



SAMPLE LESSON PLANS

Grade 9 – Health Promotion

Unit 13 Nutrition

SOLs:

- 9.1.B** Identify guidelines for sleep, rest, nutrition, and physical activity.
- 9.1.G** Describe the importance of health habits that promote personal wellness.

Title: Top Chef

Objectives/ Goals:

- Using the MyPlate template provided, the student will create and cook a dinner that features healthy ingredients from all 5 food groups *that they enjoy*.

Materials:

- Food Group Nutrition Presentation (PowerPoint)
- Food Safety Article
- Student Assignment and Rubric
- My Plate Template
- Example of nutritional information (.jpg)
- Example of Final Assessment: Top Chef for a Day (PowerPoint)

Procedure:

Step 1	Go over information about food groups in the Food Group Nutrition PowerPoint presentation	<u>Essential Question?</u>
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		Why is it so important to have the recommended amount of food from each food group?
Step 2	Read the article on <u>Food safety</u>	<u>Essential Question?</u> What are some of the risks of not engaging in food safety guidelines when preparing our food?
Step 3	<u>Your task:</u> Using the MyPlate template provided, you are to create a DINNER that features healthy ingredients from all 5 food groups <i>that you enjoy the taste of</i> . Your portion sizes should reflect daily recommended serving-sizes in accordance with www.MyPlate.gov , which should match your Mind Map. When determining ounces/cups, remember dinner is only one of your 3 daily meals.	
Step 4	<u>On front of plate:</u> <ul style="list-style-type: none"> • Dinner items printed out/drawn (as close to scale as possible) to reflect correct portion sizes. Printed in color or colored pencils are used to add realistic color to food items. • Label to accompany each food item on your plate. 	
Step 5	<u>On reverse-side of plate:</u> <ul style="list-style-type: none"> • Estimated calories in your meal • Your recommended daily caloric intake (found on www.Calorieking.com) • List of ingredients needed to cook/prepare your meal 	
Step 6	<u>Top Chef for a Day</u> <ul style="list-style-type: none"> • Conceptualize, shop for, and prepare a healthy & <u>balanced</u> dinner that you will actually cook for 	

	<p>your family.</p> <ul style="list-style-type: none"> ○ <i>Using your ideas from the MyPlate, MyMeal assignment, you will conceptualize food items, shop for ingredients, cook then serve your meal, and finally reflect on the entire experience.</i> ○ <i>Must include all 5 food groups, be budget conscious (estimate your budget then confirm with parents: \$10/\$15/\$30), and take into account likes/dislikes of your family members.</i> <ul style="list-style-type: none"> ▪ <i>Make a list of the ingredients you'll need for your meals (remember to budget \$)</i> ▪ <i>Make sure you talk to your mom/dad/whoever does grocery shopping and ask to come along and pick out your ingredients. (Compare options: food labels vs price)</i> 	
Step 7	<p><u>To hand in (through Google Slides):</u></p> <ul style="list-style-type: none"> ○ <u>Menu</u> (organized, descriptive, ingredients included) *Imagine you're serving your dish at a restaurant! *5 pts. ○ <u>Pictures:</u> Ingredients, you cooking in action, your finished meal, and serving your meal to family (talk to teacher in advance if pictures are a problem) *10 pts. ○ <u>Reflection of the experience:</u> (Successful? Struggles? Did your family like it? Could you see yourself cooking this meal again? What does the future hold for you and cooking meals for yourself / your family?) *10 pts. 	

References:

Melanie Lynch, M.Ed. State College Area High School

<https://www.choosemyplate.gov/>