

Title __Nutrition Mission “Menu Planning Lesson”

Curriculum Health

Grade Level Span _9-12_

Purpose: To make healthy eating decisions when eating/dining outside of the home.

Description: Students will be able to plan a menu for a day (three meals) based on restaurant selections.

Activities:

Preparation:

- Teacher discusses and reviews food pyramid requirements and dietary guidelines for Americans.
- Teacher discusses average daily calorie consumption based on 2,000-2,500 calorie recommendation.
- Teacher prepares websites links for student use.
- Handouts are prepared for student use “Planning a balanced diet”.

Curriculum
Standards

NETS for Students

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<p>Procedure:</p> <ol style="list-style-type: none"> 1. Food pyramid and dietary guidelines for Americans is reviewed as a class. 2. Students will base their menus on the 2,000-2,500 USDA calorie recommendation. 3. Each meal will require the following: <ol style="list-style-type: none"> a. One beverage b. Two-four foods 4. The daily menu will meet the following guidelines: <ol style="list-style-type: none"> a. Must stay within the caloric guidelines. b. Must fulfill the food pyramid/fat gram requirements. 5. Analyze and discuss advantages and disadvantages of widespread use and reliance on technology in the workplace and in society as a whole. For example, the server is down and you have to modify your lesson plan. 6. As a class, each student will access the www.olen.com in the computer lab. (class required menu website) 7. Once in the website students must access "food finder" Option which is where students will create their in-depth daily menu plan. 8. Upon completion of menu planning, students will calculate their selections and make changes to fulfill menu guidelines as stated above in procedure #4. 9. Students will meet in small groups and share their menu selections. 	<p>9-12 Individual & Community Health</p> <p>A</p> <p>A</p> <p>A</p> <p>A</p> <p></p> <p>A, B</p> <p>A</p>	<p></p> <p></p> <p></p> <p></p> <p>3</p> <p>1,4,5</p> <p>1,2,3,4,5,6,7,8,9</p> <p>1,2,3,4,5,6,7,8,9</p> <p>10</p>
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Tools and Resources

(List all Web sites, specific software and hardware needs)

Websites:

[www.olen.com](http://www olen.com)

<http://www.nutrition.gov/>

Other:

USDA Food Pyramid

Dietary Guidelines for Americans

Assessment

(How will you assess the students' learning? If you have a rubric, record it here. Be as specific as possible)

Planning a Balanced Diet

The following assessment requires you to plan out 3 meals from 3 separate restaurants.

Each meal must include: 1 beverage and 2-4 foods.

The menu must meet the following requirements: 1. Average calorie intake- 2000-2500 calories

2. Fulfill food pyramid requirements (6-11 grains, 2-4 fruits, 3-5 veggies, 2-3 meats, 2-3 dairy, fats and sugar sparingly)

3. Variety of food

4. Fat gram percent, less than 30% of total calories!

Meal	Item	Calories	Fat grams	Food Pyramid Category
Breakfast				
Lunch				
Supper				

Total Calories=_____

Fat grams_____

Met all requirements? Yes No

Authors (including contact information)

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(Have you taught this lesson sequence before? What are the great learning/experiences you had?)

Having taught this lesson, my students were very involved in making realistic selections from restaurants they frequent. Students were empowered to have control over their food selections. Requiring students to make changes to meet requirements was a challenge for students and opened their eyes to their decision-making on nutrition.

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