



Nutrition

What should we be eating? Did you know humans are omnivores? That means we can eat apples to zebras, technically if it is edible. However, as we know not all foods are equal. A piece of candy would not provide your body with the same nutrition as a piece of broccoli. Knowing nutrition is knowing science. The goal is to understand food groups and a balanced diet. An understanding of calories, fat, carbohydrates, fiber, sugar, and vitamins empowers young people to make good food choices.

Vocabulary

Calories: Calories are ENERGY that fuel our bodies; much like gasoline fuels our cars.

Food Pyramid: a nutritional diagram in the shape of a pyramid, especially (in the US) the Food Guide Pyramid.

Portions: a part of a whole; an amount, section, or piece of something.

Sodium: Sodium is a mineral and one of the chemical elements found in salt.

Proteins: Build tissues and repairs body cells.

Organic: Foods grown without pesticides, additives or other chemicals.

We see food labels every day on the packaging of the food we buy. They're free to collect and full of great STEM information, including math and chemistry. Food labels can be a great resource for teaching about calories and serving size. You will need food labels to complete the activity below.

Activities:

Nutrition Label Scavenger Hunt

Mission: Students will go on a scavenger hunt and find various items listed in the scavenger hunt. Find places that have an abundance of food with labels. For example, your kitchen cabinets, pantry, or local grocery store. Look at your scavenger hunt page and see what you can find! Be ready to use those math skills!

Stop Light Collage - Healthy Foods vs. Junk Foods

(activity adapted from pbskids.org/aruther/health/nutrition/educators.html)

1. Students will need pictures of healthy and junk food from various sources such as grocery advertisements, magazines, boxes, actual photographs, etc. Students may draw foods if they don't have access to pictures.
2. Students will need to draw and color a large traffic light on a piece of paper. They will then sort the food pictures into 3 categories: Go (Green), Go Slow (Yellow), and Stop (Red).
 - Go foods:** Foods one may eat an unlimited amount of. Go foods include fresh or frozen fruits and vegetables. Other foods in this category are high in protein, fiber, and nutrients such as brown rice, whole-wheat bread etc. *If you are allergic to any food, even a go food, do NOT eat it.
 - Go Slow foods:** These foods can be eaten sometimes in medium sized portions. Examples of go slow foods are fruit juice, white bread, red meat, and 2% milk. These foods have a moderate or medium sized amount of fat, sugar, and refined carbohydrates.

These instructions with workable links can be found on our webpage

<https://www.kesd.org/cvhs>

November STEM Bin will be found under Quick Links

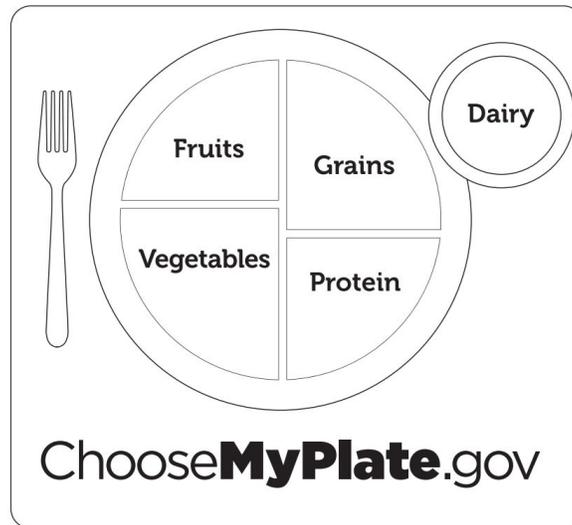


Stop foods: Foods that should be eaten once in a while. Stop foods are also called junk food. They have high levels of fat and/or sugar and low nutritional values. Examples of stop foods are donuts, cake, sodas, deep-fried foods etc.

3. Students will paste, staple, tape, or draw the food pictures to the coordinating section of the poster collage they are creating.

Food Journal

(activity adapted from MyPlate.gov)



Now that students know what should be on their plate, they will meal plan one meal (breakfast, lunch, dinner or all 3) for 5 days. They have an option with this one, younger students may draw the meal onto the plate, older students may want to write out a menu labeling each group.

Monday	Tuesday	Wednesday	Thursday	Friday
Fruits:	Fruits:	Fruits:	Fruits:	Fruits:
Vegetables:	Vegetables:	Vegetables:	Vegetables:	Vegetables:
Protein:	Protein:	Protein:	Protein:	Protein:
Grain:	Grain:	Grain:	Grain:	Grain:
Dairy:	Dairy:	Dairy:	Dairy:	Dairy:

These instructions with workable links can be found on our webpage

<https://www.ksed.org/cvhs>

November STEM Bin will be found under Quick Links



Central Valley Home School
Partnering with Parents, Making a Difference

Check out these videos for more information on nutrition:
Healthy Eating Introduction: Geared toward 5 - 11 year olds.
<https://youtu.be/mMHVEFWNLMc>

D.W. The Picky Eater - From the PBS show *Arthur - Primary Learners should enjoy this.*
<https://pbskids.org/arthur/health/nutrition/episode.html>

More of what PBS offers regarding nutrition'
<https://pbskids.org/arthur/health/nutrition/>

Explore: Click on one of the links below for interactive activities to see if you know what's on your plate!

<https://www.choosemyplate.gov/kids> - Games, activities, songs and more.

<https://www.choosemyplate.gov/quiz> - Fun food group quiz by sub category.

<https://www.choosemyplate.gov/> - A gallery of food by food groups.

Field Trip Opportunity

CVHS FIELD TRIP



Thursday, Nov. 15, 2018 @ 10 AM
1134 E. Champlain Ave, suite 101
Fresno, CA 93720

Students attending this opportunity will engage in a hands on process as they learn to cook cheesy bread sticks. This activity is best suited for pre-k through 8th grade. Each kitchen can accommodate 25 students at a time and two kitchens are available. Due to limited space parents/chaperones are not allowed in the kitchen area but there is a nice hall waiting area with large windows for viewing the activity. If we have more than 50 interested students, we will open up the 11 AM time slot as well.

CVHS students are free, siblings ages 4 and up will be charged \$7, parents are free as they are viewing and not participating.

These instructions with workable links can be found on our webpage
<https://www.kesd.org/cvhs>

November STEM Bin will be found under Quick Links