

Content Area: Nutrition

Skill Chosen: Self-Management

List the skill cues from the rubric for the skill chosen:

- Demonstrate habits that contribute to health
- Identify healthy choices vs unhealthy choices and balancing food intake
- Identify strategies to avoid or manage unhealthy situations (i.e. tempting treats from the vending machine)

Teach the skill

- What makes a food healthy?
- Why is it important to eat healthy foods, especially fruits and vegetables?
- What makes a food unhealthy?
- Why is it important to eat unhealthy foods in moderation?

Play red light, yellow light, green light!

1. Drinking two Mountain Dews a day
2. Skipping breakfast
3. Eating fast food once a day
4. Eating fast food once a week
5. Eating an apple at lunch
6. Drinking Powerade instead of water
7. Eating Pop-Tarts for breakfast
8. Eating before going to bed
9. Eating French fries as a serving of vegetables
10. Incorporating two servings of fruit in a smoothie

This will show what students know, as well as what misconceptions they have about healthy and unhealthy foods.

Practice the Skill

Take a look at five different fast food menus and other restaurants in the area. Then, determine how to make five healthy options off the menus for breakfast, lunch, and dinner. Assess *what* makes the options chosen healthy.

Assess for the Skill

“Create your Meal” Assignment

Students are given three paper plates; one to represent breakfast, one to represent lunch, and one to represent dinner. Students need to draw the foods they would choose to fulfill the diet of (for example) a 2000 calorie diet. They will have access to <http://www.choosemyplate.gov>, and will correlate the servings on their plates with the colors on the plate.