

## Scripted Lesson Plans

### Part 2

#### Slide 1:

**P1:** How were lunch and your Lunchables? Are there any lingering questions about either planning or shopping? *This is a chance to tie up any loose ends from the morning before you move on to the next two chapters.*

**P2:** Next we will take a look at the food itself, how it is grown and what affect that food has on our health.

#### Slide 2:

**P1:** For the next part we will concentrate on chapter three, which deals with whole food, and chapter four which deals with beginning to cook and how to use LunchBox Envy.

#### Slide 3:

**P2:** Before World War II, nearly all agriculture in the world was what we now call “organic.” Most farms were integrated, that is, both plants and animals shared farmland. Animal wastes were recycled into the ground to provide renewed soil fertility. Crops were rotated. Weeding was dealt with manually. After WWII, mono-cropping [a farm growing only one crop] and specialization became more the norm. Farm sizes grew as did the use of fertilizers and pesticides, both of which were invented to use war surplus materials. Agriculture changed to agri-business.

#### Slide 4:

**P1:** When plant farming separated from animal farming it caused all sorts of problems with plant and animal wastes. Today, business models of farming emphasize profitability over environmental concerns on larger farms. Government subsidies encourage large scale farms. Huge amounts of chemical fertilizers and pesticides have

their own inherent concerns. In animal farming operations, animals are bred to produce more meat. Chickens, in particular, are often unable to move naturally as a result. In CAFOS [confined animal feeding operations] animals are so crowded together they often cannot turn around.

**Slide 5:**

**P2:** In the early 1950s convenience foods made their debut and advertising entered the picture. “Convenience” began to trump nutrition, and little by little non-food additives entered the convenience food market. This is where food began to become a product.

**Slide 6:**

**P1:** Fast food was originally “real” food. As it grew, additives replaced food. Advertising eventually targeted children with products like “happy” meals.

**Slide 7:**

**P2:** Both convenience foods and fast food have added yet another problem—heaps of trash! Much of it ends up at the side of the road, or swirling around in the oceans.

**Slide 8:**

**P1:** Over the past seventy or more years food has morphed from food to something else. That is where we want to take the discussion now. *Use List/Group/Label for the next question. This will give a good idea of what participants already know and can share. Give it time. Allow for silence. Give them time to think and respond to what others have said.*

**Slide 9:**

**P2:** So what did you eat for your lunches last week? While I take your answers, \_\_\_\_\_ will write them on the chart paper. *Allow this to take as*

*much time as it needs. Give it 30 seconds of uncomfortable silence in which people remember more things they had to eat. Get them all down. Now what you are to do is work with a partner and divide all of these words into two columns. All of the items in each column must share a similar characteristic. That will be the label for each column. The two presenters will walk around, and listen to what is being said, to make sure participants understand the assignment. What you want are the labels “Real Food” and “Manufactured Food”, or anything that is an approximation and illustrates the difference between food that comes in its natural state versus food that comes from a factor.*

**P1:** What labels did you come up with? *Ask for the different ideas and write them on chart paper.* What did you all notice? What were we looking for? Yes...

#### **Slide 10:**

**P1:** ...the difference between food that is whole and unprocessed versus processed food. Amy’s Organic Burrito costs \$.50/ounce. (\$2.99 at Costco) Amy’s is organic, healthy food, but processed, packaged and expensive. Cheaper brands are often full of extenders and other additives. Homemade burritos can be much cheaper, depending on ingredients.

#### **Slide 11:**

**P2:** Extra ingredients are added to make food more profitable. They have nothing to do with nutrition. Occasionally vitamins are added so that manufacturers can make health claims. Research has shown that consumers prefer sweeter, fattier or saltier versions of food, and manufacturers have boosted sales by adding these ingredients. Often “low fat” products compensate by being sweeter. What is the problem with food having more sugar, salt, or fat added?

#### **Slide 12:**

**P1:** Our bodies crave these ingredients for biological and evolutionary reasons. We need carbohydrates [sugars] and fats to live. When our ancestors worked outside in hot weather, salt replacement was very important for health. Product manufacturers have capitalized on these biologic preferences. See page 32 sidebar in LunchBox Envy.

**Slide 13:**

**P1:** Initially these three look kind of cute, don't they. But look at those teeth. They could really do some damage.

**Slide 14:**

**P2:** All addictions are similar: potato chips, chocolate, cigarettes, pain killers. Because these three ingredients are in expensive and available everywhere it is easy to eat far more of each of these than is good for our health and well-being. Sodas are a good example of this...

