



Fruitful Minds Lesson 1: Introduction to Nutrition

Objectives

- Discuss food choices: (tastes good, culture, family or friends, cost, easy to find, healthy)
- Classify the 6 food groups and have students place foods into the correct group
- Understand a balanced diet incorporates variety of foods from each food group
- Aim to make food decisions that reflect knowledge of daily recommendations

Materials

- Poster of Fruitful Notes (display AFTER survey)
- A dry erase marker
- painter's tape
- Pre-curriculum Survey
- Food flashcards for the Food Group Activity
- Sealed plastic bags with brown rice and white rice
- Exercise cards
- Fruitful notes for Lesson 1 (pass these AFTER survey)

Prior to Class

- Confirm that the program manager has asked the teacher to prepare the following:
 - Request the teacher to assign students different leadership tasks: distribute handouts, distribute snacks, distribute pre-curriculum survey, collect pre-curriculum survey, select speaker (first student selects who will answer a question, and the chosen student can choose the next, and so on...)
 - Write roles and students' names on the board.
 - Ask the teacher to make name tags for students to put on their desks
- Make a nametag for each student if this wasn't already done.
- Prepare for physical fitness activity
- **Before you start, please turn off your cell phones.**

Lesson One Overview

1. Introduction: introduce yourself (background, where you go to school, what you study) and Fruitful Minds

Script:

- You are helping us to find out what students know about nutrition and find the best way to teach it. We would like to have your feedback.
- We want you to get to know yourselves better and appreciate your unique attributes.
- We want you to have the information to make good choices.

- Good choices are based on what you like **and** what you know is good for you.
- Good nutrition, being active and getting plenty of rest will help you feel better and think more clearly, i.e., do your best in school.

2. Do physical activity for lesson 1 (see the Activity section for details)

3. Pre-curriculum survey part I

Script:

- Fruitful Minds needs your help to complete the surveys so we can understand what you know about nutrition. Remember that the surveys are anonymous, so you don't need to write your names on the surveys. Please don't guess the answers; it's better if you just skip a question if you don't know how to answer it.
- Ambassadors should circulate through the room to answer questions during the survey
- Remind students that the survey should be quick.

4. Getting to know you: tape a poster at the front of the class, and ask students to write down answers for the following questions. These questions are for the ambassadors to get to know the students better. (You may find that all the kids get snacks from the same market after school or perhaps most of them like the same restaurant. As ambassadors, this is an opportunity for you to customize the class for your students. For example, you can point out the healthier options at their favorite restaurant.)

1. Name a place where your family shops
2. If your family eats out, where do you go?
3. What do you like to eat for breakfast?
4. What is your favorite after-school snack?
5. Where do you get your after-school snacks?
6. What is/are your favorite fruits/vegetables?
7. What do you drink with meals?
8. What is your favorite type of exercise?
9. After school what activity do you do the most?

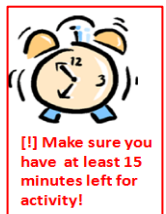
5. Pass out Fruitful Notes and hang poster

6. Present Powerpoint slides: Today, we will focus on food groups. Fill in the "Fruitful notes" worksheet as we go.

Talking points for each slide:

- Slide 2
- *How do you decide what you want to eat?* (allergies, appetite, family, tradition, taste of food, culture.....)
 - *Do you get to decide what to buy when you go grocery shopping with your family?*

- Slide 3 - See slide
- Slide 4 - *Why do you think we group the foods this way?* (because eating a variety of food from all the food groups create a balanced diet)
- Slide 5 - *What are some examples of grains?* (Pasta, bread, rice, breakfast cereals....etc.)
- Add “grains” under the first pyramid column.
 - Pass around bags of rice.
 - Grains consist of three parts: bran, germ, and endosperm. Each of the three parts contains many different nutrients.
 - Food companies often remove the bran and the germ to refine the grains.
- What are some examples of refined grains?* (White rice, white bread, cereals....)
- These refined grains are missing a lot of important nutrients and fiber.
- Why do food companies remove the bran and the germ?* (Many people think refined grain products taste better, and they won’t go bad as quickly as non-refined grains.)
- Whole grains contain all three parts: bran, germ, endosperm.
- Therefore, they contain more nutrients. *What are some examples of whole grains?* (Whole wheat bread, brown rice, products that says “whole wheat”)
- Slide 6 - *How many students know what a serving is?*
- One serving of vegetables is one cup; let the students make a cup with a fist.
 - Add “vegetables” under the second pyramid column.
 - (If students ask how to distinguish between fruits and vegetables: A fruits is everything with seeds; a vegetable is a food that is actually the plant itself (leaves, stems, roots) such as lettuce, asparagus, carrots...)
- Keep students focused on 2-3 servings of each a day.
- Slide 7 - Whole fruits contain fiber and more nutrients
- Seasonal fruits always taste better
 - Add “fruits” to the third pyramid column.
- Slide 8 - *Who knows what fruits are in season now?*
- Winter: citrus fruits, kiwi, pears, apples, sweet potatoes
- Spring: grapefruit, kiwi, orange, tangerine, lemon
- Slide 9 - See slide
- Add “dairy” to the fifth pyramid column.
- Slide 10 - *What are some examples of lean meat?*. (chicken, fish...)
- Add “meats and beans” to the sixth pyramid column
- Slide 11 - *Show me what a serving looks like.* (student should hold up a fist)
- *The best way to remember how many servings of fruits and vegetables you need each day is to open your fist (show five fingers). You need two to three servings of each.*
- Slide 12 - All food groups are equally important, but they need to match the amount that they eat to the width of the bands. A food group with a wider band doesn’t mean it’s more important; it means you need to



- consume more of it.
 - Don't forget about oil as a food group. Choose good oil. *Ask students what are some good sources of oil.* (fish oil, flaxseed oil...)
 - Add "oil" to the fourth pyramid column
 - Slide 13 - See slide
 - Slide 14 - We will review some important points that we've gone over today.
 - *Have the students name the food groups* (grain, vegetables, fruits, meat, dairy, oil)
 - *Don't eliminate food groups; eat a balanced diet!*
 - *Ask students why it is important to eat whole grain.* (more nutrients and fiber).
 - Slide 15 - Optional: If you decide to do "Create a balanced dinner," refer to this powerpoint side.
7. If time allows, do either the balanced meal activity or the food group activity. Make sure you have 5 minutes for family discussion points.
 8. Collect Fruitful Notes, surveys, and nametags.

Family Discussion Points

- Choose three students to volunteer something they learned that they will share with others during dinner.
- Think about any questions they have about nutrition, and what topics interest them. Have students write them down on their "Fruitful Notes" and turn them in. What do they want to know more about? Have the student helper(s) collect the notes.

Activities

- Physical Exercise Activity
 - Each class will start with a physical activity. A student will pick out an exercise card from the deck, and all class members will do the activity for one minute.
 - Set up: before the start of class, be familiar with areas where various physical activities can be done if chosen from the deck of cards. (Try to do the activity in the classroom to save time.)
- Creating a Balanced Dinner
 - Display the slide "Food Kids Like"
 - Break students into groups of 4-6
 - Choose foods from the list to create one balanced dinner
 - Complete this activity using "Fruitful Notes for Lesson 1"
 - Select one or two groups to share their menu