



## SAMPLE LESSON PLANS

### Grade 9 – Health Promotion - Nutrition

#### Unit 21

##### **SOLs:**

9.2 Analyze current research and scientific studies to interpret nutritional principles, research the accuracy of health claims for a variety of processed foods and/or dietary supplements, and analyze personal daily diet to determine if one is meeting daily values for amino acids, vitamins, and minerals.

#### **Title: You Are What You Eat**

##### **Objectives/ Goals:**

- Students will be able to explain a balanced meal based on [ChooseMyPlate.gov](http://ChooseMyPlate.gov).
- Students will be able to explain about product placement and diet-related diseases.
- Students will understand the benefits of organic food and eating in season.
- Students will analyze food labels and be able to determine the better option when it comes to cereal, fruit juice and bread.

##### **Materials:**

- Nutrition: You Are What You Eat-ppt
  - <http://bit.ly/nutritionyouarewhatyoueat>
- Nutrition: You Are What You Eat Worksheet
- Computers with Nutrition Slides
- Tables arranged into 11 Stations, one to four devices/computers/Chromebooks per station
- Painter's tape to label stations #1-11
- White screen and projector or large monitor, computer, online access

## Procedure:

[Lesson 70-80 minutes].

### Step 1: Station Set-up

- 11 Stations
- Label stations #1-11 with painters' tape
- 1-2 computers/laptops per station
- 4 students per station is ideal (assign or let them choose groups)
- Print out *Nutrition: You are what you eat worksheet* for students to take notes.

### Step 2: Do Now Activity

Student groups sit at a station. Put the [\*Nutrition: You Are What You Eat\* ppt](#) on the projector. Screen should show the *Do Now Activity* (second slide on the *You Are What You Eat* slides):

- Do Now Activity: Talking Points
  - What factors influence your diet on a daily basis?
    - Talking points below.
      - **Factors that can influence your diet:**
        - Environment
        - Social economic factors
        - Culture
        - Family
        - Friends/Peers
- After Do Now Activity go to the next slide on the projector with URL instructions. Students will log onto same presentation <http://bit.ly/nutritionyouarewhatyoueat> and go to their corresponding slide based on their station #'s
  - Station #1 Portion Distortion [Slides: 4-5]
  - Station #2 Organic Foods: Are they safer? More nutritious? [Slide 6]
  - Station #3 Supplements: Vitamins, weight loss products, energy drinks [Slides:7-8]
  - Station #4 Cereal [Slides: 9-12]
  - Station #5 Michael Pollan's 10 Food Rules [Slide: 13]
  - Station #6 Eating in Season [Slide: 14]
  - Station #7 Product Placement [Slide: 15-16]
  - Station #8 MyPlate [Slide: 17]
  - Station #9 Juice [Slides: 18-21]
  - Station #10 Bread [Slides: 22-25]
  - Station #11 Leading Causes of Death in the US [Slide: 26-27]
- Students will fill out worksheet at each station. An online stopwatch on the projector is nice to pace the stations. Instructor will prompt groups to rotate approximately=5 mins each stations.

### Step 3: Assessment

- [Kahoot.it Nutrition Review Game https://play.kahoot.it/#/k/8463c8ea-b7a3-48dc-b0c0-](https://play.kahoot.it/#/k/8463c8ea-b7a3-48dc-b0c0-)

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- **Exit Ticket**
  - Describe 3 small changes you can make to your diet based on today's nutrition lab.
    - Students can do a Pair/Share or complete a written reflection
- Grocery Store Scavenger Hunt

### **References & Sources:**

Centers for Disease Control and Prevention: Leading Causes of Death (2015)

<https://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm>

Eating Well. 10 Food Rules You Should Follow.

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/organic-food/art-20043880>

Mayo Clinic. Organic foods: Are they safer? More nutritious? <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/organic-food/art-20043880>

10 Reasons to Eat What's In Season

<https://www.mindbodygreen.com/0-4807/10-Reasons-To-Eat-Whats-In-Season.html>

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# Nutrition: You Are What You Eat Worksheet

<http://bit.ly/nutritionyouarewhatyoueat>

Name: \_\_\_\_\_

<p><b>#1 Portion Distortion</b> Key Message:</p>	<p><b>#2 Organic</b> Why is organic better?</p>	<p><b>#3 Supplements:</b> Key Message &amp; Use Caution:</p> <p>Do you need supplements in your diet?</p>
<p><b>#4 Cereal:</b> Key Message:</p> <p>Use Caution:</p> <p>Which Cereal is the better choice?</p> <p>A            or            B</p> <p>Why?</p>	<p><b>#5 Michael Pollan's Food Rules:</b></p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li><li>6.</li><li>7.</li><li>8.</li><li>9.</li><li>10.</li></ol>	<p><b>#6 Eating in Season:</b></p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li><li>6.</li><li>7.</li><li>8.</li><li>9.</li><li>10.</li></ol>

