

# Weller Health Education Center

## Chew on This!

### Healthy Eating series

45 minute, outreach program

Grades 6 - 8

### Course Description

*From farm to factory students will learn the route food takes to get to their plate. An honest look at ingredients used to process food, including an engaging activity about sugar.*

### Objectives

1. Identify how ingredients are listed on a food label.
2. Recognize three other names for sugar and how much is in food.
3. Understand the concept of food processing.

### PA Standards

*Health, Safety and PE Standards:*

- 10.1.9.C Analyze factors that impact nutritional choices in adolescents.
- 10.1.9.E Analyze how personal choices, disease and genetics can impact health maintenance and disease prevention.
- 10.2.9.C Analyze media health and safety messages and describe their impact on personal health and safety.

### Cross Curricular Opportunities

*Science, Technology, and Engineering:*

- 3.1.7.B.4 Describe how selective breeding and biotechnology can alter the genetic composition of organisms.
- 3.4.8.B.3 Explain how throughout history, new technologies have resulted from the demands, values, and interests of individuals, businesses, industries and societies.

### Reading, Writing, Speaking and Listening

- 1.6.6,7,8.A Listen critically and respond to others in small and large group situations.
- Respond with grade level appropriate questions, ideas, information, or opinions.
- 1.6.6,7,8.B Demonstrate awareness of audience using appropriate volume and clarity in formal speaking presentations.

### RELA Lesson Ideas

- 1.4.6,7,8 Write multi-paragraph informational pieces.

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## 1.4.6,7,8.C Write persuasive pieces

### Grade 6:

- Include clearly stated position or opinion.
- Include and develop supporting opinions using meaningful, convincing evidence, properly cited.

### Grade 7:

- Include clearly stated position or opinion.
- Include convincing, elaborated, and properly cited evidence.
- Identify appropriate persuasive techniques to anticipate reader concerns and arguments.

### Grade 8:

- Include a clearly stated position or opinion.
- Include convincing, elaborated, and properly cited evidence.
- Anticipate and counter reader concerns and arguments.

Persuasive writing prompt: Pick either processed or fresh food. Which do you think is the best option for the average American? Explain why you think Americans should buy more processed or fresh food.

Informational writing prompt: Explain the different types of sugar. What should a consumer know when looking at a food label if they are concerned with sugar intake?

The **Healthy Eating** series also includes these outreach programs:

- Kids in Motion, grades 1 – 3
- Food for Thought, grades 2 – 3
- Food Label Mabel, grades 2 – 3
- Health Adventure, grades 2 – 3
- Kitchen Nutrition, grades 2 – 4
- Jambalaya Jeopardy, grades 4 – 6
- Body Smarts, grades 5 – 7
- Media Wise, grades 5 – 7
- NoBody's Perfect, grades 6 – 10