

What are you eating?

A lesson plan for 6th grade students learning about nutrition

<h2>Overview</h2>	For one day, students will record what they eat and how many servings of what they eat. They will then put the consumed food into food group categories (i.e. apples in the fruit group). Using chartle.net the students will create a pie graph using their data.
<h2>Objectives</h2>	After figuring data from their own eating habits, students will be able to make a chart, outlining their personal data as well as the recommended data, using chartle.net, and doing this with 100% accuracy.
<h2>Standards</h2>	<ul style="list-style-type: none">• M-NW-1.1 <i>Dietary guidelines/"MyPyramid"</i>• M-NW-1.2 <i>Comparing food intake to recommendations</i>
<h2>Materials</h2>	<ul style="list-style-type: none">• Computer with internet access• Paper and pencil (to record personal data)• Copy of a food guide pyramid or daily recommended allowance for different types of food
<h2>Procedures</h2>	<ol style="list-style-type: none">1. Before learning about how many servings of each food category should be consumed daily, students need to record everything they eat and drink for one day, including how many servings are being consumed.2. Students will then use a food guide pyramid to divide their consumed food and drink into categories (i.e. milk goes in the dairy category).3. Students will figure percentages of their eating habits (i.e. 2 servings of dairy products consumed to the 3 servings of dairy products recommended).4. Students will create a pie graph. This pie graph will show them visually what they eat too much of and what they eat too little of,

	<p>nutrition wise.</p> <p>5. OPTIONAL: An extra credit opportunity could exist in this project. A week later students could again record their eating and drinking habits. This will give them incentive to eat healthier too! The students will graph their updated nutritional habits and observe any changes. They will then write a short paper explaining what aspects have changed or stayed the same.</p>
<h1>Evaluation</h1>	<p>Since there are no right or wrong answers to this simulation, look at how well they managed creating their charts. Also, collect their papers which they used to record their nutritional habits and match it up with their charts. Students should accomplish this with 100% accuracy.</p>