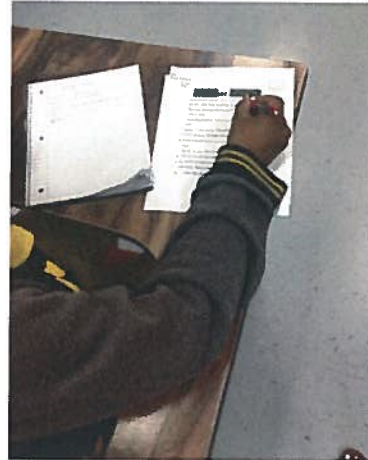
The Importance of Water

Water is one of the essential nutrients. Many know you can go days and weeks without food but only days without water. The lack of water can cause serious problems such as dehydration which can make your kidneys function poorly. Ways to avoid this are having the recommended amount for each age groups. Ages 5 through 8 should drink 5 glasses a day, ages 9 through 12 should drink 7 glasses of water a day, and ages 13 and up should drink 8 to 10 glasses of water a day.

Presentation Outline

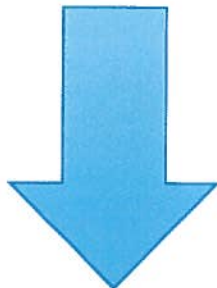
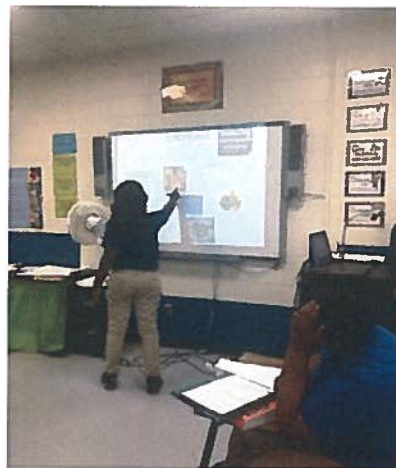
10:00-10:10-

Pre-Test: Each Team member introduced themselves and explained why we were visiting their classroom. Students were then given the remaining 5 minutes to complete the Pre-Test.



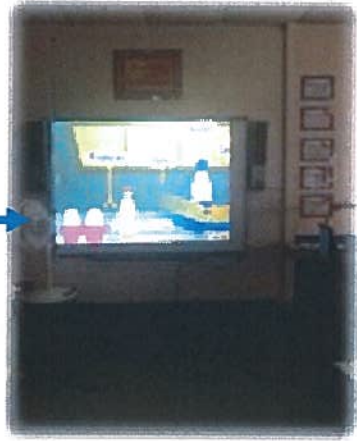
10:10-10:35

Introduction: Students completed the icebreaker game. Following the game, vocabulary words were introduced and defined. Along with unhealthy and healthy foods listed.



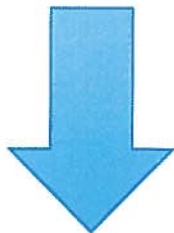
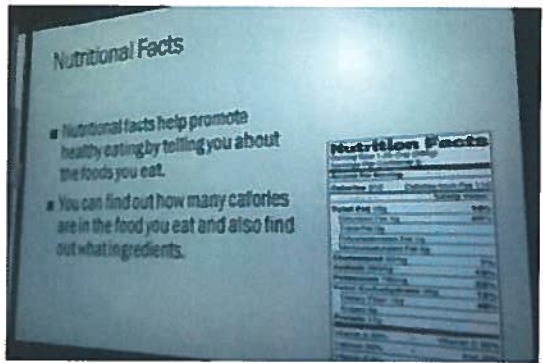
10:35-10:55

Activity 1: Students were allowed to watch a 5 minute and 41 second video. During the video, students were give the opportunity to ask questions as we went into another concept the video portrayed.



10:55-11:02

Activity 2: Students were introduced to "My Plate" and learned why looking at nutritional labels are important.



