

LESSON OUTLINE

RETURNING STUDENTS

REVIEW OF VOLUME 1

Lesson #1: **Feed Your Engine Proteins, Fats and Carbohydrates**

Objective: Students who received GrowingGreat lessons in previous school year review concepts learned and play an interactive Review Game to reinforce concepts.

Classroom Lesson Outline:

1. Introduction 2 minutes

2. Review 13 minutes

- a. High-quality proteins, fats and carbohydrates are the fuels our bodies need to perform at its best
- b. High-quality foods are whole, close to the source, minimally processed with few added ingredients
- c. Nutrition Facts Label and Ingredient List can be used to determine the quality of your packaged food.
- d. High-quality breakfast – the most important meal of the day
- e. Our bodies give us signals to help us determine when to start eating and when to stop

3. Review Game 15 minutes

4. Optional Food Sample 5 minutes



Recommended Reading

(For 4th and 5th grade docents)

- Volume 1 lesson review

(For all new docents)

- Meat, vegetable and dairy proteins
- Vegetable and fruit, grain carbohydrates
- Beneficial fats by Linda Prout, MS

SCRIPT

Lesson #1:

Returning Students Review of Volume I and Challenge Game

Introduction

Hi, my name is _____ and I will be your GrowingGreat Docent this year.

I will be teaching you a lot of great information in a short amount of time so I really need your cooperation.



Docent Note: Review with students your expectations of their behavior

Last year in GG we learned a lot about making healthy food choices. We learned:

1. High-quality Proteins, Fats and Carbohydrates (P, F, Cs for short) are the fuels our body needs to perform at its best.
2. Foods that are whole, close to the source, minimally processed with the fewest added ingredients are the best foods to fuel our bodies.
3. How to investigate what is in packaged food by looking at the Ingredient List and Nutrition Facts Label.
4. Eating a HQ breakfast will help us perform and feel our best throughout the day.
5. Lastly we learned to listen to our body's signals and eat when we are hungry and stop eating when we feel full.

This year I will be teaching you new, exciting nutrition lessons.

Today's lesson is a review of what you learned last year in GrowingGreat. We will start by doing a quick review of some of the important points covered last year and then we'll see how much you remember when we play GrowingGreat Review Challenge.



Docent Note: This should be very interactive. Try and get the kids involved and talking but keep them on topic. Call on 2-3 kids when multiple answers are needed. After about 15 minutes move onto the Game even if you haven't covered the whole review.

Last year we learned how our bodies have similar needs to cars. The car needs only one type of fuel to run but our bodies need a combination of three types of fuels to help it perform at its best.

Question: Can anyone name the three fuels our bodies need? (Use the term PFC if they need help)

Answer: Proteins, Fats and Carbohydrates.

Question: Proteins help our muscles and tissues grow and are called our "Grow" foods. There are different types of proteins – animal, vegetable and dairy. Can anyone name a high-quality protein?

Answer: Animal protein (fresh fish, chicken, beef, pork or eggs) vegetable protein (beans, peas, lentils, tofu, nuts and seeds) and Dairy Protein (cheese, yogurt and milk).

Question: Beneficial fats help us think and perform at our best. Fats are our “Brain” foods. Can anyone name a high-quality food that contains beneficial fat?

Answer: We learned that not all fat is bad for you and that fats which help you are called beneficial fats. Examples are butter, avocado, olive oil, nuts and seeds, and some fish like salmon.

Question: Carbohydrates are our “Go” foods because they give us quick and long lasting energy. Can someone name a high-quality carbohydrate?

Answer: We learned about different types of carbohydrates: Whole grains (breads, cereals, crackers, rice and pasta made with whole grains such as wheat or rice) and whole fruits and vegetables.

Just like cars we can't put any fuel in our bodies and expect it to run smoothly. We need to put in the right fuel that our bodies need. In order for our bodies to perform at its best we need to make sure the fuel we put in it is High Quality.

Question: Does anyone remember what **three** things make a food higher quality?

Answer: 1.) whole, 2.) closest to the source, 3.) minimally processed with fewer added ingredients.

Whole, close to the source foods look like they did when they came from nature. Apples are an example of a high-quality food. An apple is whole, close to the source (the tree) and is unprocessed (hasn't been changed).

