Grades 10 – Health Promotion

Unit 16 - Nutrition

SOLs:
10.2.F Identify family health habits and behaviors as they relate to promotion of health and wellness.

Title: Top Chef

Objectives/ Goals:

● Using the MyPlate template provided, the student will create and cook a dinner that features healthy ingredients from all 5 food groups that they enjoy.

Materials:

● Food Group Nutrition Presentation (PowerPoint)
● Food Safety Article
● Student Assignment and Rubric
● My Plate Template
● Example of nutritional information (.jpg)
● Example of Final Assessment: Top Chef for a Day (PowerPoint)

Procedure:

<table>
<thead>
<tr>
<th>Step 1</th>
<th>Go over information the Food Group Nutrition PowerPoint presentation</th>
<th>Essential Question?</th>
</tr>
</thead>
</table>

Health Smart Virginia Sample Lessons 2016-17
<table>
<thead>
<tr>
<th>Step 2</th>
<th><strong>Read the article on Food safety</strong></th>
<th>Why is it so important to have the recommended amount of food from each food group?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Essential Question?</td>
<td></td>
<td>What are some of the risks of not engaging in food safety guidelines when preparing our food?</td>
</tr>
<tr>
<td>Step 3</td>
<td><strong>Your task:</strong> Using the MyPlate template provided, you are to create a DINNER that features healthy ingredients from all 5 food groups <em>that you enjoy the taste of</em>. Your portion sizes should reflect daily recommended serving-sizes in accordance with <a href="http://www.MyPlate.gov">www.MyPlate.gov</a>, which should match your Mind Map. When determining ounces/cups, remember dinner is only one of your 3 daily meals.</td>
<td></td>
</tr>
</tbody>
</table>
| Step 4 | **On front of plate:**  
• Dinner items printed out/drawn (as close to scale as possible) to reflect correct portion sizes. Printed in color or colored pencils are used to add realistic color to food items.  
• Label to accompany each food item on your plate. |  |
| Step 5 | **On reverse-side of plate:**  
• Estimated calories in your meal  
• Your recommended daily caloric intake (found on [www.Calorieking.com](http://www.Calorieking.com))  
• List of ingredients needed to cook/prepare your meal |  |
| Step 6 | **Top Chef for a Day**  
• Conceptualize, shop for, and prepare a healthy & |  |
A balanced dinner that you will actually cook for your family.

- Using your ideas from the MyPlate, MyMeal assignment, you will conceptualize food items, shop for ingredients, cook then serve your meal, and finally reflect on the entire experience.
- Must include all 5 food groups, be budget conscious (estimate your budget then confirm with parents: $10/$15/$30), and take into account likes/dislikes of your family members.
  - Make a list of the ingredients you’ll need for your meals (remember to budget $)
  - Make sure you talk to your mom/dad/whoever does grocery shopping and ask to come along and pick out your ingredients. (Compare options: food labels vs price)

Step 7

To hand in (through Google Slides):

- **Menu** (organized, descriptive, ingredients included) *Imagine you’re serving your dish at a restaurant!* **5 pts.**
- **Pictures**: Ingredients, you cooking in action, your finished meal, and serving your meal to family (talk to teacher in advance if pictures are a problem) **10 pts.**
- **Reflection of the experience**: (Successful? Struggles? Did your family like it? Could you see yourself cooking this meal again? What does the future hold for you and cooking meals for yourself / your family?) **10 pts.**

References:

Melanie Lynch, M.Ed. State College Area High School
https://www.choosemyplate.gov/