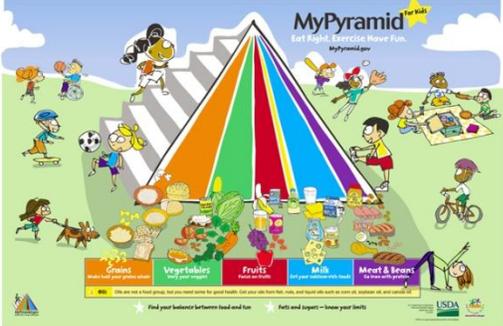


Nutrition: Diigo

Grade level: 5-6

<p>OBJECTIVES</p>	<ul style="list-style-type: none"> • Maximize the use of Diigo. • Select a variety of food items from different food groups for daily nutrition value. • Determine recommended individual nutrition.
<p>MATERIALS</p>	<ul style="list-style-type: none"> • <i>Food Smarts: MyPyramid for Kids</i>  <ul style="list-style-type: none"> • Computer to access the Diigo website 
<p>PROCEDURES</p>	<p>Each day students will search for recipes on the internet. Students must find different healthy recipes and create a meal plan (either breakfast, lunch or dinner) with these recipes. The meal plan they create with their recipes must contain at least three out of the five food groups (excluding sweets, oils and fats). Students may highlight important nutritional values, or leave sticky notes telling why they choose this recipe, and what the nutritional values are on the documents. Once the students find all their recipes on the internet, they will “bookmark” them onto their Diigo site and share them with the entire class. Students must comment on three peoples meal plans, by leaving them sticky notes or chatting them. Students must discuss the meals nutritional value, if they would eat it, and what the students could have done to improve their recipe.. Students must use words from the vocabulary list to enhance their learning about nutrition. Students may also add additional recipes to students meal plan if they feel it is necessary. By using Diigo, it is simple for students to see all the documents and easily</p>

	<p>comment on them and share them.</p>
<p>VOCABULARY</p>	<p>carbohydrate <i>Definition:</i> Starches and sugars that provide the body with most of the energy it needs <i>Context:</i> Eating whole grain breads and cereals are a good way to make sure your body gets enough carbohydrates.</p> <p>diet <i>Definition:</i> The foods and drinks you usually eat <i>Context:</i> To stay healthy your diet should include foods from all of the food groups.</p> <p>fat <i>Definition:</i> A high-energy nutrient <i>Context:</i> Some fat is important for good nutrition, but too much can cause health problems.</p> <p>fiber <i>Definition:</i> The part of fruits, grains, and vegetables that can't be digested <i>Context:</i> Getting enough fiber in your diet is important for good digestion.</p> <p>nutrients <i>Definition:</i> Substances in foods that people need to stay healthy <i>Context:</i> Apples are rich in nutrients, including fiber and vitamins A and C.</p> <p>protein <i>Definition:</i> A naturally occurring substance found in animal products and some plant products <i>Context:</i> Our bones and teeth need protein, which is found in meats, fish, eggs, beans and nuts.</p>
<p>ASSESSMENT</p>	<p>Use the following rubric to evaluate students' work during this lesson.</p> <ul style="list-style-type: none"> • 10 points: Selects a variety of recipes containing food items from at least three out of the five food groups and creates a healthy, nutritious meal plan. Maximizes the use of Diigo by highlighting and applying sticky notes to recipes. Comments on three peoples meal plans. Uses vocabulary terms. Leaves detailed notes, highlights important information, or adds more recipes.

- **7 points:** Selects a variety of recipes containing food items from at least three out of the five food groups and creates a healthy, nutritious meal plan. Only uses a few of the tools Diigo has to offer (highlighting and sticky notes). Comments on three peoples meal plans. Only utilizes some of the vocabulary. Leave simple and short notes.
- **4 point:** Selects recipes containing food items from less then three out of the five food groups but, creates a healthy, nutritious meal plan. Leaves a few comments and highlighting on their meal plan, but does not use Diigo to the best of their ability. Does not use all of the nutrition vocabulary. Comments on less then three people’s meal plan but leaves thought out comments.
- **2 points:** Selects very plain recipes that do not meet nutrition standards. Selects less then three recipes to make up their meal plan. Does not use Diigo to highlight our comment on their recipes. Comments on less then three people’s meal plans or not at all. If does leave comments, they are very brief.