







Lesson 5: Knowing What You Eat

	<p>Skill Objectives</p>	<ul style="list-style-type: none"> • Practice reading nutritional information on menus and food labels. • Role play opportunities to make healthy fast food choices such as ordering smaller serving sizes and substituting salads for fries and grilled foods for fried foods. • Demonstrate the importance of accessing health information through a variety of credible health resources. • Practice refusal skills in dealing with unhealthy eating situations.
	<p>Big Idea</p>	<p>Knowing what you eat means understanding what is in the food you put inside your body and what choices you can make to ensure your body is able to grow, work properly, and stay healthy throughout your life. An important skill to develop in terms of knowing what you eat is to understand how to read nutrition information on food labels, and also where to look for this information when eating out.</p>
	<p>Discussion</p>	<p>How can you make more informed food choices?</p>
	<p>Engage</p>	<p>Activity: “May I Suggest” & “No, Thank You” Students work with a partner and act out some different dining scenarios. In each scenario, one person will be the person placing an order and the other will be the restaurant worker who is taking the order.</p>
	<p>Review & Reflect</p>	<p>Why is it important to be informed about what you eat?</p>
	<p>Grade-Level Differentiation</p>	<p>3rd Grade Help 3rd graders plan a balanced meal that follows government nutrition guidelines and examine nutrition labels. Students should be able to describe how healthy and unhealthy behaviors affect body systems and demonstrate refusal skills in dealing with unhealthy eating situations.</p> <p>4th Grade Challenge 4th graders to identify nutritional information on menus and food labels and determine appropriate portion sizes and health food choices when eating out, including at fast food restaurants. Ask them to gather data from a variety of credible sources to help make informed nutritional and physical activity choices and demonstrate refusal skills in dealing with unhealthy eating situations.</p> <p>5th Grade Make sure 5th graders know how to examine food labels and menus for nutritional content, calories, and serving sizes.</p>



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