

NUTRITION

Senior High

Description

We are at a crossroads when it comes to consumers and health. While consumers' awareness of the importance of eating right and being active is at an all time high, they are still confused and do not act on that increased awareness. You can help Americans cut through the confusing and conflicting nutrition message. For example, nutrition experts recommend targeting health professionals with communications on the guidelines themselves, and targeting consumers with messages that translate the meaning behind the guidelines.

Family and Consumer Sciences Classes

- Foods
- Family Living
- Teen Issues

Classroom Activities

- Develop a health food plan.
- Write recipes for an entire healthy meal and then cook it.
- Teach younger children about the new food nutrition labels through skits, activities and games.

Class Connection of FCCLA Projects

- STAR Events--See What We've Done, Illustrated Talk
- Community Service--teaching younger children about nutrition.

Resources

- Dole 5 a Day Program
- IFICINFO.HEALTH.ORG

Connection to Minnesota Graduation Standards

- Personal Development
- Community Service
- Teen Issues