



Middle School

National FFA Organization

Lesson MS.16

UNDERSTANDING HEALTHY EATING HABITS

Unit.

Stage One of Development—ME

Problem Area.

What Foundational Skills Do I Need for Personal Growth?

Precepts.

G1: Practice healthy eating habits.

National Standards.

NPH-H.5-8.1 - Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.



Student Learning Objectives. As a result of this lesson, the student will ...

- 1 Identify the components of healthy eating.
- 2 Define the concepts of healthy eating habits and maintaining a healthy weight.



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Time. Instruction time for this lesson: 50 minutes.



Resources

American Dietetic Association website. www.eatright.org

American Heart Association website. www.deliciousdecisions.org

Centers for Disease Control website. www.cdc.gov/nccdphp/dnpa/heal_eat.htm

United States Department of Agriculture website. www.usda.gov/cnpp



Tools, Equipment, and Supplies

- ✓ Overhead projector
- ✓ Blank sheets of paper
- ✓ Internet access
- ✓ MS.16.TM.A
- ✓ MS.16.TM.B
- ✓ MS.16.TM.C
- ✓ MS.16.TM.D
- ✓ MS.16.TM.E
- ✓ MS.16.Assess—one per student



Key Terms. The following terms are presented in this lesson and appear in bold italics:

- ▶ Calories
- ▶ Caloric deficit
- ▶ Diet
- ▶ Healthy weight
- ▶ Legumes
- ▶ Processed



Interest Approach



Today, we will be working individually to understand healthy eating habits. To prepare for today's class, you need to list-to the best of your recollection-all the things you have consumed in the past 24 hours. Take a few minutes to list everything you have consumed in the last day. This would include both food and beverages, but not water.

Allow students several minutes to complete the list of the foods that they have consumed in the past 24 hours.

List on the writing surface.





Let's list all the items we as a class have consumed in the past 24 hours. Are these all healthy foods? Why or why not?

Solicit student responses and list them on the writing surface.

SUMMARY OF CONTENT AND TEACHING STRATEGIES

Objective 1. Identify the components of healthy eating.



When we want to perform at our best, we should prepare our bodies for high levels of performance, action, and endurance. Which of the foods listed on the writing surface are not the most healthful foods for your body? What is the effect of foods high in sugar or fat? For today's lesson, we will be learning about healthy eating habits. Most of the lesson will involve individualized work. This activity requires you to listen carefully, think creatively, and share your ideas with the class.

Possible responses: they cause a build up of fat; they drain long-term energy; they decrease one's ability to act or react



How does a leader eat for success? We are going to use the Internet to find healthy foods and to create a weekly healthy eating plan.

Provide the following information on the writing surface, and instruct students to capture the information in their notebooks. Use MS.16.TM.A, MS.16.TM.B, MS.16.TM.C, and MS.16.TM.E to teach this portion of the lesson. Relate key terms given in student definitions to the definitions given below.

I. Eating healthily involves watching what one eats, avoiding excess fat and salt, and limiting sweets. Eating healthily may not include a **diet**, which is to eat and drink sparingly according to specified rules. Eating healthily includes maintaining an appropriate intake of **calories**, the measure of energy in foods, which is approximately 2,000 calories per day.

A. Eat two to three servings of meat, poultry, and fish per day.

1. Include fat-free and low-fat milk products, fish, skinless poultry, lean meats, and legumes, which are peanuts, peas, and beans.
2. Trim away all the fat you see.
3. Remove the skin from poultry.
4. Avoid frying meat.

B. Eat a variety of fruits and vegetables, including three to five servings per day of vegetables and two to four servings of fruits.



- C. Eat a variety of grain products, including whole grains in preference to **processed** or refined grains and sugars. A person should eat six to eleven servings of grain products per day.
- D. Choose fats and oils with two grams or have less saturated fat per tablespoon, such as olive oil, canola oil, or liquid and tub margarines.
- E. Consume two to three servings of milk, cheese, or yogurt per day.
- F. Balance the number of calories you consume with the number you use each day.



To find the number of calories, multiply the number of pounds you currently weigh by 15 calories. This represents the average number of calories used in one day if you are moderately active. If you get very little exercise, multiply your weight by 13 instead of 15. Less active people burn fewer calories.

Stop the lesson and ask students to calculate the number of calories that they should eat each day according to the calculation above. Use MS.16.TM.C to calculate the number of calories a person should take in.

- G. Maintain a level of physical activity that keeps you fit and matches the number of calories you take in.
- H. Limit your intake of foods high in calories or low in nutrition, including soft drinks and candy.
- I. Limit foods high in saturated fat, trans fat, and cholesterol, such as full-fat milk products, fatty meats, tropical oils, partially hydrogenated vegetable oils, and egg yolks.
- J. Eat fewer than 6 grams-or about the size of a paper clip-of salt per day.

Objective 2. Define the concepts of healthy eating habits and maintaining a healthy weight.



