

NUTRITION AWARENESS

Junior High

Description

Creating an awareness of the importance of sound nutrition for teenagers is becoming more and more of a problem. Teenagers are living in a society where balanced meals are no longer the norm, but rather fast foods and convenience foods in front of the television. The eating habits that are established by teenagers will be with them as they become adults. Improper nutrition can lead to many health issues, such as heart attacks, osteoporosis and high cholesterol for the individual. Family and Consumer Science classes and FCCLA can provide student with the background on sound nutritional eating habits and how it can affect their life now and in the future.

Family and Consumer Sciences Classes

- Seventh Grade FACS
- Eighth Grade FACS

Classroom Activities

- Give background information on nutrients.
- Create a fact sheet or display on related nutrition topics.
- Share information with other students or groups pointing out the importance of good nutrition.
- Plan and prepare food item that is an example of healthy food relating to their topic.

Class Connection of FCCLA Projects

- STAR Events--Illustrated Talk
- Community Service--Put displays in store windows and make facts sheet available to the community
- Public Relations--Have students write nutrition articles for local and/or school newspaper

Resources

- Mayo Clinic web site.
- Student Body Handbook; FCCLA.

Connection to Minnesota Graduation Standards

- Physical Education and Lifetime Fitness--Personal Health
- Inquiry--Conducting research and communicate findings.

Submitted by

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