<b># 7 Produce Placement:</b> Key Message:	<b>#8 MyPlate</b> Key Message:	<b>Extra Notes:</b>
<p><b>#9 Juice</b> Key Message:</p> <p>Use Caution:</p> <p>Which juice is the better choice?</p> <p>A            or            B</p> <p>Why?</p>	<p><b>#10 Bread</b> Key Message:</p> <p>Use Caution:</p> <p>Which bread is the better choice?</p> <p>A            or            B</p> <p>Why?</p>	<p><b>#11 What are the 7 Leading Causes of Death in the US?</b></p> <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p> <p>6.</p> <p>7.</p> <p>Circle the deaths possibly linked to diet</p>



# 10 Reasons To Eat What's In Season

By Katrine van Wyk

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May 14, 2012 — 22:00 PM

There is something quite comforting about knowing that everything in the universe has its place – that things are what they are for a reason. Here are 10 very good reasons for why you should eat seasonally.

### 1. Flavor

Produce that have been allowed to fully ripen in the sun taste amazing! Freshly picked produce has the optimal flavor – crispy, fragrant, juicy and colorful. Those summer heirloom tomatoes make all other tomatoes seem inferior. You can eat it like an apple; raw, warm from the sun and straight from the vine.

### 2. Nutrition

Plants get their nourishment from the sun and soil. Seasonally fresh produce is picked when they're ripe and fully developed. The plant has had more sun exposure, which means it will have higher levels of antioxidants! Studies have also found that the level of iodine and beta-carotene in milk is higher in the summer than in the winter months – ice cream anyone?

### 3. Economy

Simply supply and demand. When there's abundance of a product, such as watermelons in the summer, the prices go down. Seasonal food is much cheaper to produce for the farmers who would rather sell their products for a lower price, than not at all. Cash in on the seasonal

ounty.

#### **4. Environment**

Seasonal produce can grow without too much added human assistance i.e. pesticides and genetically modification. We know how these toxic compounds can contaminate the water and soil and also our health. Seasonal food is more likely to be locally produced as well, which reduces the load on our environment due to transport, or "food mileage".

#### **5. Community**

Getting to know where your food is coming from, who is growing your food and how they do it also makes you feel more connected to that whole process. CSA's and farmer's markets create communities around food that encourage us to share our knowledge, ask questions and engage in our own local environment. Together we are more powerful and big change can happen.

#### **6. Home Cooking**

Eating seasonally also forces you to cook more -- and there really is nothing better you could do for your health. When you start to take back control of what you put in to your body, which oil you choose to cook with, how much sugar you add to your food etc, you are consciously making better choices for your health. Cooking is also a great activity to do with your kids, family and friends. And, what better way to show your love?

#### **7. Creativity and Variety**

Whether you shop at the market or you're part of a CSA, eating seasonally keeps challenging your creativity to come up with new, fun and delicious dishes based on what you find. Maybe you choose to google a recipe, look through some cookbooks or go on Pinterest to find new inspiration and ideas about what to do with all that kale. Variety is also healthy for our bodies; by changing our menu according to what's available you are also less likely to develop food intolerances.

#### **8. Support of Your Seasonal Needs**

The natural cycle of produce is perfectly designed to support our health.

Apples grow in the fall and they are the perfect transition food helping the body get rid of excess heat and cool down before winter. In the spring the abundance of leafy greens help us alkalize, detox and loose some extra pounds after a long winter of heavier foods. In the summer we need to cool down and stay hydrated by eating more fruits, berries, cucumber, watermelon etc. Building a lifestyle around seasonal food facilitates the body's natural healing process.

## 9. Organic/Free of Pesticides

Food grown outside of their season or natural environment need a lot more human assistance in forms of pesticides, waxes, chemicals and preservatives to grow and look appealing to us consumers. By choosing local and seasonal food, you are also more likely to get a cleaner product! Many small family farms cannot afford to go through organic certification but still follow very natural and healthy growing practices. So when shopping at the farmers market you don't have to be as careful about finding the "organic" produce as you are when shopping at the super market.

Katrine van Wyk

Katrine is a certified holistic health coach, yoga teacher, author of the book Best Green Drinks Ever and Best Green Eats Ever and mama to Felix. She moved to New York from Norway in...

## 10. Harmony

### 5 Worst Arthritis Foods

Stop eating this now and watch your pain disappear. Free video.