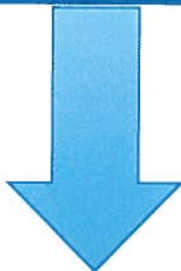
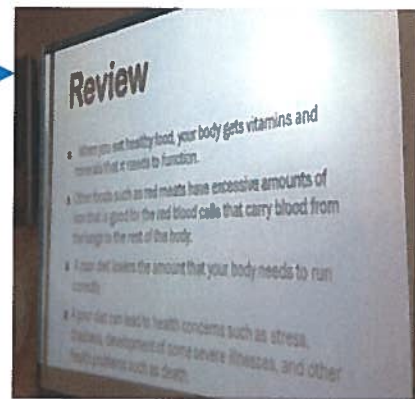
11:02-11:17

Activity 3: The hands-on activity will take place, where students place the correct food in the assigned placement on the desk.



11:17-11:25

Pre-Closing: Each concept will be reviewed and this would be the ideal time for students to ask questions, following questions the posttest will be given out.



11:25-11:30

Closing: During this time, the posttest answers will be shown and the data will be analyzed.



EAT WISE, DROP A SIZE

Hannah VanDiver
Hailey Mullins

Show What You Know

- You will have 5 minutes to complete the handout!
- It's okay if you're not sure about an answer , try your best 😊

Icebreaker

Directions: Drag each image to the correct group

Healthy



Unhealthy



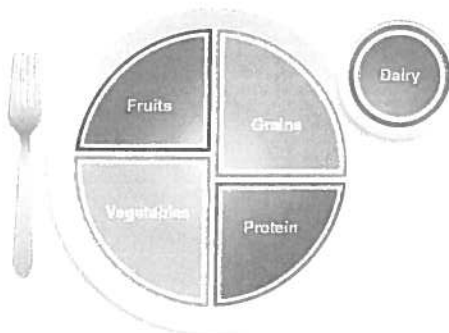
Vocabulary Words

- **Nutrients**- a substance that provides nourishment essential for growth and the maintenance of life
- **Nutrition**- food, nourishment
- **Nutritional Facts**- a label required on most packaged food
- **Food Pyramid**- a triangular diagram representing the optimal number of servings to be eaten each day from each of the basic food groups

Video

- <https://video.search.yahoo.com/search/video?fr=mcafee&p=balanced+diet+video+for+kids#id=1&vid=9a9d711a302f888dc1c9b8bbb964806c&action=click>

“My Plate”



ChooseMyPlate.gov

There is more than one way to eat healthfully and everyone has their own eating style. Aim to have a variety of foods on your plate.

Nutritional Facts

- Nutritional facts help promote healthy eating by telling you about the foods you eat.
- You can find out how many calories are in the food you eat and also find out what ingredients.

Nutrition Facts	
Serving Size 1.25 Cup (285g)	
Servings Per Container 5	
Amount Per Serving	
Calories 310	Calories from Fat 110
%Daily Value*	
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 5g	
Cholesterol 20mg	7%
Sodium 290mg	12%
Potassium 780mg	22%
Total Carbohydrate 38g	12%
Dietary Fiber 12g	48%
Sugars 6g	
Protein 17g	
Vitamin A 20%	Vitamin C 80%
Calcium 20%	Iron 20%
Vitamin E 8%	Vitamin K 110%
Thiamin 25%	Riboflavin 20%

Hands On Activity

Directions: Categorize edible food in the technique way of the Food Pyramid

- Please refer to your handout, raise your hand for any assistance and we will be more than happy to help .
- Yes, you can eat the food afterwards 😊 , the healthy food!!!!

Review

- When you eat healthy food, your body gets vitamins and minerals that it needs to function.
- Other foods such as red meats have excessive amounts of iron that is good for the red blood cells that carry blood from the lungs to the rest of the body.
- A poor diet lowers the amount that your body needs to run correctly.
- A poor diet can lead to health concerns such as stress, tiredness, development of some severe illnesses, and other health problems such as death.

