

Eating for Your Future ¹

Secondary Level: Health Sciences

Overview	After this lesson, students will have the ability to choose the food they consume wisely in order to eat healthier.
Specific Objectives	Students will gain teamwork skills by working in groups to find healthy recipes. Students will also become familiar with guidelines formulated from the USDA (United States Department of Agriculture).
Standards	<ul style="list-style-type: none">• National Academy of Sciences: Science in Personal and Social Perspectives: Personal and community health• Mid-continent Research for Education and Learning (McREL): Health — Understands essential concepts about nutrition and diet; knows how to maintain and promote personal health
Materials	<ul style="list-style-type: none">• <i>Eating for Your Future</i> video and VCR, or DVD and DVD player• Computer with Internet access• Cookbooks
Procedures	<ol style="list-style-type: none">1. Begin with a discussion: ask the students what food they view to be “healthy.”2. Share with the class the latest dietary recommendations from USDA, which can be found at http://www.hhs.gov/news/press/2005pres/20050112.html.3. Tell students that they will have the opportunity to work with their classmates on finding healthy recipes. The recipes they find will be compiled into a class cookbook.4. Divide the class into groups of three or four. Each group will need to find 5 recipes—one for breakfast, one for lunch, two for dinner, and one for dessert. Each recipe must have healthy ingredients and must also be appealing.5. Give the student’s time to work on finding recipes—either online or in a cookbook. Explain to them that they will have the rest of the day to find the recipes and they will have all class tomorrow to put a short presentation

¹ Adapted from <http://school.discoveryeducation.com/lessonplans/programs/eatingforfuture/#aca>

	together showcasing their findings.
Integration	<p>The presentation must include a description of the five recipes, and an Animoto video showcasing pictures of each of the assembled recipes.</p> <p>After the presentation is done, the teacher will compile all of the recipes and file them according to meal/category. Each of the students will receive a copy of the class cookbook.</p>
Evaluation	<p>According to Marilyn Fenichel (where this lesson plan is adapted from), the following three-point rubric should be used to evaluate the students:</p> <ul style="list-style-type: none"> • Three points: Students were highly engaged in class discussions; worked productively in their groups; helped select at least five recipes that included healthful ingredients. • Two points: Students participated in class discussions; worked satisfactorily in their groups; helped select at least three recipes that included healthful ingredients. • One point: Students participated minimally in class discussions; had difficulty working in their groups; helped selected only one recipe that included healthful ingredients.