



Educator guide: Nutrition lesson

Recommended for grades:

6th grade

Time:

12 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 3: Access valid and reliable resources to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this lesson students will be able to:

1. Describe at least three healthy behaviors (including one that specifically helps keep the mind healthy) they can do each day.
2. Describe two negative consequences of eating too many whoa foods.
3. Categorize foods from each food group into go, slow and whoa foods.
4. Locate three sources of valid health information.

Lesson description:

In this lesson students will learn about MyPlate and go, slow and whoa foods within each food group. They will also learn how to determine what makes something a valid source of nutrition information.



Pre and post-test questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. What are two possible consequences of eating too many whoa foods?
 - a. You'll have more energy and you'll need less sleep.
 - b. You'll feel tired and you may gain weight.**
 - c. You'll run faster and you'll lose weight
2. Which of these is an example of a go food?
 - a. Hash browns
 - b. Canned pears in light syrup
 - c. Skim milk**
3. Which of these is an example of a slow food?
 - a. Whole wheat bread
 - b. Orange juice**
 - c. Bacon
4. Which of these is an example of a whoa food?
 - a. White pasta
 - b. Fried chicken**
 - c. Eggs
5. Which of the following is a valid source of health information?
 - a. Choosemyplate.gov**
 - b. TV commercials
 - c. Friends

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Nutrition lesson. You may choose to use this list in any way that fits your needs.

- Calcium – a nutrient in food that is essential for growth and building strong bones and teeth
- Fiber – a nutrient that helps food move through the digestive system and helps you feel full
- Go foods – foods that contain lots of nutrients and are good to eat at any meal or snack
- Minerals – substances found in foods we eat that the body needs to work properly
- MyPlate – a tool created by the USDA that provides information about physical activity, the food groups and how much should be eaten from each food group each day
- Nutrients – substances in food that give the body energy and help it grow and develop properly
- Overweight – Weight that is higher than what is considered to be healthy for a given height
- Protein – a nutrient found in food that builds, maintains and repairs the tissues in the body
- Refined grains – grains that are not whole because they are missing one or more of their three key parts (bran, germ or endosperm)
- Serving size – the recommended portion of a food to be eaten
- Slow foods – foods that shouldn't be eaten every day, but aren't totally off limits
- Sweetened drinks – drinks that contain added sugar, such as lemonade, flavored milks, sports drinks, soda, etc.
- Vitamins – substances found in foods we eat that the body needs to work properly
- Whoa foods – foods that contain very little vitamins and minerals and should be limited to no more than once per week, or as a special treat
- Whole grains – grains that contain 100% of the original kernel (all of the bran, germ and endosperm)

Nutrition worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Nutrition lesson.

1. What are nutrients?

2. What are three questions you can ask to help determine if a source of information is valid?

a. _____

b. _____

c. _____

3. What is the United States Department of Agriculture's website that contains information on food groups and physical activity?



4. List the five food groups that make up MyPlate and one fact or recommendation for each food group.

a. _____

b. _____

c. _____

d. _____

e. _____

5. What are two slow foods from the vegetables group?

a. _____

b. _____

6. What are two go foods from the fruits group?

a. _____

b. _____

7. What are two whoa foods from the proteins group?

a. _____

b. _____



8. What are two go foods from the grains group?

a. _____

b. _____

9. What are two whoa foods from the dairy group?

a. _____

b. _____

10. What are three ways to make healthy snacking easier?

a. _____

b. _____

c. _____



Nutrition worksheet answer key

1. What are nutrients? Nutrients are substances in food that give the body energy and help it grow and develop properly.

2. What are three questions you can ask to help determine if a source of information is valid?

- a. Who wrote it?
- b. Is the information up to date?
- c. What is the intent?

3. What is the United States Department of Agriculture's website that contains information on food groups and physical activity? [choosemyplate.gov](https://www.choosemyplate.gov)

4. List the five food groups that make up MyPlate and one fact or recommendation for each food group.

- a. Vegetables – facts or recommendations will vary
- b. Fruits – facts or recommendations will vary
- c. Grains – facts or recommendations will vary
- d. Proteins – facts or recommendations will vary
- e. Dairy – facts or recommendations will vary

5. What are two starchy foods from the vegetables group? Answers could include any starchy vegetables like potatoes, peas or corn.

6. What are two go foods from the fruits group? Answers could include any fresh, frozen or canned fruit without added sugar.

