



NUTRITION PRESENTATION GOALS **2015-16**

Grades 3 & 4

“Eat a Rainbow” Presentation:

- Students will understand the importance of “eating a rainbow” by incorporating a variety of fruits and veggies into their diet every day.
- Students will learn the health benefits associated with different colors of produce and review nutritious food options in each color category.
- Students will learn ways to “color up” their food by adding fruits and veggies throughout the day.
- Students will review the differences between whole and processed foods and discuss how processing can remove nutrients from foods and add harmful sugar, fat, salt, and chemicals.

Sugar Detectives Presentation:

- Students will discover that high quantities of sugar are “hidden” in foods we eat every day.
- Students will learn how much sugar is in a variety of foods and be able to identify different names of added sugars.
- Students will understand the health dangers of consuming too much sugar, including the risk of obesity, diabetes, and heart disease.
- Students will learn how to find the amount of sugar in common foods
- Students will discuss ways they can limit the amount of “hidden sugar” in their diets.

Nutrition 101 Presentation:

- Students will be introduced to My Plate and learn the health benefits associated with foods in each group.
- Students will understand the importance of choosing whole foods.
- Students will learn what whole grains are and how they differ from their more-processed counterparts.
- Students will learn importance of choosing lean proteins and low-fat dairy products.
- Students will learn that salt, sugar, and fat intake should be limited and will discuss the harmful health effects of each of these ingredients.

Think Your Drink Presentation:

- Students will rate beverages on a continuum based on their nutritional value.
- Students will discover that drinks like soda, sports, and energy drinks contain excessive amounts of sugar and caffeine and will discuss the harmful health effects of these beverages.
- Students will learn about the variety of ways our bodies need water and will understand the importance of drinking eight cups of water a day.
- Students will learn to read labels to look for added sugars and be encouraged to choose 100% fruit juice when they are having a juice drink.
- Students will gain ideas for healthier drink alternatives, such as plain seltzer mixed with 100% fruit juice as an option instead of soda.

Grades 5 & 6

Processed Foods Presentation:

- Students will learn why foods are processed and identify different methods of processing.
- Students will identify how the nutritional value of foods changes with processing.
- Students will learn how food manufacturers add large amounts of salt, sugar, and fat to processed foods and explore how these additions cause cravings and influence tolerance of unhealthy ingredients.
- Students will discover the health effects of consuming too many highly processed foods.

Reading Nutrition Labels Presentation:

- Students will learn how to read the nutrition facts labels on foods and be encouraged to look at these labels as they make food choices.
- Students will learn what each category on food labels means and why they are important for our health.
- Students will distinguish between healthy elements of food labels (such as fiber, protein, vitamins) and potentially harmful elements (like saturated fats and added sugars).
- Students will understand how serving sizes affect nutrition fact labels.
- Students will learn how health claims, including “low fat” and “fortified” can be misleading.

Deceptive Marketing Presentation:

- Students will learn that the primary goal of the food industry is to make money and not to safeguard consumer’s health.
- Students will identify a variety of approaches that food companies take to market their products.

- Students will discuss the health implications of believing food marketing claims and be reminded of the importance of choosing whole foods.
- Students will practice “reading between the lines” of food marketing to avoid being deceived by misleading advertising claims.