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<https://www.mindbodygreen.com/0-4807/10-Reasons-To-Eat-Whats-In-Season.html>



## Healthy Lifestyle

# Nutrition and healthy eating

**Discover the difference between organic foods and their traditionally grown counterparts when it comes to nutrition, safety and price.**

By Mayo Clinic Staff

Once found only in health food stores, organic food is now a regular feature at most supermarkets. And that's created a bit of a dilemma in the produce aisle.

On one hand, you have a conventionally grown apple. On the other, you have one that's organic. Both apples are firm, shiny and red. Both provide vitamins and fiber, and both are free of fat, sodium and cholesterol. Which should you choose? Get the facts before you shop.

The word "organic" refers to the way farmers grow and process agricultural products, such as fruits, vegetables, grains, dairy products and meat. Organic farming practices are designed to meet the following goals:

- Enhance soil and water quality
- Reduce pollution
- Provide safe, healthy livestock habitats
- Enable natural livestock behavior
- Promote a self-sustaining cycle of resources on a farm

Materials or practices not permitted in organic farming include:

- Synthetic fertilizers to add nutrients to the soil
- Sewage sludge as fertilizer
- Most synthetic pesticides for pest control
- Irradiation to preserve food or to eliminate disease or pests
- Genetic engineering, used to improve disease or pest resistance or to improve crop yields
- Antibiotics or growth hormones for livestock

Organic crop farming materials or practices may include:

- Plant waste left on fields (green manure), livestock manure or compost to improve soil quality
- Plant rotation to preserve soil quality and to interrupt cycles of pests or disease
- Cover crops that prevent erosion when parcels of land are not in use and to plow into soil for improving soil quality
- Mulch to control weeds
- Predatory insects or insect traps to control pests
- Certain natural pesticides and a few synthetic pesticides approved for organic farming, used rarely and only as a last resort in coordination with a USDA organic certifying agent

Organic farming practices for livestock include:

- Healthy living conditions and access to the outdoors
- Pasture feeding for at least 30 percent of livestock's nutritional needs during grazing season
- Organic foods for animals
- Vaccinations

The U.S. Department of Agriculture (USDA) has established an organic certification program that requires all organic foods to meet strict government standards. These standards regulate how such foods are grown, handled and processed.

Any product labeled as organic on the product description or packaging must be USDA certified. If it is certified, the producer may also use an official USDA Organic seal.

The USDA makes an exception for producers who sell less than \$5,000 a year in organic foods. These producers must follow the guidelines for organic food production, but they do not need to go through the certification process. They can label their products as organic, but they may not use the official USDA Organic seal.

The USDA also has guidelines on how organic foods are described on product labels:

- **100 percent organic.** This description is used on certified organic fruits, vegetables, eggs, meat or other single-ingredient foods. It may also be used on multi-ingredient foods if all of the ingredients are certified organic, excluding salt and water. These may have a USDA seal.
- **Organic.** If a multi-ingredient food is labeled organic, at least 95 percent of the ingredients are certified organic, excluding salt and water. The nonorganic items must be from a USDA list of approved additional ingredients. These also may have a USDA seal.
- **Made with organic.** If a multi-ingredient product has at least 70 percent certified organic ingredients, it may have a "made with organic" ingredients label. For example, a breakfast cereal might be labeled "made with organic oats." The ingredient list must identify what ingredients are organic. These products may not carry a USDA seal.
- **Organic ingredients.** If less than 70 percent of a multi-ingredient product is certified organic, it may not be labeled as organic or carry a USDA seal. The ingredient list can indicate which ingredients are organic.

No, "natural" and "organic" are not interchangeable terms. In general, "natural" on a food label means that it has no artificial colors, flavors or preservatives. It does not refer to the methods or materials used to produce the food ingredients.

Other common food labels should also not be confused with organic labels. For example, the guidelines for certified organic beef include — among a number of requirements — access to pasture during a minimum 120-day grazing season and no growth hormones. But the labels "free-range" or "hormone-free," while they must be used truthfully, do not indicate a farmer followed all guidelines for organic certification.

There is a growing body of evidence that shows some potential health benefits of organic foods when compared with conventionally grown foods. While these studies have shown differences in the food, there is limited information to draw conclusions about how these differences translate into overall health benefits.

