

Weller Health Education Center

Kitchen Nutrition

Healthy Eating series

45 minute, outreach program

Grades 2 - 4

Course Description

What ingredients are hiding in your kitchen? This program explores the ingredients in processed food. A fun activity measuring sugar in food that kids love will shock students and teachers alike.

Objectives

1. Recognize three other names for sugar.
2. Identify how ingredients are listed on a food package.
3. Understand why processed food can be unhealthy.

PA Standards

Health, Safety and PE Standards:

- 10.1.6.C Analyze nutritional concepts that impact health.
- Caloric content of foods
 - Nutrient requirements
 - Label reading
 - Healthful food selections
- 10.2.6.B Explain the relationship between health-related information and consumer choices.
- Dietary guidelines/food selection

Cross Curricular Opportunities

Science, Technology, and Engineering:

- 3.4.3.A1 Identify how the natural made world and the human made world are different.
- 3.4.3.B1 Describe how using technology can be good or bad.
- 3.4.4.B1 Describe how technology affects humans in various ways.
- 3.4.5.B1 Explain how the use of technology can have unintended consequences.
- 3.4.3.B3 Identify and define products made to meet individual needs versus wants.
- 3.4.3.B3 Illustrate how people have made tools to provide food, clothing, and shelter.
- 3.4.4.E2 Identify the technologies in agriculture that make it possible for food to be available year round.

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Reading, Writing, Speaking and Listening:

1.6.2,3,4.A Listen critically and respond to others in small and large group situations.

- Respond with grade level appropriate questions, ideas, information, or opinions.

RELA Lesson Ideas

1.4.3.B Write informational pieces using illustrations when relevant (e.g., descriptions, letters, single-topic reports, instructions).

1.5.3.A Write with a focus, with an understanding of topic, task, and audience.

1.4.4.B Write multi-paragraph informational pieces (e.g. descriptions, letters, reports, instructions).

- Use relevant graphics (maps, charts, tables, illustrations, photographs).

2nd Grade: Describe the contents in your kitchen, what healthy and unhealthy options do you have to choose from? How would you know that they are healthy or unhealthy?

3rd Grade: Select 2 foods that you like to eat. Explain how you would know if they are a healthy or an unhealthy choice. What are hidden words you would look for on the label?

4th Grade: Create an informational guide for your kitchen at home. How can your family make healthy choices with the foods that are in your cupboards and refrigerator?

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

Jambalaya Jeopardy, grades 4 – 6

Body Smarts, grades 5 – 7

Media Wise, grades 5 – 7

Chew on This!, grades 6 – 8

NoBody's Perfect, grades 6 – 10