Question: Apples can be processed and made into many different foods. Can anyone name some foods that come from apples that are minimally processed?

Answer: Apple sauce and apple juice without added sugars. These foods are all minimally processed and don't have a lot of added ingredients and can still be high-quality foods.

Question: A food that has been highly processed is one that has been changed from its original state and has a lot of added ingredients. Can you name a food that is highly processed that comes from the source of strawberries?

Answer: Fruit chews, strawberry flavored drinks and sodas, breakfast bars.....

Question: Where should you look if you want to know what ingredients are in packaged foods?

Answer: The Ingredient List.

The ingredient list is where you find exactly what the manufacturer put in the food. The fewer ingredients listed on the label the better. Fewer ingredients means it is less processed and closer to the source. You should also be able to recognize the ingredients listed.

Question: Where do we find out the nutritional value of packaged food?

Answer: Nutrition Facts Label.

Question: Can anyone tell me what information you will find on the Nutrition Facts Label.

Answer: Serving size, grams of PFC's, the amount of fiber and added sugars in the food.

By using the Nutrition Facts Label and Ingredient list we can determine if a packaged food is a High Quality or Low Quality food choice.

We also learned last year that breakfast is the most important meal of the day.

Question: Can anyone tell me why breakfast is so important?

Answer: 1. Breakfast feeds the brain so you can perform better in school 2. Gives you energy
3. Can put you in a better mood.

Question: Can anyone tell me what a high-quality breakfast might include?

Answer: Accept any high-quality PFC. We want to make sure we include something from each fuel group. Some protein (grow food), carbohydrate (go food) and some HQ fats (brain food).

Question: Why would a high sugar cereal be a poor choice for breakfast on a school day?

Answer: You will run out of energy very quickly without the HQ PFC's.

In the last lesson of the year we learned to listen to our bodies signals when eating. We looked at the scale of 1-4. 1 being absolutely famished, 2 being hungry, 3 was feeling satisfied and 4 was ill/exploding.

Question: Using the scale does anyone remember when we should start eating? (Famished, hungry, satisfied or ill/exploding)?

Answer: When we are hungry. If we wait too long and eat after we are absolutely famished we might eat too fast and eat too much food.

Question: Can anyone name some signals our bodies give us when we are hungry?

Answer: Thinking about food, stomach rumbling, mouth watering. If we wait too long we might have a headache, stomach pains, shaky, irritable and can't concentrate.

Question: Can anyone name some signals our bodies give us when we have eaten too much food?

Answer: Bloating/stretched out, sick to your stomach, uncomfortable and tired. We should stop before we eat too much to avoid feeling this way. We need to stop eating when we feel satisfied which is when we feel energized, happy and ready to go.

We all need to remember to START eating when we are hungry and STOP when we are satisfied.

That was our quick review of last year's lessons. Now I am going to test your Nutrition IQ by playing the GrowingGreat Review Challenge Game.



Docent note: Use the instructions to set up your game on the white board, use the question and answer one-sheet, have fun.



Docent note: Show the Grill Me take-home flyer. Encourage students to share it with their parents.

GrowingGreat Review Challenge Game

INSTRUCTIONS

Set up game on white board

- Place review game category labels in a line on board, preferably in order of the answer sheet.
- Number under each category the point range 1, 2, 3, 4, 5.
- Erase the number under the appropriate category when it is answered correctly and the team earns that point amount.

Set up class

- Divide the students into groups (of approx. 5-6 kids each).
- Designate one student in each group to keep score during the game.
- Instruct students they will work together as a group.
- Docent calls on a group; they select their point level question – the higher the points, the harder the question.
- Using the question and answer sheet, docent gives group a question. The goal is to work together to come up with one answer to present as a group. The group has 10 seconds to come up with an answer or the next group gets a chance to answer.
- If the answer is correct that group is awarded points based on the point level of the question. If incorrect, the group gets one more chance to answer, but the second time it's only worth half the points. (So if it was a 5 point question you will only get 2-1/2 points).
- If the question isn't answered correctly after 2 tries it goes back up on the board.
- After a group is finished with one question it's the next team's turn.
- Play the game until all the questions have been answered or you run out of time.
- At the end of the game, the team with the most points wins. (However, emphasize that everyone did a great job!)