Potential benefits include the following:

- **Nutrients.** Studies have shown small to moderate increases in some nutrients in organic produce. The best evidence of a significant increase is in certain types of flavonoids, which have antioxidant properties.
- **Omega-3 fatty acids.** The feeding requirements for organic livestock farming, such as the primary use of grass and alfalfa for cattle, result in generally higher levels of omega-3 fatty acids, a kind of fat that is more heart healthy than other fats. These higher omega-3 fatty acids are found in organic meats, dairy and eggs.
- **Toxic metal.** Cadmium is a toxic chemical naturally found in soils and absorbed by plants. Studies have shown significantly lower cadmium levels in organic grains, but not fruits and vegetables, when compared with conventionally grown crops. The lower cadmium levels in organic grains may be related to the ban on synthetic fertilizers in organic farming.
- **Pesticide residue.** Compared with conventionally grown produce, organically grown produce has lower detectable levels of pesticide residue. Organic produce may have residue because of pesticides approved for organic farming or because of airborne pesticides from conventional farms. The difference in health outcomes is unclear because of safety regulations for maximum levels of residue allowed on conventional produce.
- **Bacteria.** Meats produced conventionally may have a higher occurrence of bacteria resistant to antibiotic treatment. The overall risk of bacterial contamination of organic foods is the same as conventional foods.

One common concern with organic food is cost. Organic foods typically cost more than their conventional counterparts. Higher prices are due, in part, to more expensive farming practices.

Whether you go totally organic or opt to mix conventional and organic foods, be sure to keep these tips in mind:

- **Select a variety of foods from a variety of sources.** This will give you a better mix of nutrients and reduce your likelihood of exposure to a single pesticide.

- **Buy fruits and vegetables in season when possible.** To get the freshest produce, ask your grocer what is in season or buy food from your local farmers market.
- **Read food labels carefully.** Just because a product says it's organic or contains organic ingredients doesn't necessarily mean it's a healthier alternative. Some organic products may still be high in sugar, salt, fat or calories.
- **Wash and scrub fresh fruits and vegetables thoroughly under running water.** Washing helps remove dirt, bacteria and traces of chemicals from the surface of fruits and vegetables, but not all pesticide residues can be removed by washing. Discarding outer leaves of leafy vegetables can reduce contaminants. Peeling fruits and vegetables can remove contaminants but may also reduce nutrients.

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April 04, 2018

Original article: <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/organic-food/art-20043880>

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# 10 Food Rules You Should Follow

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## What should you eat?

With so many food choices available to us—from wholesome organic foods to supersized processed offerings—answering this question can be confusing. Add “expert” advice and grocery stores teeming with products plastered with health claims, and you may feel you need a guide just to choose breakfast cereal. Bestselling author Michael Pollan (pictured) cuts through this overload in his book “Food Rules: An Eater’s Manual” (Penguin). He distills 64 food rules to guide Americans away from the Western diet of processed “edible food-like substances” and toward diets that originated in traditional food cultures. Here we’ve highlighted 10 of our favorite Pollan food rules, selected because of the science that backs them as a guide for healthy eating.

Watch: See 6 foods to cut for a clean diet. (<http://www.eatingwell.com/video/6727/>)



**Pictured Recipe:** *Mixed Lettuce, Fennel & Orange Salad with Black Olive Dressing* »  
([http://www.eatingwell.com/recipes/mixed\\_lettuce\\_fennel\\_orange\\_salad\\_with\\_black\\_olive\\_vinaigrette.html](http://www.eatingwell.com/recipes/mixed_lettuce_fennel_orange_salad_with_black_olive_vinaigrette.html))

### Rule 1:

#### Eat mostly plants, especially leaves.

If you ask yourself, “What kind of food should I eat?” Start with this as your answer. Numerous studies point to the benefits of a plant-based diet: improved blood pressure, decreased risk of heart disease, lowered cholesterol and better weight control.

### Related Links:

Fresh Dinner Salads » ([http://www.eatingwell.com/recipes\\_menus/recipe\\_slideshows/fresh\\_dinner\\_salads](http://www.eatingwell.com/recipes_menus/recipe_slideshows/fresh_dinner_salads))

Slimming Vegetarian Dinners » ([http://www.eatingwell.com/recipes\\_menus/recipe\\_slideshows/slimming\\_vegetarian\\_dinners](http://www.eatingwell.com/recipes_menus/recipe_slideshows/slimming_vegetarian_dinners))

Meatless Monday: Vegetarian Recipes You Must Try » ([http://www.eatingwell.com/recipes\\_menus/recipe\\_slideshows/vegetarian\\_recipes\\_you\\_must\\_try](http://www.eatingwell.com/recipes_menus/recipe_slideshows/vegetarian_recipes_you_must_try))



**Pictured Recipe:** *Grilled Salmon & Zucchini with Red Pepper Sauce* » ([http://www.eatingwell.com/recipes/grilled\\_salmon\\_zucchini\\_with\\_red\\_pepper\\_sauce.html](http://www.eatingwell.com/recipes/grilled_salmon_zucchini_with_red_pepper_sauce.html))

#### Rule 2:

### Eat animals that have themselves eaten well.

At EatingWell we encourage sustainably raised choices when it comes to meat, poultry and seafood, both for our health and the health of the environment. The buyer's guides and articles below will help guide you to the best choices.

