

## FAST FOOD VACATION RECOMMENDED GRADES 6,7,8

In this course, participants will learn how their food choices are being influenced through avenues such as the food's marketing strategies, along with the media and even grocery stores' advertising tactics. Students will learn ways to maintain a healthy body even with outside influences. Participants will also be taught what a portion size is and how it plays a role in a healthy diet and body. The dangers of eating foods with high fat, sodium and sugar will be covered as well.

### TOPICS COVERED

- Food Advertising/Marketing
- How to maintain a healthy body
- Reading a Nutrition Facts Label
- Calories in = Calories out
- Portion Sizes and Serving Sizes
- Negative risks of excessive fat, sodium and sugar

### OBJECTIVES

- Students will be able to identify influences on food choices
- Students will be able to identify examples of media slogans
- Students will be able to name 3 ways to maintain a healthy body
- Students will be able to explain what Calories In = Calories Out means
- Students will be able to define portion size and serving size
- Students will be able to list three negative risks associated with eating foods high in fat, sodium and sugar

### NATIONAL HEALTH EDUCATION STANDARDS

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health
- Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior
- Standard 5: Students will demonstrate the ability to use goal-setting skills to enhance health
- Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health
- Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health

### ACTIVITIES AND ASSIGNMENTS

#### Fast Food Vacation Digital Instruction 25m

#### STUDENT ASSIGNMENTS

While You Watch worksheet	25m
Analyzing Ads	45m
Beyond the TV Commercials	60m
Energy in and Energy Out	15-30m
Fad Diets: The Good, Bad & Ugly	30m
Food and Activity Journal	45m
Meeting Your Nutrition and Activity Goals	30m
Understanding BMI	15m

#### CLASSROOM ACTIVITIES

Introducing MyPlate	25m
Read it Before You Eat It	30m
Reading a Food Label	45m
The Health of Our Bones	30m

Individual Courses are priced at \$75.

### CASEL CORE COMPETENCIES

- Self-awareness
- Social awareness
- Relationship skills
- Responsible decision-making

