

General Description

The goal of **Student Health Force - Nutrition** is to improve lifelong eating and physical activity habits by using the principles of **USDA's MyPlate** as well as the **Dietary Guidelines for Americans**.

Student Health Force - Nutrition is a series of ten nutrition lessons (aligned to national health education standards) that are appropriate for classroom and non-classroom settings.

- The carefully researched nutrition material focuses on nutrients and the science of turning food into fuel for the body.
- The online, interactive lessons have audio and video and promote health-related vocabulary development, life skills, reading and listening practice, and provide critical health information.
- This program is appropriate for use as a curriculum, a supplement to existing curriculum, or used in a summer camp or an after school setting.

Objectives

Student Health Force - Nutrition is a teaching and assessment tool that enables facilitators to determine student progress.

Student Health Force - Nutrition learning outcomes meet the following standards:

- National Health Education Standards for Students Standard 1, 2, 3, 4, 5, 6, 7, and 8
- National Standards for Family and Consumer Science Education and for Health Education (FACS) Comprehensive Standard 14.0
- National Standards for Science 5-8.2 Physical Science

Student Health Force - Nutrition encourages healthy eating and active living behaviors in youth ages 12 to 18 by focusing on five outcomes:

1. Eat three meals a day that include a variety of foods and whole grains.
2. Eat five or more fruits and vegetables.
3. Eat foods that are nutrient-dense with little added sugar and no trans fats.
4. Eat three or more servings from the milk group each day.
5. Be physically active for at least 60 minutes with two or less hours of screen time daily.

Student Health Force - Nutrition implementation strategies include nutrition education that is fun, focused, and interactive.

Methodology

How do I use the lessons? There are many ways to use the lessons. You can integrate it as a unit on nutrition, teach it as a whole-class (with a projector) lesson, assign it as practice in a computer lab, or for students with Internet access at home, as homework.

How do I begin? Review the course material; then go to [Documents](#) and review the lesson plans. There is a lesson plan, student worksheet and knowledge assessment for each of the ten units. [Documents](#) contains folders with knowledge assessments and student worksheets for each unit.

Who can use the online lessons? Intermediate level and above students with basic computer skills (using a mouse, navigating within a website, minimal keyboarding skills), computer, Internet access, and headsets.

Why are the lesson plans so long and detailed? **The lesson plans were written to be used in classroom and non-classroom settings by both educators as well as nonprofessionals.**

Course material

Student Health Force - Nutrition	Learn It	Live It	Share It
Nutrition Introduction	<p>The lesson provides an overview of the nutrition content detailed in the subsequent series. It focuses on introducing terms and resources including eating disorders.</p>	<p>Distribute Health eTracker prior to beginning program; have students complete pages 1-3, including the self-assessment.</p> <p>A slideshow illustrates how portion sizes have changed in the last twenty years. This serves to lead into a discussion on portion size verses serving size.</p>	<p>Introduce advocacy project designed to share a nutrition message with others, the actual presentation could be a report, poster, public service announcement, song, or play.</p> <p>To support the advocacy element, Evaluating Internet Health Information, a tutorial from the Library of Medicine, is provided.</p>
Carbohydrates	<p>This lesson details the types of carbohydrates, their sources, benefits, and path through the digestive system. Current issues such as diabetes and obesity are addressed.</p>	<p>The Daily Menu activity provides the grams of carbohydrates for the selected food items, so students can estimate carb calories compare with AMDR (acceptable macronutrient distribution range.)</p> <p>BMI (body mass index) activity supplies a calculator and reinforces that the calculation is an indicator of a weight trend. The calculator allows students to see how they compare with others of the same gender and age.</p> <p>Health eTracker</p>	<p>To support the advocacy element, a project planner and project ideas are presented.</p>
Proteins	<p>This lesson details the types of proteins, their sources, benefits, and path through the digestive system. Current issues such as obesity, celiac disease, vegetarians, and high-protein diets are included.</p>	<p>The Daily Menu activity provides the grams of protein for the selected food items, so students can estimate protein calories compare with AMDR (acceptable macronutrient distribution range.)</p> <p>BMR (basal metabolic rate) activity introduces the content and</p>	<p>To support the advocacy element, research resources are provided.</p>

		<p>supplies a calculator for the student. This leads into the next activity on calories and energy balance.</p> <p>Health eTracker</p>	
Fats	<p>This lesson details the types of fats, their sources, benefits, and path through the digestive system.</p>	<p>Calorie Balance activity will support the brief lesson on Calories and BMR.</p> <p>CDC's interactive tool, <i>Recipe Remix</i>, provides tips to reduce total fat, saturated fat, calories, and sodium in recipes.</p> <p>Health eTracker</p>	<p>Work on Advocacy project.</p>
Vitamins	<p>This lesson summarizes the functions of essential vitamins as well as principle dietary sources. It requires the user to relate their knowledge of vitamins to current marketing of supplements.</p>	<p>CDC's interactive tool, <i>Analyze My Plate</i>, is a drag and drop that offers participants an opportunity to build a meal and measure fruits, vegetables, calories and fat.</p> <p>Reference food additives, food fortification, and the USDA's Nutrient Database to create awareness for students who want to learn more about what they eat.</p>	<p>Work on Advocacy project.</p>
Minerals	<p>This lesson summarizes the functions of essential minerals as well as principle dietary sources. It requires the user to relate their knowledge to current marketing of supplements.</p>	<p>The Nutrition Facts Labels activity involves assessing information to reinforce the learning. (This activity came from New Orleans.)</p>	<p>Work on Advocacy project.</p>
Water	<p>This lesson details the role water has in the body as well as the importance of getting enough water each day. In addition, the risks and signs of dehydration are discussed as well as identifying practical ways to add water to your daily routine.</p>	<p>Water Math activity illustrates the cost of bottled water.</p> <p>Water lab allows students to evaluate tap and bottled water.</p> <p>A lesson on foodborne illnesses provides an overview of the types of foodborne illnesses and how they are transmitted.</p> <p>Food safety lesson expands the learning from the foodborne illness.</p>	<p>Work on Advocacy project.</p>
MyPlate	<p>To encourage healthy food choices, this lesson serves to reinforce MyPlate icon introduced as part of The Dietary Guidelines for Americans, 2010 and relates to important nutrition messages learned in elementary school.</p>	<p>Assessing and analyzing activities are provided in Health eTracker. MyPlate placemat provided as a take-home reminder.</p>	<p>Poster ideas and work on Advocacy project.</p>

Digestive System	Summarizes the functions and interactions of each major structure in the digestive system with focus on key enzymes.	<p>Digestive Match game is provided to support the learning.</p> <p>Discussion/activity on the need for dietary fiber.</p> <p>A CDC podcast, that underscores the need greater fruit and vegetable consumption, supports the five a day bookmark activity.</p> <p>Health eTracker</p>	Construct a health brochure applying knowledge of the digestive system to relevant health issues (GERD, ulcers, lactose intolerance, etc.,)
Nutrition Myths	The series concludes by contrasting nutrition facts with some common nutrition myths and reinforce, "Think before you buy."	<p>The knee strain activity illustrates the impact of excess weight on the knees.</p> <p>Explore food industry and media's influence on nutritional habits and analyze nutrition fact labels.</p> <p>Synthesize knowledge by developing warnings that better represent the nutritional value for products currently touted.</p> <p>Health eTracker - To monitor behavior changes as a result of this program, students may update page 19 for the subsequent 28 days and compare results with the self-assessment on page 3.</p>	Student presentation of their advocacy projects.