

## You Are What You Eat

### 60 Minute Health Lesson

### Virtual Field Trip (VFT) Grades 1-6

#### DESCRIPTION

Get a taste of the “MyPlate” dietary guidelines while learning to create healthy meals based on the different food groups. Test what your body can do with a calorie of food energy, and look at some real human specimens that illustrate you really ARE what your eat! What does the information on a nutrition label tell you about the food inside? You’ll be ready to thoroughly analyze your next meal after this highly palatable program.

#### OBJECTIVES

- Describe the Choose MyPlate dietary guidelines.
- Describe organs and systems of the body that benefit from each of the MyPlate categories.
- Identify the information provided on a Nutrition Label and list specific health concerns that this information addresses (*grades 4-6*)

## OHIO’S LEARNING STANDARDS

### National Health Education Standards

#### Grades 1-6

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.
- Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.
- Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.
- Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

## How You Can Help Us Make This Virtual Field Trip A Success

- If your students are joining us from your classroom computer, please arrange your room and projection screen so everyone can see us clearly.
- Please test your visual and audio connections prior to the day of the program. If you would like us to facilitate a test connection with you, we are happy to do so.
- If you and your students are joining us from your homes, we will have an educator monitoring the Chat feature for questions. We request that you or another staff person serve as a Co-Host to help monitor students for any inappropriate Chat or camera behavior.
- If you will have a hybrid class (some at school, some joining from home), our educator will monitor the Chat and camera behavior, and we reserve the right to temporarily move any disruptive students to our Waiting Room so we or school staff can correct the undesired behavior.
- If you prefer, we can turn off all cameras and interact solely via the Chat feature.

## VOCABULARY

**BMR** – basal metabolic rate. The number of calories that a body uses while at rest.

**calcium** – white metallic element from the earth that is found in bones, chalk, shells, etc.

**calorie** – measure of the amount of heat energy that can be derived from food.

**carbohydrate** – a compound found in foods that is used by the body for energy—can also be called a complex sugar or starch.

**cholesterol** – a soft, fat-like, waxy substance found in the bloodstream and in all body cells. Used for producing cell membranes and some hormones. There are two types of cholesterol, **LDL** and **HDL**:

**LDL** – Low-Density Lipoprotein. “Bad” cholesterol, it can slowly build up in the inner walls of the arteries that feed the heart and brain and eventually block blood flow completely.

**HDL** – High-Density Lipoprotein. “Good” cholesterol, HDL tends to carry cholesterol away from the arteries and back to the liver, where it is passed from the body. Most doctors feel this provides some protection against heart attacks.

**fiber** – woody substance from plants (cellulose) that cannot be digested by humans. There are two forms: **insoluble** [in-saal-u-bill] fiber, which helps to hold water in the stools and to prevent constipation, and **soluble** [saal-u-bill] fiber, which turns to a gel during digestion and can bind to cholesterol in our blood, helping to keep our arteries healthy.

**fruit** – a juicy seed-containing part of a plant, good source of vitamins and water.

**glucose** – scientific name for the sugar found in blood that fuels our cells.

**glycogen** – substance in animal tissues that is converted to glucose when the muscles need energy.

**grain** – carbohydrate-containing small, hard seed of a cereal plant.

**lipids** – scientific term for fats.

**legume** – plant that has seeds which grow in pods, like peas and beans.

**minerals** – inorganic substances from the earth that are not animal or vegetable.

**protein** – substance found in meats and beans that are used in the structure of body tissues and regulating body chemistry.

**vegetable** – edible part of a plant that does not contain seeds.

**vitamins** – substances needed in small amounts for proper body chemistry and healthy organ functions, normally derived from food or made by the body.

## EXTENSION ACTIVITIES

**KidsHealth.org Web Search Option.** Have the students work in groups or individually to search [www.KidsHealth.org](http://www.KidsHealth.org) in their “Kids” – “Staying Healthy” section for information on foods and fitness. Ask them to try and locate information that is new to them, and write a brief summary to share with the class. If this activity is done at home, please encourage them to do this with their parents or guardians.

**What Are You Made Of?** Have students keep track of the foods that they eat for a 3-day period. Make sure they include beverages and snacks. Ask them to match all the foods on their list with the categories of the MyPlate, and identify what nutrients their bodies gained from those foods.



**Eat a Rainbow!** Challenge students to get their families to try a new color of vegetable or fruit every day for a week. Give each participant a small bunch of crayons as examples. At the end of the week, tally up all the results and have students draw a mural using all the colors that match the foods they tried.