7. What are two whoa foods from the proteins group? Answers could include any protein food that is fried, such as chicken nuggets or fried fish, or hot dogs and sausages.



8. What are two go foods from the grains group? Answers could include 100% whole grain bread or pasta, brown rice, or high fiber, unsweetened cereals.

9. What are two whoa foods from the dairy group? Answers could include whole milk, ice cream, processed cheese spreads or flavored milk.

10. What are three ways to make healthy snacking easier? Answers could include any of the following:

- Prepare healthy snacks in advance.
- Keep healthy snacks with you.
- Read serving size information.
- Make it fun!

Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Nutrition and physical activity resources for parents, caregivers and educators

- American Heart Association, [heart.org](https://www.heart.org)
- Centers for Disease Control and Prevention (CDC), [cdc.gov](https://www.cdc.gov)
- Children's Wisconsin, [childrenswi.org](https://www.childrenswi.org)
- KidsHealth, kidshealth.org
- Mental Health America, [mhanational.org](https://www.mhanational.org)
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://www.nimh.nih.gov)
- Society of Clinical Child & Adolescent Psychology, [effectivechildtherapy.org](https://www.effectivechildtherapy.org)
- U.S. Department of Agriculture (USDA), [myplate.gov](https://www.myplate.gov)
- Wisconsin Department of Public Instruction Student Services/Prevention and Wellness, dpi.wi.gov/sspw



Transcript

Slide 1

Sofia: In this lesson you will learn how to make healthy choices with the foods and drinks that you consume, and how to find valid sources of nutrition information, like MyPlate and nutrition facts labels.

Jack: You'll also learn about the consequences of unhealthy eating. Open the worksheet and either save it or print it. Complete this worksheet as you move through this lesson.

Slide 2

People may eat for many different reasons. They may eat because they're hungry, bored, sad, or they simply like how the food tastes! But we really need to think of food as the fuel our body needs to get through the day. Think of all the different things you do each day! School, sports, music, hanging out with friends. The list goes on and on. Your body needs energy to do all those things, and that energy comes from the foods you eat. Different foods have different nutrients in them, and some foods are going to fuel your body better than others. Nutrients are substances in food that give the body energy and help it grow and develop properly. But, it's not always easy to figure out if a food is healthy or not.

Slide 3

It's important to know how to find valid, or accurate, sources of information when it comes to the foods we eat. Information on the nutritional value of food can be found on the internet, on TV, in the grocery store, in the doctor's office, from friend, and many other places. Not all of these are valid sources of information though. We need to think about who is giving us the information, whether or not the information is up to date and what the intent of the information is. Are they just trying to sell us a box of cereal, or do they really care about our health?

Slide 4

One valid source of nutrition information is choosemyplate.gov. This is the United States Department of Agriculture's website, and you can find lots of great information there. You can learn all about MyPlate and the different food groups. You can even learn how much food from each food group someone your age needs!

Slide 5

Let's take a quick look at the five food groups included in MyPlate. Click on each part of MyPlate to learn a little bit about each food group.

Vegetables: Vegetables is the largest section on the plate, meaning we should eat the most from this food group each day! Vegetables contain lots of fiber and many of the vitamins and minerals our bodies need. Think variety and eat lots of different colored vegetables like broccoli, spinach, carrots, sweet potatoes, red peppers, cauliflower and more!

Fruits: Fruits contain lots of vitamins, minerals and fiber. Whole fruit is the best choice. Fruit juices tend to have more sugar and not as much fiber so they don't fill you up as well. Mix up your colors with fruits each day too! Try apples, bananas, oranges, berries or kiwi!

Grains: Whole grains, like whole wheat bread, whole wheat pasta, oatmeal and brown rice are the best when it comes to this group. They are more nutritious and have lots of fiber that can help you feel full longer. Refined grains, like white bread, white pasta and white rice have been processed, which removes vitamins, minerals and fiber. Try to choose whole grains at least half of the time.

Protein: Foods high in protein help build, maintain and repair the tissues in your body. These foods include meats, beans, eggs, nuts and seeds. When eating meats, choose lean or low-fat options, and try to limit deli meats and other processed meats that are high in sodium.

Dairy: Dairy products are rich in calcium, and include milk, yogurt and cheese. Calcium is essential for growth and building strong bones and teeth. Choose fat-free or low-fat dairy products most of the time.