- Think about how individuals' personalities, skills, and learning styles differ. This activity requires you to listen carefully, think creatively, and share your ideas with the class.

Initiate this small section of the lesson with a Karaoke Moment about healthy eating habits and how people can lose or maintain a healthy weight. Students think of or create a song, rhythm, or rap to an idea, fact, or process. Students may work in groups. The tune could be original or not, and could repeat key words specifically, or use them in a new context.

Provide the following information on the writing surface, and instruct students to capture the information in their notebooks. Use MS.16.TM.D to facilitate instruction about Objective 3. Relate key terms given in student definitions to the definitions given below.

II. Maintaining a healthful weight throughout life is a key to personal success. A person's healthy weight is the weight range assessed by a doctor and norms for height and age.

- A. Most women can lose an average of one to two pounds per week by consuming 1,200-1,500 calories a day.



B. Most men can lose an average of one to two pounds per week by consuming 1,500-1,800 calories a day. A weight loss of no more than one to two pounds per week is the ideal.

C. Losing weight requires a combination of reducing calories and increasing physical activity.

1. To lose one pound, a person needs to burn 3,500 calories more than are taken in, or run a caloric deficit. A caloric deficit is eating fewer calories than are consumed each day.
2. Reduce caloric intake by 500 calories per day-seven days times 500 calories equals 3,500 calories equals one pound.



Review/Summary



Think about how a leader eats healthily. This activity requires you to listen carefully, think creatively, and share your ideas with the class.

Activity: Students will use a blank sheet of paper to assimilate information they have just gleaned in a Picasso Moment. They will draw on that blank sheet of paper what the new information or concept means to them. Ask students to pictorially represent healthy eating and the results of healthy eating. What would be included in the picture? The Picasso Moment requires students to synthesize information.



Application

►Extended Classroom Activity:

Have students develop a healthy eating plan for the week.

►FFA Activity:

Develop a plan to incorporate healthy eating into FFA activities or plan a healthy FFA banquet meal.

►SAE Activity:

Develop a promotional campaign outlining the health benefits of your SAE.



Evaluation

MS.16.Assess



Answers to Assessment:

Part One: Matching

1. f
2. e
3. d
4. c
5. b
6. a

Part Two: Completion

1. fats, salts, sweets
2. 5, 6
3. 2, canola
4. reducing, increasing

Part Three: Short Answer

1. Balance the number of calories you eat with the number you use each day.
2. To lose one pound, a person needs to burn 3,500 calories more than are taken in, or run a caloric deficit.



UNDERSTANDING HEALTHY EATING HABITS

►Part One: Matching

Instructions. Match the term with the correct response. Write the letter of the term by the definition.

- a. Calorie
- b. Caloric deficit
- c. Diet
- d. Healthy weight
- e. Legumes
- f. Processed

- _____ 1. Refined
- _____ 2. Plants, like beans, which take nitrogen out of the air and place it into the soil.
- _____ 3. The weight range assessed by a doctor and norms for height and age.
- _____ 4. To eat and drink sparingly according to specified rules.
- _____ 5. Eating fewer calories than are consumed each day.
- _____ 6. The measure of energy in foods.

►Part Two: Completion

Instructions. Provide the word or words to complete the following statements.

- 1. Eating healthily involves watching what a person eats, avoiding _____ and _____, and not overdoing _____ or alcoholic beverages.
- 2. A person should eat _____ or more servings of fruits and vegetables and _____ or more servings of grains and cereals each day.
- 3. Choose fats and oils with _____ grams or less of saturated fat per tablespoon, such as liquid and tub margarines, _____ oil, and olive oil.
- 4. Losing weight requires a combination of _____ calories and _____ physical activity.

►Part Three: Short Answer

Instructions. Provide information to answer the following questions.

- 1. How should you balance your calories.
- 2. How many calories must you reduce or compensate for to lose one pound of weight.



HEALTHY EATING

Watch what you eat, avoid fats and salt, and do not overdo sweets.

◆ Eat 2 to 3 servings of meat, poultry, and fish per day.

→ Include fat-free and low-fat milk products, fish, legumes (beans), skinless poultry, and lean meats.

→ Trim away all the fat you see, and remove the skin from poultry.

→ Avoid frying meat.

◆ Eat a variety of 2 to 4 servings of fruits and 3 to 5 servings of vegetables per day.

◆ Eat a variety of grain products, including whole grains, for 6 to 11 servings per day.

◆ Choose fats and oils with 2 grams or less saturated fat per tablespoon, such as liquid and tub margarines, canola oil, and olive oil.

◆ Eat 2 to 3 servings of milk, cheese, or yogurt per day.



HEALTHY LIVING

- ◆ **Balance the number of calories you eat with the number you use each day.**
- ◆ **Maintain a level of physical activity that keeps you fit and matches the number of calories you eat.**
- ◆ **Limit your intake of foods high in calories or low in nutrition, including soft drinks and candy.**
- ◆ **Limit foods high in saturated fat, trans fat, and cholesterol, such as full-fat milk products, fatty meats, tropical oils, partially hydrogenated vegetable oils, and egg yolks.**
- ◆ **Eat less than 6 grams of salt per day.**



FINDING THE NUMBER OF CALORIES YOU NEED EACH DAY

♦ To find the number of calories, multiply the number of pounds you weigh now by 15 calories.