**Slide 15:**

**P1:** This slide needs no explanation. Soda = sugar can't be more plain.

**Slide 16:**

**P2:** See [www.banpac.org](http://www.banpac.org) for additional information and materials. Page 34 in LunchBox Envy. Drinking artificially sweetened beverages is not recommended. Read labels! There are so many, many names for sugar. A drink can have more than one kind of sugar, but if we aren't familiar with its many names, we can be fooled. So...what do we drink and eat?

**Slide 17:**

**P1:** USDA has canning and freezing information. Most comprehensive cookbooks cover this information as well. Build a

Dehydrator on page 174 in LunchBox Envy: Discussion of drying food is on page 134.

**Slide 18:**

**P2:** And as this slide tells us, in season means our season. Apples from Australia, strawberries from Mexico, or oranges from Spain travel great distances to get to a grocery store near us. How long ago were they harvested? What is the level of nutritional value or what do they taste like at this point?

**Slide 19:**

**P1:** Pasture raised meat is more expensive, but often worth the price. They don't require antibiotics or hormones and the meat tastes better. The elimination of antibiotics or hormones protects our water from toxic runoff. Factory farming of animals in CAFOS creates many hazards to the environment including runoff, unpleasant smells, and workers put in dangerous situations with frightened animals.

**P2:** What are strategies we can use to afford to eat meat? *The group has listened for several slides. Before moving to slide 20 gather their ideas; then see how they compare with slide 20.*

**Slide 20:**

**P2:** Here are some ideas, but/and\_\_\_\_\_ *What you say here depends on what ideas the group put forth.* Vegetarians and vegans don't eat meat or animal products, so what can they use as a source of protein? *Again, as this question before showing slide 21 which answers that question.*

**Slide 21:**

**P2:** How did we do?

**Slide 22:**

**P1:** Even dairy and grains are subject to additives and extenders! READ LABELS! A recipe for making homemade yogurt in handouts.

What ARE whole grains? They contain all of the original kernel. Nothing has been removed. Whole wheat is one type of whole grain.

**Slide 23:**

**P2:** “Natural” written on a box, can, or label does not have a legal definition. Organic Valley made this chart to show you how this works for dairy products. A copy of this is in the binder.

**Slide 24:**

**P1:** and “Natural” written on a box can refer to natural products, but what are they doing in our food? For example...

Reference:

<http://www.smartlivingnetwork.com/nutrition/b/natureport-the-5-weirdest-ingredients-lurking-in-your-food/>

Shellac comes from the Lac beetle and is used to make food shiny.

Feathers and human hair are used in bread products: it's an extracted amino acid called l-cysteine, used to condition dough. The source:

Ducks and human hair [mostly obtained from Chinese women who sell their hair to support their families.]

Castoreum-see LunchBox Envy page 35, sidebar.

Processed wood pulp: will appear as “cellulose” on the label, used to thicken foods, replace fat, and increase the fiber content.

“Silly Putty”: will appear as dimethylpolysiloxane, and it's used in fryer oil to keep it from foaming.

**Slide 25:**

**P2:** This sign is your guarantee that manufactured and labeled foods are grown according to government organic standards. Farmers' Market farmers may meet qualifications but cannot afford the certification process. It is most important to look for the organic label on manufactured foods. No duck feathers or beaver's butt here!

**Slide 26:**

**P1:** See LunchBox Envy page 37 for 2012 list. The list is updated yearly. Look online [www.ewg.org](http://www.ewg.org) for the Environmental Working Group's most up-to-date listings. What this chart tells us is this:

Foods listed on the left, the green side, have tested so full of pesticide residue that we should buy only those grown organically. Foods on the right are subjected to much less pesticide use and are safer to buy even if grown conventionally. Relate to Ants on a Log. What are precautions we can take at home to reduce pesticide exposure? *(Take their answers and then move to the next slide. Compare what they suggested with what is on the slide.)*

**Slide 27:**

**P2:** Did we get all of these? Did we get others? Well done, everyone. You are either up on all of these steps or else you are beginning to see where we are taking you. Do you know what GMO means? Genetically Modified Organisms. Scientists have engineered seeds for reasons unrelated to health and nutrition. Many people want to avoid GMO foods for various reasons outside the scope of LunchBox Envy. The government subsidizes the production of GMO corn and soy in the United States. Many countries, and four counties in California, have outlawed GMO production. These are the ingredients most likely to be GMO, if you are concerned. Hawaiian papayas are also genetically engineered. Buy Mexican papayas. Vegetable oil is made from soy. Most processed foods contain GMOs.