Lesson #1:

GrowingGreat Review Challenge Game Questions from Volume I



Docent Note: Please feel free to give bonus points for clever answers or if more (correct) information is given than asked for.

Warning Lights (Signals)

- Q.** Name 2 signals your body gives you when you're hungry.
A. Mouth watering, stomach growling, headache, empty, shaky, can't concentrate.....
- Q.** Name 3 signals your body gives you when you have eaten too much.
A. Bloating, nauseated, tired, uncomfortable.....
- Q.** When should you START eating and when should you STOP?
A. Start when you feel hungry, not famished, and stop when you feel satisfied not too full.
- Q.** What is a clue that your body will give you if you are allergic to a food?
A. Rashes, stuffy nose, headache, nausea or stomach ache, diarrhea/vomiting or trouble breathing.
- Q.** What food should you avoid if you are lactose intolerant?
A. Milk or Dairy foods.

Breakfast

- Q.** T or F: A candy bar is a good substitute to hold you over until lunch if you don't have time to eat a real breakfast.
A. F – A candy bar is a LQ choice with added sugar and no HQ PFCs!
- Q.** What can happen if you skip breakfast before school?
A. Hard to concentrate in school, no energy, feel cranky, feel tired.
- Q.** Name 2 reasons why you should eat breakfast.
A. Feeds the brain, gives you energy and can put you in a better mood.
- Q.** Name a HQ protein you might eat for breakfast?
A. Cottage cheese, cheese, eggs, beans or breakfast meats (ham or sausage).
- Q.** Name a HQ breakfast and be sure to include something from each fuel group.
A. Anything that includes HQ PFC's.

Food Investigators (Label Reading)

- Q.** Where do you find exactly what ingredients are in your food?
A. Ingredient List

2. **Q.** Where would you find how many grams of Carbohydrates are in your food?
A. Nutrition Facts Label
3. **Q.** How many grams of fiber do you want to see in your breakfast cereal?
A. 3 grams or more
4. **Q.** Name 2 added sugars you might see on an Ingredient List?
A. sugar, high fructose corn syrup, juice, juice concentrate and anything that ends in....ose..
5. **Q.** What are 2 clues on an Ingredient List that will tell you it might be highly processed?
A. a - Long list of ingredients; b - words you don't recognize.

PFCs

1. **Q.** What are the 3 fuels our bodies need to perform at it's best.
A. Proteins, fats and carbohydrates
2. **Q.** Which fuel is considered our "Grow" foods?
A. Proteins. They help our muscles and tissues grow
3. **Q.** Name 2 high-quality "Go" foods.
A. Accept any high-quality carbohydrate foods.
4. **Q.** Chicken, fish and beef belong to what fuel group?
A. Protein (animal)
5. **Q.** A turkey sandwich with avocado on whole grain bread contains what fuel group(s)?
A. All of them. Turkey -P, bread- C and Avocado -F

High Quality Foods (HQ Fuels)

1. **Q.** A salad with whole, fresh vegetables is a HQ or LQ food choice?
A. High Quality
2. **Q.** List 3 things that make a food HQ.
A. Whole, close to the source, unprocessed with few added ingredients.
3. **Q.** Name 1 HQ and 1 LQ food that come from the source of apples.
A. a - unsweetend applesauce or juice; b - anything highly processed with a lot of ingredients (breakfast bars, cereals, fruit chews, flavored drinks)
4. **Q.** Why do we want to choose HQ foods to fuel our bodies?
A. Unprocessed foods retain more nutrients (vitamins and minerals) and we need those nutrients to feed our cells to keep us healthy and strong.

5. **Q.** Change this to a HQ sandwich: Bologna on white bread with American cheese.
A. Any fresh meat (turkey, roast beef or chicken) on whole grain bread, real cheese (cheddar, jack, etc.) and fresh veggies.

Miscellaneous

1. **Q.** GrowingGreat teaches you about?
A. Nutrition, making healthy food choices
2. **Q.** T or F – You should always avoid low-quality foods.
A. F – But you want to choose higher-quality foods more often than lower-quality foods
3. **Q.** Why do you think it is important to make healthier food choices?
A. Accept appropriate answer.
4. **Q.** What are 2 things you learned in GG last year?
A. Accept anything they were taught.
5. **Q.** Name 2 HQ foods you can choose from the cafeteria.
A. Accept any HQ food.