#### Related Links:

Green Choices: Meat & Poultry Buyer's Guide »

([http://www.eatingwell.com/healthy\\_cooking/healthy\\_cooking\\_101/shopping\\_cooking\\_guides/green\\_choices\\_meat\\_poultry\\_buyer\\_s\\_guide](http://www.eatingwell.com/healthy_cooking/healthy_cooking_101/shopping_cooking_guides/green_choices_meat_poultry_buyer_s_guide))

When it Comes to Beef, Is Grass-Fed Better? »

([http://www.eatingwell.com/food\\_news\\_origins/green\\_sustainable/greener\\_pastures\\_when\\_it\\_comes\\_to\\_beef\\_is\\_grass\\_fed\\_better](http://www.eatingwell.com/food_news_origins/green_sustainable/greener_pastures_when_it_comes_to_beef_is_grass_fed_better))

What Makes a Better Chicken? » ([http://www.eatingwell.com/food\\_news\\_origins/organic\\_natural/what\\_makes\\_a\\_better\\_chicken](http://www.eatingwell.com/food_news_origins/organic_natural/what_makes_a_better_chicken))

Fish and Shellfish: 5 to eat, 5 to avoid » (<http://www.eatingwell.com/article/69763/5-of-the-healthiest-fish-to-eat-and-5-to-avoid/>)

Green Choices: Seafood Buyer's Guide » ([http://www.eatingwell.com/healthy\\_cooking/healthy\\_cooking\\_101/shopping\\_cooking\\_guides/green\\_choices\\_seafood\\_buyer\\_s\\_guide](http://www.eatingwell.com/healthy_cooking/healthy_cooking_101/shopping_cooking_guides/green_choices_seafood_buyer_s_guide))

The Wild Salmon Debate » ([http://www.eatingwell.com/content/great\\_for\\_hot\\_weather](http://www.eatingwell.com/content/great_for_hot_weather))

Delicious Canned Wild Salmon Recipes » ([http://www.eatingwell.com/food\\_news\\_origins/green\\_sustainable/the\\_wild\\_salmon\\_debate](http://www.eatingwell.com/food_news_origins/green_sustainable/the_wild_salmon_debate))



#### Rule 3:

### Eat your colors.

Pollan's advice: "The colors of many vegetables reflect the different antioxidant phytochemicals they contain...Many of these chemicals help protect against chronic diseases, but each in a slightly different way, so the best protection comes from a diet containing as many different phytochemicals as possible."

#### Related Links:

Eating Well By Color » ([http://www.eatingwell.com/food\\_news\\_origins/seasonal\\_local/eatingwell\\_in\\_season/eating\\_well\\_by\\_color](http://www.eatingwell.com/food_news_origins/seasonal_local/eatingwell_in_season/eating_well_by_color))

Healthy Antioxidant-Rich Recipes » ([http://www.eatingwell.com/recipes\\_menus/collections/healthy\\_antioxidant\\_recipes](http://www.eatingwell.com/recipes_menus/collections/healthy_antioxidant_recipes))



**Pictured Recipe:** *Oven Sweet Potato Fries* » ([http://www.eatingwell.com/content/great\\_for\\_hot\\_weather](http://www.eatingwell.com/content/great_for_hot_weather))

**Rule 4:**

Eat all the junk food you want as long as you cook it yourself.

Pollan's advice: "Enjoy these treats as often as you're willing to prepare them—chances are good it won't be every day."

**Related Links:**

Healthy Recipes to Satisfy Junk Food Cravings » ([http://www.eatingwell.com/recipes\\_menus/recipe\\_slideshows/healthy\\_recipes\\_to\\_satisfy\\_junk\\_food\\_cravings](http://www.eatingwell.com/recipes_menus/recipe_slideshows/healthy_recipes_to_satisfy_junk_food_cravings))

Healthy Chips and Dips Recipes » ([http://www.eatingwell.com/recipes\\_menus/recipe\\_slideshows/healthy\\_chips\\_and\\_dips\\_recipes](http://www.eatingwell.com/recipes_menus/recipe_slideshows/healthy_chips_and_dips_recipes))

Irresistible Cookies—for 100 Calories or Less » ([http://www.eatingwell.com/recipes\\_menus/recipe\\_slideshows/irresistible\\_cookies\\_for\\_100\\_calories\\_or\\_less](http://www.eatingwell.com/recipes_menus/recipe_slideshows/irresistible_cookies_for_100_calories_or_less))

