

NUTRITION CARNIVAL

Senior High

Description

Teaching youth the importance of eating healthy needs to be a priority. Students need to look at the long-term effects of poor nutrition choices and they must be encouraged to make wise food choices. The nutrition carnival will allow senior high students to work and develop relationships with younger children.

Family and Consumer Sciences Classes

- Any Foods class
- Child Development classes

Classroom Activities

- Research basic nutrition information on the internet or in books.
- Complete a foods lab related to nutrition.
- Develop a handout or worksheet on nutrition for elementary students.
- Develop games for the carnival around nutritional areas.
- Organize a carnival that educates elementary students on nutrition.

Class Connection of FCCLA Projects

- Student Body
- STAR Event--Illustrated Talk
- Families First

Resources

- Student Body Manual
- www.campbellsoupco.com
- www.familyfoodzone.com

Connection to Minnesota Graduation Standards

- Decision Making: Individual and Community Health