



Dear Teacher:

GrowingGreat Lesson #2

Today’s lesson is “Feed Your Engine High-quality Fuels.” Your GrowingGreat Docent will lead students through an interactive lesson designed to show them how to identify higher-quality foods which are whole, closest to the source and minimally processed. All students will receive a “Grill Me About...” handout to take home to their parents or it will be sent home via email.

Your packet includes:

- An **outline** of the lesson for you to follow
- A “Feed Your Engine High-Quality Fuels” **optional crossword puzzle** you may offer to the kids as extra credit. This activity is designed to reinforce what the kids learned today and to get the whole family involved in making higher-quality choices.
- A **survey** for your feedback, which you can return to _____

We hope you and your students enjoy the lesson. Thank you!

Sincerely,

Crossword Puzzle Answers –

Across: 3. organic, 5. fuel, 6. low quality, 7. unprocessed, 8. nutritional value, 9. GrowingGreat, 10. processed, 11. carbohydrate; Down: 1. high quality, 2. protein, 4. close to the source, 5. fat

LESSON OUTLINE

Lesson #2: Feed Your Engine High-quality Fuel

Lesson Objective: Students will be able to identify the difference between a nutrient-rich, high-quality food and a highly-processed, lower-quality food.

Classroom Lesson Outline:

1. Introduction 6 minutes

- a. Similarities between cars and people
- b. Interactive project: race car performance

2. Concept: Higher-quality foods help us perform at our best 15 minutes

- a. Higher-quality foods are whole, minimally processed and close to the source
- b. Interactive project: Food progression from whole, close to the source to highly processed
 - i. Apple, applesauce, apple juice, Apple Os cereal

3. Review 6 minutes

4. Optional Food Sample 8 minutes



Recommended Reading

“Phony Foods” by Carrie Demers, MD

California State Standards met by grade

3rd grade:

Investigation and experimentation

Scientific progress is made by asking meaningful questions and conducting careful investigations.

As a basis for understanding this concept and addressing the content in the other three strands, students should develop their own questions and perform investigations. Students will:

- Collect data in an investigation and analyze those data to develop a logical conclusion.

4th grade:

Life Sciences

All organisms need energy and matter to live and grow. As a basis for understanding this concept:

- Students know plants are the primary source of matter and energy entering most food chains.

5th grade

Life Sciences

Plants and animals have structures for respiration, digestion, waste disposal, and transport of materials. As a basis for understanding this concept:

- Students know plant and animal cells break down sugar to obtain energy, a process resulting in carbon dioxide (CO₂) and water (respiration).

Feed Your Engine High-quality Fuels

Across

3. foods and animals grown without using chemical fertilizers, sprays, pesticides, hormones & antibiotics
5. food is our body's _____
6. least preferable food sources to fuel your body
7. foods that are unchanged from their original state and keep their full nutritional value
8. the amount of nutrients (vitamins and minerals) that feed our cells available in the food
9. provides garden and nutrition education programs
10. foods that are changed from their original state and are stripped of much of their nutritional value
11. a fuel type that give you energy and affects your moods

Down

1. best food sources to fuel your body
2. a fuel type that forms organs, nerves, tissue and strengthens your immune system
4. a whole food that is fresh from the farm and still in it's original state is said to be _____
5. a fuel type that lubricates your joints and affects your brain and hormones

Word Bank

carbohydrate, close to the source, fat, fuel, GrowingGreat, high quality, low quality, nutritional value, organic, processed, protein, unprocessed

The crossword puzzle grid consists of 11 numbered starting points for clues:

- 1: Down, 10 letters
- 2: Down, 3 letters
- 3: Across, 6 letters
- 4: Down, 5 letters
- 5: Across, 4 letters
- 6: Across, 12 letters
- 7: Across, 10 letters
- 8: Across, 15 letters
- 9: Across, 12 letters
- 10: Across, 8 letters
- 11: Across, 12 letters