

CLC Group project

WebQuest Description: Healthy choices for children

Grade Level: 6-8

Curriculum: Health / PE

Keywords:

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WebQuest URL: <http://zunal.com/webquest.php?w=119866>

Introduction

Gross!

Nasty! Eww! Yuck! These are just a few of the words kids sometimes use to describe healthy foods. Therefore, this makes it hard to for kids to make the right choice when they want a snack or at dinnertime. However, they need these foods to make a balance meal, to keep them strong and growing. Eating habits are mostly learned behaviors watching what your children eat at home and in school will help carry on into their adulthood. This will help guide your children into deciding what is a healthy choice?

Tasks

Lesson 1: This lesson will take two days to complete as students are working in groups on day one to determine healthy eating habits at home, and when eating out. Day two students will research restaurant health information and present healthy choices that can be made when eating out at their assigned restaurant. Day 1: Whole Class Discussion: Have students share what they had for dinner the previous night. Discuss which food group each food falls under. What does each group contain? What do we need to most of? What problems do people run into when choosing what to eat? Activity: Hand out the Where's the Fat worksheet. Divide students into groups to complete worksheet. Explain that although students may not determine where they go out to eat, they can still make healthy choices when eating out. When finished have students make their own MyPyramid Plan by visiting the website and entering the appropriate information. Have students print out their own worksheet when finished. Day 2: Review: Review with students what they discussed previously. What are some problems people have when choosing what to eat? How can we make healthy choices? Activity: Brainstorm restaurants as a class and assign a specific restaurant to each group. Many restaurants have their nutritional information posted online. Have students return to their groups from the previous lesson. Students will research their restaurant and look up the nutrition facts for their restaurant. Students will then prepare a presentation to the class discussing what healthy choices could be made at their restaurant. Final Lesson Review: Review with students the importance of making healthy choice when dining in or out. Encourage students to share information with their friends and family. Answer any questions students may still have regarding nutrition information or the MyPyramid Plan.

Process

Lesson 2: This Lesson series will take approximately 3 class periods to complete. The lesson will include watching a video, playing a video game, working on a website, completing a group activity worksheet, and participating in a group taste test. Day 1: Information Review: What does the term "Serving Size" on the labels mean? Where do you find the "calorie" count on a label? What foods are in the milk category? How do you read a food label? Activity: Watch Food Pyramid Video. Group Activity -- Taste Test. Break the class into four groups, in a blind taste test each student will taste a sample of fat-free, 1%, 2%, and whole milk. Have each student describe each of the four milks, rate each one, and each group track their results. Review the results with the class along with the differences in the milk products. Day 2: Information Review: Pint and review the 10 Tips worksheet with the class. Activity: Play video game. Group Activity -- What's on the label/What's the score worksheets. Break the class into the same four groups, have the groups review "what's on the label" worksheet. Once they have reviewed the worksheet have them complete the "what's the score" worksheet. Once completed have the groups present their information with the class. Day 3: Information Review: What have we learned? Activity: Use the My Food Amedia website -- have the students pick 15 of their favorite foods, plug those foods into the website and record the information, once everyone is done the class will review the information. Discuss the results. Review with the class on all of the information they have learned studying healthy foods.

Evaluation

1

2

3

4

TOTAL

Spelling

4
or more spelling mistakes.

4
or more spelling mistakes.

1
spelling mistake.

No
spelling mistakes.

Grammar

Major
grammar mistakes

Few grammar mistakes

1 to 2 grammar mistakes

No
grammar mistakes

Example

Did
not use any examples from research

Used
1 example from research.

Used
2 examples from research.

Used
3 or more examples from research.

Answered
the questions

Summary
did not answer all the questions and had little to no expansion..

Summary
answered all questions, but lacked expansion.

Summary
answered all questions, with some expansion.

All
questions were answered with good expansion.

Completion
of food journal work sheet

Did
not complete.

Completed
summary.

TOTAL
POINTS: _____

 Worksheet

0

10

TOTAL

Completion of Worksheet

Did
not complete worksheet.

Completed
worksheet.

 Worksheet

0

10

TOTAL

Game participation

Did
not complete participation

Did
participation.

Category and Score	1	2	3	4	Score
Spelling	4 or more spelling mistakes	4 or more spelling mistakes	1 spelling mistake	No spelling mistakes	
Grammar	Major grammar mistakes	Few grammar mistakes	1 to 2 grammar mistakes	No grammar mistakes	

Category and Score	1	2	3	4	Score
Example	Did not use any examples from lesson	Used 1 example from lesson	Used 2 examples from lesson	Used 3 or more examples from lesson	
Completion of food journal worksheet	Did not complete			Did complete	
				Total Score	

Conclusion

Over the past couple weeks we have learned how and why to make better food choices. Learning how to read food labels, count calories, read a food pyramid and understand why we should make healthy food choices. Eat to live do not live to eat, the choices we make as children will carry into our adulthood if we take the time to exercise and make the good food choices now we are preparing our bodies for a lifetime of health!

Teacher Page

Objectives to be learned from this project are: Reviewing the content of MyPyramid for Kids, identifying food groups and important messages relating to each food group. Explore the concept of choosing the healthier foods from each group and discuss examples from all the food groups. Developing the ability to make the right choices when selecting breakfast, snack, lunch, and dinner. Recognizing that healthy foods taste great as well as being good for you. Student Skills Developed: Analysis and recordkeeping. Using viewing skills and strategies to understand and interpret visual media. Reading and interpreting data from charts. Recording data. Thinking skills.

Standards

Credits

Other