Slide 6

Each of these food groups contains go, slow and whoa foods. Go foods are foods that are good to eat at any snack or meal. They have lots of nutrients in them. Slow foods are sometimes foods. They're not off-limits, but they shouldn't be eaten every day. At most, eat them a few times a week. And whoa foods are the foods that you should limit and eat just as a special treat. These foods contain few vitamins and minerals, and often contain more fat or sugar than your body needs. Eat these foods no more than once per week.

Slide 7

Let's take a look at each food group and an example of a go, slow and whoa food from each group. Drag each food to either the Go, slow, or whoa shopping bag. It's ok if you're not sure. Just take your best guess.

Great job! All fresh, frozen and canned vegetables without added fat are considered go foods. Starchy vegetables like potatoes, peas and corn are slow foods and any vegetable fried in oil such as French fries, hash browns and fried eggplant are whoa foods.

Slide 8

Now let's look at fruits. Drag each food to the correct shopping bag.

Great job! All fresh, frozen and canned fruits without added sugar are considered go foods. 100% fruit juice and canned fruits in light syrup are slow foods. And any fruits with lots of extra sugar added to them are whoa foods.

Slide 9

Next let's look at proteins. Drag each food to the correct shopping bag.

Nice work! Examples of go foods include: 95% extra-lean ground beef, fish, eggs, beans and peanut butter. Examples of slow foods include: 85% lean ground beef, ham, and chicken or turkey with skin. Whoa foods are any that are fried, plus hot dogs and sausages.



Slide 10

Now let's look at grains. Drag each food to the correct shopping bag.

Good job! Go foods in this group include: 100% whole grain bread or pasta, brown rice and high fiber, unsweetened cereals. Slow foods would include: white bread or pasta, waffles, granola and pancakes. Whoa foods would include sweetened breakfast cereals, ramen noodles, biscuits and cinnamon rolls.

Slide 11

Last, but not least, let's look at the dairy group. Drag each food to the correct shopping bag.

Great job! Go foods in this group include: skim and 1% milk, light yogurt and cottage cheese. Slow foods would include cream cheese and 2% milk. Whoa foods include whole milk, ice cream, processed cheese spreads and flavored milk.

Now remember, you don't have to avoid all the slow and whoa foods, but make sure you limit them and eat mostly go foods throughout your day. There are a lot of different foods in each group and we didn't cover them all. If you're unsure whether a food is a go, slow or whoa food, you can always go to [choosemyplate.gov](https://www.choosemyplate.gov), or ask an adult for help.

Slide 12

Sofia: Even when you're taking the time to eat three meals each day, you're probably getting hungry in between meals too. Healthy snacks can keep your energy level up and your mind alert throughout the day.

Jack: But, that doesn't mean eating a bunch of french fries, or a candy bar and soda each day! To keep energy levels up and avoid unwanted weight gain, aim to stick with go foods as your main source of snacks. Whole fruits or vegetables are a great choice.

Sofia: Pair that with a fat free dairy product or a nut butter and you'll be making a great snack choice!



Slide 13

Here are some easy ways to make healthy snacking an easy part of your day.

Prepare healthy snacks in advance. Make your own healthy trail mix with foods you like. Keep fresh fruit and vegetables washed and ready to go at home. That way, when you're ready to go, your snacks are ready too!

Keep healthy snacks with you. Make a habit of keeping a healthy snack in your back pack or sports bag. This could include: whole grain crackers or cereal, baby carrots, a banana or nuts.

Read serving size information. Always make sure to look at the nutrition facts label on packaged foods. What looks like a small package can contain two or more servings.

Make it fun and interesting! Snacking doesn't have to mean boring foods. Try some whole grain chips or pretzels with hummus or your favorite salsa. Make your own yogurt parfait with light yogurt and your favorite fresh fruits. Or, make a smoothie using spinach and frozen fruit.

Slide 14

Sofia: Eating too many whoa foods probably means a person isn't getting all the nutrients that their body needs. It can cause a person to feel tired and crummy. It can also lead to a person becoming overweight.

Jack: A lot of people think that being overweight just has to do with how a person looks, but being overweight is actually a medical concern because it can seriously affect a person's health.

Sofia: There are lots of people that can help you out when it comes to nutrition! Just remember to get your information from valid, reliable sources. While I'm sure your friends are great, they're probably not the best source when it comes to your health.



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