Questions & Postest

Closing

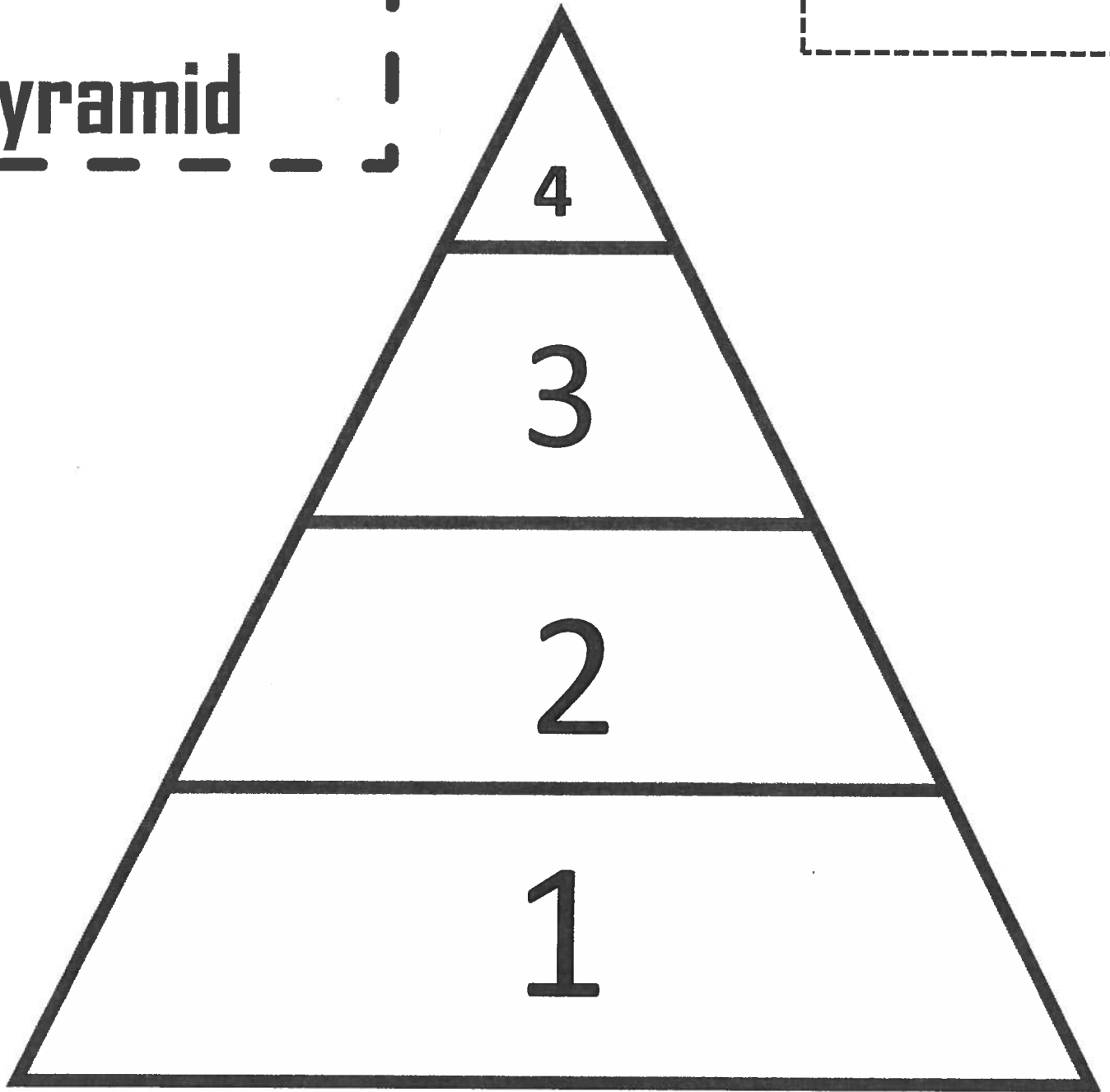
- Thank You all for allowing us to teach today. Healthy eating!!