Instant Chocolate Desserts » ([http://www.eatingwell.com/recipes\\_menus/recipe\\_slideshows/instant\\_chocolate\\_desserts](http://www.eatingwell.com/recipes_menus/recipe_slideshows/instant_chocolate_desserts))



**Pictured Recipe:** *Honey Oat Quick Bread* » ([http://www.eatingwell.com/recipes/honey\\_oat\\_quick\\_bread.html](http://www.eatingwell.com/recipes/honey_oat_quick_bread.html))

**Rule 5:**

The whiter the bread, the sooner you'll be dead.

Pollan's advice: "Eat whole grains and minimize your consumption of white flour."

**Related Links:**

Healthy Homemade Bread Recipes » ([http://www.eatingwell.com/recipes\\_menus/recipe\\_slideshows/healthy\\_homemade\\_bread\\_recipes](http://www.eatingwell.com/recipes_menus/recipe_slideshows/healthy_homemade_bread_recipes))

3 ways to find the healthiest supermarket breads » ([http://www.eatingwell.com/blogs/health\\_blog/3\\_ways\\_to\\_find\\_the\\_healthiest\\_supermarket\\_breads](http://www.eatingwell.com/blogs/health_blog/3_ways_to_find_the_healthiest_supermarket_breads))

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**Rule 6:**

Shop the peripheries of the supermarket and stay out of the middle.

Pollan says: "Processed food products dominate the center aisles of the store, while the cases of mostly fresh food—produce, meat and fish, dairy—line the walls. If you keep to the edges of the store you'll be much more likely to wind up with real food in your shopping cart."

**Related Links:**

12 Secrets to Spending Less at the Grocery Store » ([http://www.eatingwell.com/healthy\\_cooking/budget\\_cooking/12\\_secrets\\_to\\_spending\\_less\\_at\\_the\\_grocery\\_store](http://www.eatingwell.com/healthy_cooking/budget_cooking/12_secrets_to_spending_less_at_the_grocery_store))

15 Tricks to Save Money on Food But Still Eat Well » ([http://www.eatingwell.com/healthy\\_cooking/budget\\_cooking/15\\_tricks\\_to\\_save\\_money\\_on\\_food\\_but\\_still\\_eat\\_well](http://www.eatingwell.com/healthy_cooking/budget_cooking/15_tricks_to_save_money_on_food_but_still_eat_well))

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**Pictured Recipe:** *Greek Salad with Sardines* » ([http://www.eatingwell.com/recipes/sardine\\_greek\\_salad.html](http://www.eatingwell.com/recipes/sardine_greek_salad.html))

**Rule 7:**

Don't overlook the oily little fishes.

If there's one food you should be eating (and probably are not) it is the humble sardine. Sardines (Pacific, wild-caught) are one of the healthiest foods we can consume, according to health and environmental experts. These nutritional powerhouses are one of the best sources of omega-3 fats, with a whopping 1,950 mg/per 3 oz. (that's more per serving than salmon, tuna or just about any other food) and they're packed with vitamin D. If you're trying sardines for the first time, or you just really want to learn to like them, here are a few recipes to stoke your sardine love.

**Related Links:**

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How to Make Sustainable Seafood Choices at the Fish Market »

([http://www.eatingwell.com/food\\_news\\_origins/green\\_sustainable/how\\_to\\_make\\_sustainable\\_seafood\\_choices\\_at\\_the\\_fish\\_market](http://www.eatingwell.com/food_news_origins/green_sustainable/how_to_make_sustainable_seafood_choices_at_the_fish_market))



**Pictured Recipe: Provencal Summer Vegetables »** ([http://www.eatingwell.com/recipes/provencal\\_summer\\_vegetables.html](http://www.eatingwell.com/recipes/provencal_summer_vegetables.html))

#### **Rule 8: Eat more like the French. Or the Japanese. Or the Italians. Or the Greeks**

Pollan says: "People who eat according to the rules of a traditional food culture are generally healthier than those of us eating a modern Western diet of processed foods."

#### **Related Links:**

Recipes from the Mediterranean Diet » ([http://www.eatingwell.com/recipes\\_menus/recipe\\_slideshows/recipes\\_from\\_the\\_mediterranean\\_diet](http://www.eatingwell.com/recipes_menus/recipe_slideshows/recipes_from_the_mediterranean_diet))

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**Pictured Recipe: Sesame Carrots »** ([http://www.eatingwell.com/recipes/sesame\\_carrots.html](http://www.eatingwell.com/recipes/sesame_carrots.html))

#### **Rule 9: Limit your snacks to unprocessed plant foods**

Pollan says: "The bulk of the 500 calories Americans have added to their daily diet since 1980 (the start of the obesity epidemic) have come in the form of snack foods laden with salt, fat and sugar. If you are going to snack, try to limit yourself to fruits, vegetables and nuts."

