



Healthy Eating

Grade Level: Foundational **Lesson Plan Timeframe:** 2-3 days **Topic:** Healthy Eating **State:** ID
Prepared By: Carolee Fogg Mordi **Chapter/School:** Middleton High School

Overview & Purpose Students will explore the purpose and benefits of healthy eating habits.	FCCLA National Program(s) Student Body
Programs of Study Teen Living Nutrition and Foods	

Lesson Plan Goals & Objectives (Specify skills/information that will be learned.)	Students will identify the benefits of healthy eating habits Students will explore the benefits of different types of food Students will establish a healthy eating plan
Materials Needed	<ul style="list-style-type: none"> • Paper • Pencil • Computer with internet
Introduction of Subject Anticipatory set (Give and/or demonstrate necessary information)	List off foods that are considered healthy and those that are considered not so healthy. Ask the students which they prefer to do. For example- fresh carrot sticks or French fries Discuss the fact that what you eat can have a direct impact on your health.

<p>Activity 1 (Describe the independent activity to reinforce this lesson)</p>	<p>Have students' select four foods that they enjoy on a regular basis and research what that food does for the body. Identify what type of food it is (carbohydrate, fat, fruit...); how many calories it contains; and what are the ramifications of eating it on your health.</p> <p>Present findings to the class and discuss. Have prepared a list of healthy food and their health benefits to give to the students. (A great website of healthy foods is http://www.whfoods.com/foodstoc.php)</p>
<p>Activity 2 (Describe the independent activity to reinforce this lesson)</p>	<p>Have students establish a list of foods they will add and those they will eliminate from their diet for the next two weeks. Have them set goals and form a plan. Instruct them that they are to keep a record of all foods that they eat for the next two weeks.</p>
<p>Activity 3 (Describe the independent activity to reinforce this lesson)</p>	<p>Extension - Have the class use the information that they researched to create a book on the benefits of healthy eating for the middle school.</p>
<p>Assessment</p>	<p>Class discussion Student presentations Diet records</p>
<p>Summary/Evaluation (Assign Homework, or Reflect on the Outcomes)</p>	<p>Have students write a page reflection on their two weeks of eating healthy. How did it go? Did they meet their goal? Do they notice any differences in days they ate well and days they didn't? What are their future plans for their diets?</p>
<p>Other Resources</p>	<p>www.nutristrategy.com/health.htm www.thecaloriecounter.com http://www.nutritiondata.com/tools/calories-burned</p>
<p>Additional Notes</p>	
<p>Source (If Applicable : cite any published or copyrighted materials used in this lesson plan)</p>	<p>National Spotlight Project</p>

By submitting this lesson plan you are giving FCCLA permission to publish your work.