The Food Pyramid

Number:

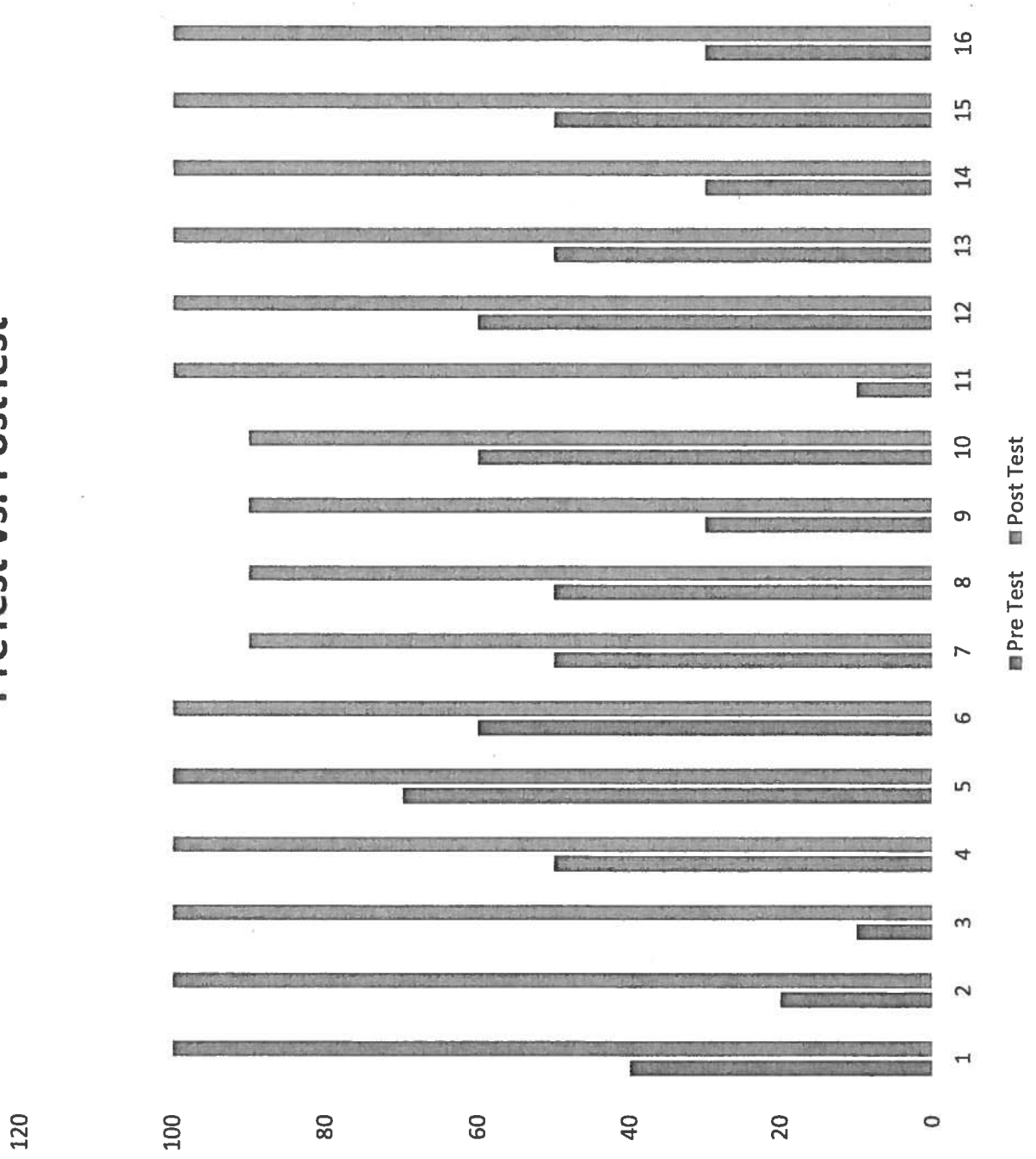
Date:

Class: Health Education



1. Grain Group
2. Vegetable & Fruit Group
3. Dairy & Meat Group
4. Others

PreTest vs. PostTest



Date: 2/15/18

True or False?

pre-test

1. When you eat unhealthy foods, your body gets vitamins and minerals that it needs to function. **True or False**
2. Red meats have low amounts that is bad for your red blood cells. **True or False**
3. A poor diet lowers the amount that your body needs. **True or False**
4. Its only 7 Food Groups. **True or False**
5. Grains can have high sugar and oil portions. **True or False**
6. Proteins do not build or maintain tissues in your body. **True or False**
7. The lack of water cannot cause serious problems. **True or False**
8. Fruits and berries are nutritious. **True or False**
9. All calories are bad but eating more than you need can cause u to lose weight. **True or False**
10. Potato chips are good for you. **True or False**

