

## FAST FOOD VACATION RECOMMENDED GRADES 6,7,8

In this course, participants will learn how their food choices are being influenced through avenues such as the food's marketing strategies, along with the media and even grocery stores' advertising tactics. Students will learn ways to maintain a healthy body even with outside influences. Participants will also be taught what a portion size is and how it plays a role in a healthy diet and body. The dangers of eating foods with high fat, sodium and sugar will be covered as well.

### TOPICS COVERED

- Food Advertising/Marketing
- How to maintain a healthy body
- Reading a Nutrition Facts Label
- Calories in = Calories out
- Portion Sizes and Serving Sizes
- Negative risks of excessive fat, sodium and sugar

### OBJECTIVES

- Students will be able to identify influences on food choices
- Students will be able to identify examples of media slogans
- Students will be able to name 3 ways to maintain a healthy body
- Students will be able to explain what Calories In = Calories Out means
- Students will be able to define portion size and serving size
- Students will be able to list three negative risks associated with eating foods high in fat, sodium and sugar

### NATIONAL HEALTH EDUCATION STANDARDS

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health
- Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior
- Standard 5: Students will demonstrate the ability to use goal-setting skills to enhance health
- Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health
- Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health

### ACTIVITIES AND ASSIGNMENTS

Fast Food Vacation Digital Instruction 25m

#### STUDENT ASSIGNMENTS

While You Watch worksheet 25m

Analyzing Ads 45m

Beyond the TV Commercials 60m

Energy in and Energy Out 15-30m

Fad Diets: The Good, Bad & Ugly 30m

Food and Activity Journal 45m

Meeting Your Nutrition and Activity Goals 30m

Understanding BMI 15m

#### CLASSROOM ACTIVITIES

Introducing MyPlate 25m

Read it Before You Eat It 30m

Reading a Food Label 45m

The Health of Our Bones 30m

Individual Courses are priced at \$75.

This course can also be purchased as part of the *Middle School Bundle* for \$650.

### CASEL CORE COMPETENCIES

- Self-awareness
- Social awareness
- Relationship skills
- Responsible decision-making