#### **Related Links:**

Snack-Attack Rescue: 13 Healthy Snacks to Stash in Your Desk Drawer »

([http://www.eatingwell.com/blogs/health\\_blog/snack\\_attack\\_rescue\\_13\\_healthy\\_snacks\\_to\\_stash\\_in\\_your\\_desk\\_drawe](http://www.eatingwell.com/blogs/health_blog/snack_attack_rescue_13_healthy_snacks_to_stash_in_your_desk_drawe))

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10 Ways to Snack Smarter » ([http://www.eatingwell.com/nutrition\\_health/weight\\_loss\\_diet\\_plans/diet\\_exercise\\_tips/10\\_ways\\_to\\_snack\\_smarter](http://www.eatingwell.com/nutrition_health/weight_loss_diet_plans/diet_exercise_tips/10_ways_to_snack_smarter))

Snacks for 250 Calories or Less » ([http://www.eatingwell.com/nutrition\\_health/weight\\_loss\\_diet\\_plans/diet\\_meal\\_plans/snacks\\_for\\_250\\_calories\\_or\\_less](http://www.eatingwell.com/nutrition_health/weight_loss_diet_plans/diet_meal_plans/snacks_for_250_calories_or_less))



#### **Rule 10: Avoid foods that have some form of sugar (or sweetener) listed among the top three ingredients**

Pollan says: "Labels list ingredients by weight and any product that has more sugar than other ingredients has too much sugar." (For an exception to this rule, follow Pollan's "treat treats as treats" philosophy.)

#### **Related Links:**

Deceptive Food Labels: How to Know What's Really Healthy » ([http://www.eatingwell.com/blogs/health\\_blog/deceptive\\_food\\_labels\\_how\\_to\\_know\\_what\\_s\\_truly\\_healthy](http://www.eatingwell.com/blogs/health_blog/deceptive_food_labels_how_to_know_what_s_truly_healthy))

3 Ways to Break Your Sugar Habit » ([http://www.eatingwell.com/blogs/health\\_blog/3\\_ways\\_to\\_break\\_your\\_sugar\\_habit](http://www.eatingwell.com/blogs/health_blog/3_ways_to_break_your_sugar_habit))

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Low Added Sugars Dessert Recipes » ([http://www.eatingwell.com/recipes\\_menus/recipe\\_slideshows/low\\_added\\_sugars\\_recipes](http://www.eatingwell.com/recipes_menus/recipe_slideshows/low_added_sugars_recipes))

A Healthful Sugar: Is Agave Nectar Healthier Than Sugar or Other Sweeteners? »

([http://www.eatingwell.com/nutrition\\_health/nutrition\\_news\\_information/a\\_healthful\\_sugar\\_is\\_agave\\_nectar\\_healthier\\_than\\_sugar\\_o](http://www.eatingwell.com/nutrition_health/nutrition_news_information/a_healthful_sugar_is_agave_nectar_healthier_than_sugar_o))

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Is High-Fructose Corn Syrup Really Worse Than Sugar? » ([http://www.eatingwell.com/blogs/health\\_blog/is\\_high\\_fructose\\_corn\\_syrup\\_really\\_worse\\_than\\_sugar](http://www.eatingwell.com/blogs/health_blog/is_high_fructose_corn_syrup_really_worse_than_sugar))

Do Artificial Sweeteners Make You Hungrier? » ([http://www.eatingwell.com/nutrition\\_health/weight\\_loss\\_diet\\_plans/diet\\_reports\\_information/do\\_artificial\\_sweeteners\\_make\\_](http://www.eatingwell.com/nutrition_health/weight_loss_diet_plans/diet_reports_information/do_artificial_sweeteners_make_))

A Buyer's Guide to Sugar Substitutes » ([http://www.eatingwell.com/healthy\\_cooking/healthy\\_cooking\\_101/shopping\\_cooking\\_guides/a\\_buyers\\_guide\\_to\\_sugar\\_substitutes](http://www.eatingwell.com/healthy_cooking/healthy_cooking_101/shopping_cooking_guides/a_buyers_guide_to_sugar_substitutes))



*Pictured Recipe: Chocolate & Nut Butter Bites » ([http://www.eatingwell.com/recipes/chocolate\\_nut\\_butter\\_bites.html](http://www.eatingwell.com/recipes/chocolate_nut_butter_bites.html))*

