

NUTRITION

Health
Food Pyramid



7 25-min. Programs
Grades 6-12
Teacher's Guide
SOL Correlations Below

This comprehensive series on nutrition for teens starts with the basics and proceeds to practical application. For example, it first provides a foundation by addressing what the body needs. Then, practice follows theory as students take a virtual field trip to a commercial food processing plant. The remaining programs show students how to make nutrition work for them by personalizing it using the new USDA dietary guidelines and food pyramid, avoiding nutrition traps, determining how much food is enough without overeating, and navigating through those sometimes hard to avoid visits to fast food restaurants.

1. Nutrition Basics: Why Food Matters —

Explore the “why” of nutrition. From the food we eat, we obtain four basics of life—water, energy, protein and a handful of vitamins and minerals. Nutrition Basics is about why we need to eat and why we have to choose carefully.

Health: 8,2, 9.1, 9.4, 10.1

2. Minerals You Eat — Humans contain about four pounds of essential minerals that must be obtained through food. This program teaches about the macrominerals and trace elements the body needs.

Health: 8,2, 9.1, 9.4, 10.1

3. Food Processing — This video field trip takes the student inside food processing plants to learn how food makers put real strawberries in cereal boxes, create potato chips, make a beef roast ready to heat and eat, mill wheat into flour, make cheese, and can food.

Health: 8,2, 9.1, 9.4, 10.1

4. Your Nutrition Style: Personalizing the Pyramid — Meet four students and watch as each gets a nutritional makeover. All four fall into common nutrition traps. The program explains how each could cause problems and how to adjust habits to match the new USDA dietary guidelines.

Health: 8,2, 9.1, 9.4, 10.1

5. How Much Should I Eat? — We live in a super-sized world and our perception of what is an appropriate serving of food is distorted. This program helps students develop “portion awareness” so that they take control of their own nutrition.

Health: 8,2, 9.1, 9.4, 10.1

6. Fast Food Survival Guide — Fast food is here to stay as a part of our culture and economy. We choose to eat on the run and vote for fast food with our pocketbooks. The program examines the role of fast food in society and shows how to learn to live with it on occasion.

Health: 8,2, 9.1, 9.4, 10.1

7. Eat Right: 2005 Food Pyramid — The new USDA food pyramid emphasizes, for the first time, the importance of physical activity and also discusses eating nutrient dense foods.

Health: 8,2, 9.1, 9.4, 10.1