40

Date: 2/15/18

True or False?

pre-test

1. When you eat unhealthy foods, your body gets vitamins and minerals that it needs to function. **True or False**

70

2. Red meats have low amounts that is bad for your red blood cells.

True or False

3. A poor diet lowers the amount that your body needs. **True or**

False

4. Its only 7 Food Groups. **True or False**

5. Grains can have high sugar and oil portions. **True or False**

6. Proteins do not build or maintain tissues in your body. **True or**

False

7. The Jack of water cannot cause serious problems. **True or False**

8. Fruits and berries are nutritious. **True or False**

9. All calories are bad but eating more than you need can cause u to lose weight. **True or False**

10. Potato chips are good for you. **True or False**

Name: J. Johnson

Date: 2/15/18

True or False?

1. When you eat unhealthy foods, your body gets vitamins and minerals that it needs to function. **True or False** 100
2. Red meats have low amounts that is bad for your red blood cells. **True or False**
3. A poor diet lowers the amount that your body needs. **True or False**
4. Its only 7 Food Groups. **True or False**
5. Grains can have high sugar and oil portions. **True or False**
6. Proteins do not build or maintain tissues in your body. **True or False**
7. The lack of water cannot cause serious problems. **True or False**
8. Fruits and berries are nutritious. **True or False**
9. All calories are bad but eating more than you need can cause u to lose weight. **True or False**
10. Potato chips are good for you. **True or False**

Name: Molly
Date: 2/15/10

True or False?

1. When you eat unhealthy foods, your body gets vitamins and minerals that it needs to function. **True or False**
2. Red meats have low amounts that is bad for your red blood cells. **True or False**
3. A poor diet lowers the amount that your body needs. **True or False**
4. Its only 7 Food Groups. **True or False**
5. Grains can have high sugar and oil portions. **True or False**
6. Proteins do not build or maintain tissues in your body. **True or False**
7. The lack of water cannot cause serious problems. **True or False**
8. Fruits and berries are nutritious. **True or False**
9. All calories are bad but eating more than you need can cause u to lose weight. **True or False**
10. Potato chips are good for you. **True or False**

100

Presentation Evaluation

1. Based on what you learned today, what will you do differently from now on to make healthier choices?

I will watch how much food
I put on my plate.

2. How would u rate this presentation? (1-5) 1

** 1 (Highest)

** 5 (Lowest)

74 I really enjoyed it

Presentation Evaluation

1. Based on what you learned today, what will you do differently from now on to make healthier choices?

I will drink more water and eat healthier.

2. How would u rate this presentation? (1-5) 2

** 1 (Highest)

** 5 (Lowest)

3444 LeBron Road
Montgomery, Alabama 36104
May 8, 2018

Good morning,

HOSA members (Hailey Mullins and Hannah Vandiver) of Floyd Middle Magnet School visited our Advanced Placement English class enthused to change our thinking about various healthy eating choices. The girls were well prepared with objectives, pre and post tests, activities, and an outstanding closure to their lesson. To top it off, they summarized with a call to action, which really prompted the students to pay attention to real life food choices. By involving them with hands on activities, the students were given an opportunity to make real life decisions about healthy eating habits in an impromptu manner. It was certainly a learning experience for the class. HOSA members, Hailey and Hannah, were such an asset to our AP class by providing the needed information for healthy eating habits. Thank you for giving the students the opportunity to share their project with us. We thoroughly enjoy their presentation.

Sincerely,

Sallie Parks
Floyd Middle Magnet School
AP English Teacher
Sallie.parks@mps.k12.al.us

"References"

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Nutrients 101: Essential and Non-Essential Nutrients Explained / Nutrition / Vitamins and

The Latest in Nutrition Related Research. (n.d.). Retrieved December 08, 2017, from <https://nutritionfacts.org/>