

RDA: Recommended Dietary Allowance

Learning Objectives

- I can explain RDA and how it affects my body. (SOL5.1a)

5.1 The student will analyze the impact of positive health behaviors and risky behaviors on personal health.

Nutrition

- a) Explain Recommended Dietary Allowance (RDA) and the concepts of eating in moderation and energy balance in relation to healthy weight.

Teacher Notes

New vocabulary and content

- Portion size
- Recommended dietary allowance (RDA)
- Vitamins
- Minerals
- Macronutrient (fats, carbohydrates, protein)

Lesson Steps

Step 1 (Engage learners/access prior knowledge)

- Q and A (1 minute) Ask students if they know what the letters RDA mean when talking about food.

Step 2 (New information – direct instruction/teacher-facilitated learning)

- Lead an explanation about RDA- RDA is short for Recommended Dietary Allowance. RDA are the guidelines for food and fluid intake by age (children, teens and adults). It basically tells us how much of a food, mineral or fluid we should have daily. Explain to students that the Recommended Dietary Allowances (**RDAs**) are the levels of intake of essential nutrients that, based on scientific knowledge, are judged by the Food and Nutrition Board to be adequate to meet the known nutrient needs of practically all healthy persons.

- Discuss with students that the way we know what nutrients are in a food we use food labels. Watch the short video on food labels:
<https://www.youtube.com/watch?v=yLY0w04AAVk>
- Together read food label and label the macronutrients, RDA, and portion size. Use visuals to depict a food label specifying macronutrients, RDA, and portion size. Tie in My Plate and the daily RDA

Step 3 (Application – how student will apply/practice new learning)

- Food Group RDA Relay
 - Place students in groups at cones with hula hoops-each hula hoop has a My Plate diagram-labeled with the RDA of each group. The object is to get a “meal” that has the correct portions of each food group and nutrients.
 - On go the students take turns running down to the other end of the gym and getting a food that goes in one of the food groups on the plate. The team needs to get the correct daily allowance of each group. Once the team has the RDA of each part of the My Plate diagram they sit. The teacher can come and check the meal to see if it has met the RDA of each area.
 - Play as many times as possible.

Assessments

- Teacher can check for understanding by looking at each teams’ meal and checking for RDA.

Extensions/Connections

- Students can examine food labels. Looking for nutrients and daily allowances.

Resources/References

- <https://www.myplate.gov/>