**Slide 28:**

**P2:** Here are foods that have been engineered. If you are concerned, you will want to avoid all of these.

**Slide 29:**

**P1:** *If it is possible to show this slide tell people:* Birke Baehr was 11 when did his TED talk. We show this because he summarizes all of the points we have made to this point. He has been criticized that he is a mouth piece for his parents' agenda, as he is home schooled. Watch and come to your own conclusions. *If you don't get to watch it in class, it is listed on the resources page in the binder.*

**Slide 30:**

**P2:** Time for a five minute break. You know where the bathrooms are and you know where to smoke. Please be back here at \_\_\_\_\_.

**Slide 31:**

**P1:** Where do we start actually cooking? A cookbook is always a good inspiration. LunchBox Envy is no exception.

**Slide 32:**

**P2:** These are the topics we will address as we move into the cookbook itself.

**Slide 33:**

**P1:**

**Slide 34:**

**P2:** Page through the recipes on pages 54-66. You will see that each of these is a foundation recipe, one that can be the basis of many recipes in this book, or in any book. Do you have any questions?

**Slide 35:**

**P1:** Let's look at page 67. Most of the sections of LunchBox Envy begin with meal ideas that are no-prep or low-prep. Be sure to pay attention to all of the sidebars. They are bits, pieces, and little gems that we just couldn't leave out. Turn the page. On page 69 you see a formula. To make a sandwich you take a wrap or bread, slather in some spread, layer in the protein and finish with an extra. And there you have a sandwich. Who wants to design a sandwich using the suggested ingredients on the formula page? For instance, how about using a flour tortilla, some hummus, some bean spread, bean sprouts and avocado? What sounds appealing to you? Or what might appeal to one of your children?

**Slide 36:**

**P2:** What is the reason for each one of these statements? Is there anything else you can do?



Keep tissues nearby.

Wash hands as needed. If you sneeze; wash your hands. If you touch hair; wash your hands. If you pet the dog; wash your hands. When in doubt; wash your hands. Why is this such a big deal?

**Slide 37:**

**P1:** Despite what Julia Childs said loud and clear, do not wash chicken before preparation. If it is present, salmonella bacteria could be spread all over the chicken. Make sure it is cold when you buy the chicken; keep it cold. Freezing the chicken also freezes the bacteria; it does not kill them. When cooking chicken it is best to use a meat thermometer. At 165°F the meat will not be raw and the bacteria will have been killed. Finally, it is critical to sanitize all cutting surfaces the chicken touched. See the handout in the binder about cleaning and sanitizing.

**Slide 38:**

**P2:** Follow these guidelines to be sure your food handling methods won't make your family sick! Meat must all be cooked once it has been thawed. Cooked meat can be refrozen; raw meat cannot.

**Slide 39:**

**P1:** Why are each of these important? To use a chair as a stool, to be safe, the back of the chair must be against the counter. This is especially true when being used by a child.

**Slide 40:**

**P2:** Who hates to see stacks of dirty pots, pans, spoons, cups, bowls and so forth when you get whatever into the oven? Here is a tip that will ease that burden. The absolute very first thing to do is to fill the sink with hot, soapy water. As soon as the measuring cup and spoons are dirty, in they go. In two minutes when they are needed again, a quick rinse and the process continues. (I have put dinner in the oven and had all of the dishes washed and put away while there is still 12 minutes before dinner was done.)

Another critical step, even before filling the sink is to choose and READ the recipe. Are all of the ingredients asked for available in the pantry? Is there time to complete each of the steps? Who can take care of which steps, so the family can work together to get the meal ready?

**Slide 41:**

**P1:** Although clean-up is listed last, it may be done even before you eat.

**Slide 42:**

**P2:** How can kids help? The more they are involved, the more likely they are to eat what they have helped prepare. It takes time to teach them how to chop and stir and measure and so on, but the rewards to you are enormous. Their participation can ultimately save you time and money, both of which are terrific benefits.

**Slide 43:**

**P1:** What are things you always have on hand?