

EL/Civics Lesson Plan

Program Name Fostoria community schools
 Staff Responsible for Lesson Anitha Thomas

Date(s) Used	2/28/10
Civics Category	II. Civics Participation
Civics Objective	28. Nutrition Access resources for nutrition education and information related to the purchase and preparation of healthy food.
Time Frame to Complete Lesson	2 hours
EFL(s)	1-5
Standard(s)/Components of Performance	C3 and C4
Benchmark(s)	L1.4,2.4,3.4,4.4,5.4; S1.4,2.4,3.4,4.4,5.4; R1.4,2.4,3.4,4.4,5.4; W1.4,2.4,3.4,4.4,5.4
Materials	<p>Copies of food pyramid and food groups from USDA's MyPyramid.gov website. (printed and copied one for each student)</p> <p>Copies of menu from local schools, (We printed this from school cafeteria website) restaurants, and work place cafeterias.</p> <p>Computer with internet connection</p> <p>Handout</p>
Activities	<p>Write down the different food groups on the board. Have students list the names of food under each group. Ex: list the all the grains they are familiar with or use in everyday cooking. Discuss the serving size in comparison to portions. One piece of bread and 1/2 cup of cooked rice is one serving. Explain what calories means. Try to figure out the correct calorie requirement based on activity level. Write a personal menu using one of the sample menus following the nutritional guidelines.</p> <p>Follow up: write down the breakfast, lunch and dinner menu to check if they are meeting the nutritional guidelines.</p>
Assessment/ Evidence	Discussion participation, reading information and writing a menu.

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Reflection	By using menus from different institutions students were able to choose one which is best for them. Mothers chose school lunch menus to help their children make healthy food choices. Workers chose cafeteria menu and others used the restaurant menus. Very good interaction and discussion among students. Even the computer shy students had a good time with the interactive food pyramid. Some students wanted to make a tailor made meal plan using the My plan section on the website. It is a very good way to introduce creating documents using a computer. Overall a very helpful lesson.
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Common food and serving size

GRAINS:

1 slice of bread=1 serving
1 small bagel=1 serving
½ of large bagel=1 serving
½ cup cooked rice=1 serving
½ cup cooked pasta=1 serving
½ cup cooked oatmeal= 1 serving
1 small flour or corn tortilla =1 serving

FRUITS:

1 small apple =1 serving
1 small orange = 1 serving
1 small banana =1 serving
½ cup or 12-16 grapes = 1 serving
½ cup or 8 large strawberries =1 serving
½ cup melon pieces = 1 serving
½ cup pineapple pieces = 1 serving
1 4oz. can apple sauce or fruits = 1 serving

VEGETABLES:

½ cup salad = 1 serving
½ cup cooked vegetables = 1 serving
1 small potato = 1 serving
1 cup leafy vegetables = 1 serving

MILK/DAIRY:

1 cup (8oz.) Milk =1 serving
1 6 oz. container yogurt = 1 serving
1 slice (1oz.) cheese = 1 serving

MEAT/DRY BEANS/NUTS

1 small chicken breast/thigh or drumstick = 1 serving
1 small hamburger = 1 serving
3 small meat balls = 1 serving
1 small fish fillet = 1 serving
2 small eggs = 1 serving
1 cup cubed tofu= 1 serving
½ cooked beans or lentils= 1 serving
¼ cup nuts or 2 Table spoon peanut butter= 1 serving