

A Week of Clean Eating

Grades 9-12

Subject	Family and Consumer Science
Overview	This lesson requires each student to create a meal plan using Bubbl.us as a guide for one week. Using Bubbl.us to make a menu will help each student organize their weekly meals and it will allow for a fast, smooth shopping experience in the grocery store for all of the desired foods.
Objective	The students have already learned the basic rules and concepts that govern clean eating, and now they are to put those rules into practice. Using Bubbl.us, students will create a menu for one week of meals that follow the clean eating regimen and they will follow this menu for the week. The students will take pictures of each meal to create a visual food diary that will be turned in at the end of the week to ensure that all they consume are “clean” foods.

Standards

FACS.NW.2 2005- Food and Wellness Issues: Examine factors and issues that impact current and future health and wellness.

Materials

- Computer with internet connection (students will be in lab during one class period)
- Clean Eating Magazines (provided in class)

Procedure₁



1. Review rules for a clean eating diet
2. Walk the class through creating an account with Bubbl.us
3. Perform a quick tutorial of the application Bubbl.us
4. Students begin creating a menu for one weeks worth of meals using Bubbl.us
5. Students follow their menus strictly, taking pictures of each meal for documentation
6. At the end of the week

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http://www.google.com/imgres?q=orange&hl=en&biw=1160&bih=741&gbv=2&tbn=isch&tbnid=ieeGZpg8SsHcfM:&imgrefurl=http://www.dimensionsguide.com/orange-sizes/&docid=3EnDRlrGZm-_M&imgurl=http://www.dimensionsguide.com/wp-content/uploads/2009/11/Orange.jpg&w=600&h=600&ei=bDRWT8wFjO2CB82fhMQK&zoom=1&iact=hc&vpx=544&vpy=363&dur=633&hovh=178&hovw=191&tx=148&ty=108&sig=113937469338956528086&page=1&tbnh=158&tbnw=176&start=0&ndsp=15&ved=1t:429,r:7,s:0

	<p>students' turn in their food diary, with the corresponding pictures taken.</p> <ol style="list-style-type: none">7. Food Diaries are graded and returned to the students so they can gauge how well they followed a clean eating diet for one week.
<h2>Evaluation</h2>	<ul style="list-style-type: none">• Students can successfully create a menu strictly made up of clean foods using Bubbl.us. This application will help them to organize their ideas and create a final menu that is easily understood by all.• Students can follow that menu to practice a clean eating diet for one week