



**Dear Teacher:**

GrowingGreat Lesson #2

Today’s lesson is “Fuel Up With Whole Foods, Close to Their Source.” Your GrowingGreat Docent will lead students through an interactive lesson designed to show them how to identify higher-quality foods which are minimally processed and close to their source. 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 copy of the “**Is this Food Whole, and Closest to its Original Source?**” an optional activity you may offer to the kids as extra credit. This activity is designed to reinforce what the students learned today and to encourage getting the whole family to choose higher-quality foods.
- A **survey** for your feedback, which you can return to \_\_\_\_\_  
\_\_\_\_\_

We hope you and your students enjoy this lesson.

Sincerely,

# LESSON OUTLINE

## Lesson #2: **Fuel Up With Whole Foods, Close to Their Source**

### Lesson Objective

Students learn to identify whole foods that are close to their original source and are minimally processed.

### Classroom Lesson Outline

#### **1. Introduction** 8 minutes

- a. Review of proteins, fats and carbohydrates
- b. What does a higher quality gasoline do for a car

#### **2. Key concepts learned** 8 minutes

- a. Identify whole food, close to its original source (high quality) and processed food (low quality)
- b. Characteristics of high-quality foods are
  - i. Whole, closest to their original source
  - ii. Minimally processed
  - iii. Fewer added ingredients

#### **3. Class activity** 8 minutes

- a. Identify sources of foods
- b. Identify foods that are minimally processed
- c. Compare and contrast food labels to make an informed, higher-quality choice.

#### **4. Optional Food Sample** 6 minutes



### Recommended Reading

**The Whole Foods Diet**, by Elaine Magee, MPH, RD WebMD

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### **California Nutrition Competencies**

1. Know and apply the Food Guide Pyramid, recommended daily number of servings, serving sizes, and nutrient types and functions.
2. Understand and practice making healthy food choices including planning and preparing snacks and meals, assessing personal needs, and applying strategies to reach personal nutrition goals

# IS THIS FOOD WHOLE AND CLOSEST TO ITS ORIGINAL SOURCE?

LABEL  
→

INGREDIENTS  
→



**FRUIT FLAVORED SNACK**  
**FOOTLONG**  
**FRUIT**  
**WATERMELON**  
NATURALLY & ARTIFICIALLY FLAVORED

**Nutrition Facts**  
Serving Size 1 roll (21g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Sugars 9g	
<b>Protein</b> 0g	
Vitamin C	10%

Not a significant source of dietary fiber, vitamin A, calcium and iron.  
\*Percent Daily Values are based on a 2,000 calorie diet.

Carbohydrate Choices: 1

Read the label for this food.

What type of fruit is pictured and listed as the type used in this food?

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What is written on the label that might make you think this is a healthy food?

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Read the ingredients for this food.

Is watermelon listed in the ingredients? \_\_\_\_\_

Is this food close to its source? Why or why not?

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