

NUTRITION

Senior High

Description

Students are coming to school malnourished because they do not eat breakfast. Studies have shown that student perform better academically when they have had a well balanced meal to start the day. Students need to become aware of the importance of eating breakfast and learn how to make a balance breakfast.

Family and Consumer Sciences Classes

- Child Development
- Family Living
- Food Course

Classroom Activities

- Outline the importance of breakfast. Have student find one study and create fact sheet what the study says about eating breakfast.
- Give examples of breakfast dishes. Have student break out into group to develop a breakfast meal and presentation to give to student in other classes.
- Have student develop a display of quick and nutritional breakfasts to get on the go.
- Design a nutrition contest and the winning class receive a breakfast buffet.

Class Connection of FCCLA Projects

- STAR Events--Illustrated Talk, Focus on Children, See What We've Done
- Families First
- Student Body

Resources

- Food Textbooks
- Families First Handbook
- Student Body Handbook

Connection to Minnesota Graduation Standards

- Decision Making--Nutrition In-Depth

Submitted by

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