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(http://www.eatingwell.com/food\_news\_origins/food\_news/the\_future\_of\_food\_predictions\_from\_michael\_pollan)

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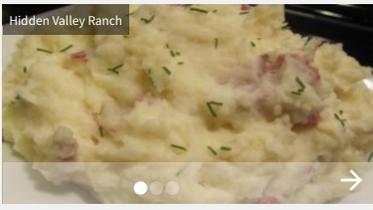


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# Grocery Store Scavenger Hunt

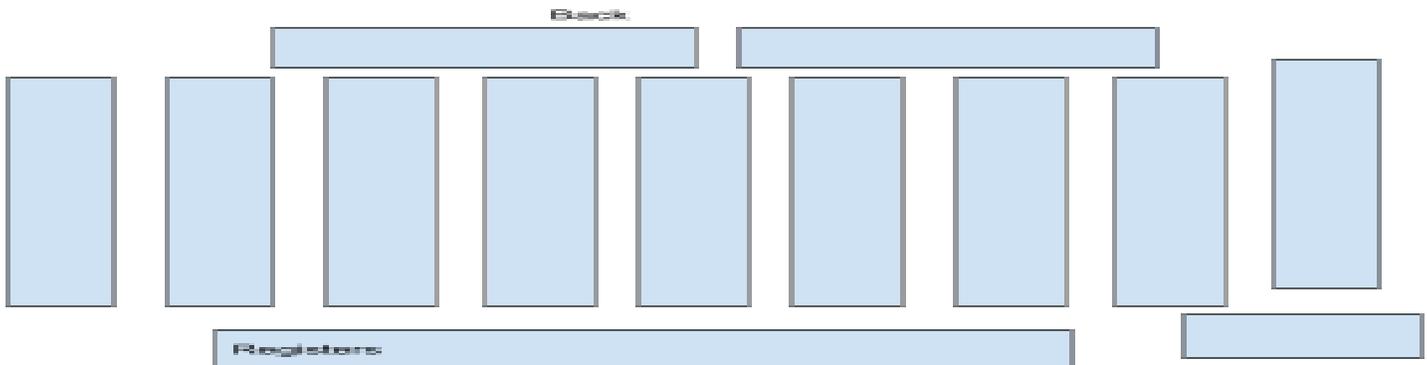
Name: \_\_\_\_\_

Take this worksheet to the grocery store the next time your family is grocery shopping. The goal is practice analyzing food labels and comparing prices to make the best food choices for your family. You do not actually have to buy the items.

List the 3 items that you (or your family) buy the most often at the grocery store.

1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_

Shade in the areas below where you get most of your groceries at the store.



## Cereal

**[Tips: Low in sugar, high in fiber, less ingredients the better, no artificial colors]**

Head to the cereal aisle. Use the food labels and your knowledge to determine the best cereal to buy your family. You do not need to purchase the cereal. Write down the name of the cereal and why you choose that cereal based on your nutrition knowledge and price. Cereal choice: \_\_\_\_\_ Price: \_\_\_\_\_

Why?

## Oatmeal

**[Tips: Low in sugar]**

Your younger sibling loves oatmeal. Is it a better buy to get instant oatmeal or a canister of quick oats? Price: \_\_\_\_\_

Explain your answer.

## Bread

**[Tips: 1st ingredient whole wheat or whole wheat flour, low in sugar, high in fiber, less ingredients the better]**

Head to the bread aisle. Use the food labels and your knowledge to determine the best bread to purchase for your family.

Bread choice: \_\_\_\_\_ Price: \_\_\_\_\_

Explain in detail why you choose your bread.

## Meat/Fish/Beans

[Tips: Organic, grass fed, wild, free-range. Caution: Natural]

Head to the butcher or frozen meat aisle. Your family wants to buy some type of protein.

Will you buy the meat frozen or fresh?

What did you decide to buy?

Why?

Total Price:

Why might you buy organic meat?

## Fruit

Head to the produce section.

What is the best deal on fruit per pound?

What type of fruit?

How many pounds will you buy for the week for your family?

- Total Price?

Why is it good to eat in season?

## Vegetable

Head to the produce section.

What vegetable is in season? (Hint: usually one that is cheaper and on sale)

What is the best vegetable deal per pound?

Total Price:

## Green Vegetable

Head to the produce section.

What green vegetable will you choose to buy for your family?

Total Price?

## Reflection :

Based on your knowledge of nutrition. What are three small changes your family can make to improve their overall diet? (ex. Adding a green vegetable to your plate every day for dinner, buying less soda, only drinking water, not buying chips).