♦ This represents the average number of calories used in one day if you are moderately active.

♦ If you get very little exercise, multiply your weight by 13 instead of 15.

♦ Less active people burn fewer calories.



MAINTAINING A HEALTHY WEIGHT

Maintaining a healthful weight throughout life is a key to personal success.

◆ **Most women can lose an average of one to two pounds a week by consuming 1,200–1,500 calories a day.**

◆ **Most men can lose an average of one to two pounds per week by consuming 1,500–1,800 calories a day. A weight loss of no more than one to two pounds a week is the ideal.**

◆ **Losing weight requires a combination of reducing calories and increasing physical activity.**

➔ **To lose one pound, a person needs to burn 3,500 calories more than is taken in, or run a calorie deficit.**

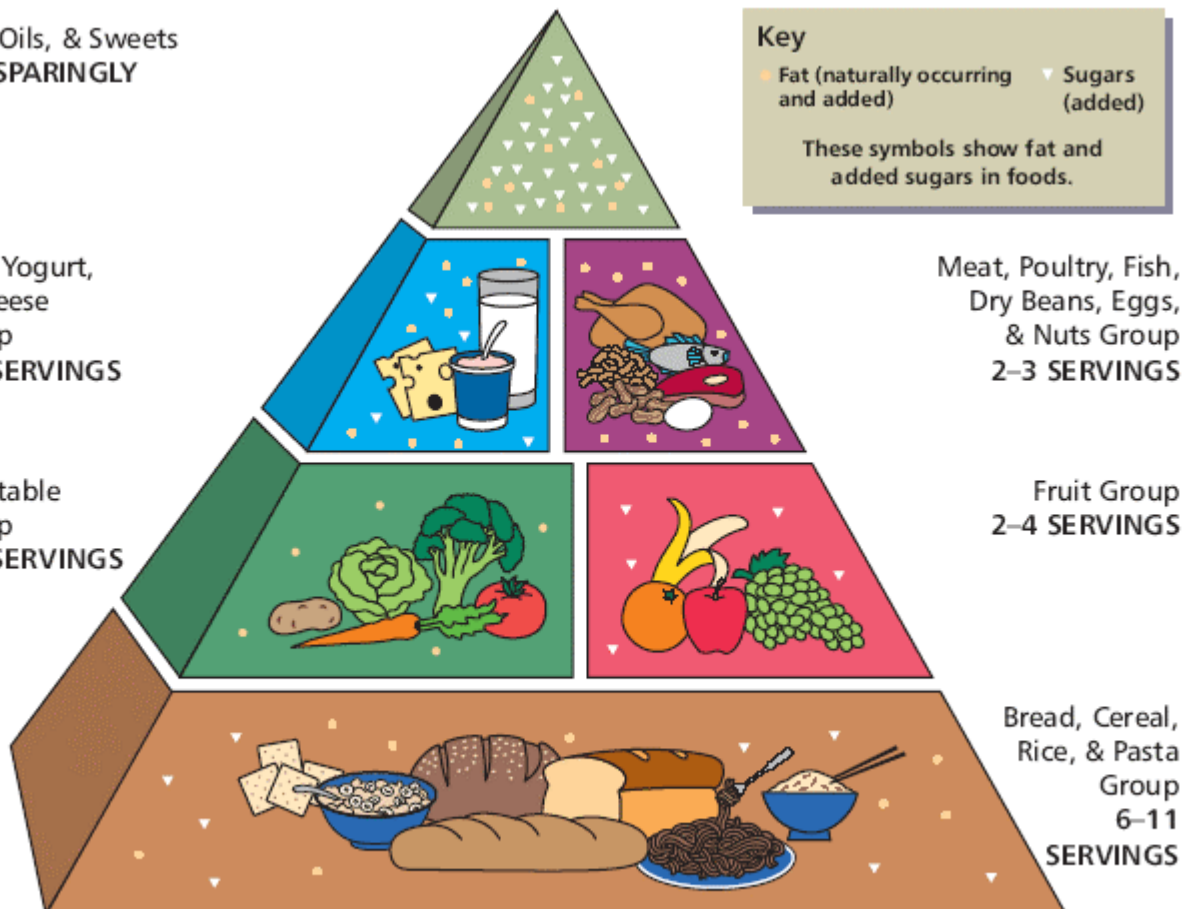
➔ **Reducing caloric intake by 500 calories per day—seven days times 500 calories equals 3,500 calories equals one pound.**



Fats, Oils, & Sweets
USE SPARINGLY

Milk, Yogurt,
& Cheese
Group
2-3 SERVINGS

Vegetable
Group
3-5 SERVINGS



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

