

Introduction

Let's Plan To Eat Healthier- This curriculum is designed to educate students on proper nutrition and how to plan healthier meals and snacks

Students will gain the following knowledge:

- Nutrition
- How the body processes nutrition
- How to read nutrition labels
- Healthy meal preparations

Objectives

As a result of this activity, students will be able to:

- Identify nutrients
- Identify negative and positive food choices
- Determine the impact of their food choices on their body and lives
-

Activities/ Discussion Points

1. **Allow students to enter Zoom room. Provide approximately 5 minutes for any delays unless all expected students are accounted for.**
2. **Warm-up:** Ask students what they currently know nutrition. Record answers on chalkboard/ whiteboard. Discuss their answers. Use this information to stress areas of focus for lesson.
3. **Pass-out Handouts:** Administer handouts to students and review general definitions.
4. **Teach:** Discuss what nutrients the body needs. Discuss how they can obtain this.
5. **Read & Review:** Have students read over the nutrition label on handout. Check for understanding throughout.
6. **Discuss:** Move on to healthy meal examples. Prepare in advance by printing off auxiliary handouts of healthy recipes and snacks. Print-outs can be found at HealthyExcitedYouth.org Please submit any additional materials to info@healthyexcitedyouth.org prior to lessons for approval.
7. **Activity:** (Optional) Ask students to share their favorite foods. Discuss what they like specifically and encourage them to visit www.HealthyExcitedYouth.org to submit their feedback and receive recipes and ideas.
8. **Discuss:** SMART Goals

Specific – What exactly do you want to accomplish?

Measurable – How are you are going to measure it?

Attainable – Don't make your goals too hard to reach. Make your goals a series of small steps so that the end goal is easier to achieve.

Realistic – Only set goals that are reachable but at the same time challenging.

Time-oriented – Pick a timeframe for completing your goal.

9. **Discuss:** As a group, discuss healthy lifestyle choices.

- Snacking- When it's good and when it's too much
- How to not overeat
- Food journals
- Accountability Buddies

10. **Wrap-up:** Questions to check for understanding:

- What is nutrition?
- How does the body receive nutrition?
- How can students eat healthy?
- How can students snack healthy?
- What are some actions that can be taken to improve healthy eating?

11. **Real-Time Application Analysis (optional):** Find a relevant article to share with students relating to socializing. Check HealthyExcitedYouth.org for current articles or submit any additional articles to info@healthyexcitedyouth.org prior to lessons for approval.

Enrichment Activities

Remind students of the challenges on HealthyExcitedYouth.org to win a prize and for blog posts.

This curriculum meets the National Health Education Standards as defined by the Center for Disease Control. The curriculum is adaptable to a variety of settings, including special populations, integrated teaching, and even non-traditional classrooms like after school programs and physical activity programs. HealthyExcitedYouth.org is a complementary website with further information, infographics, and interactive activities.