

MAKING HEALTHY FOOD CHOICES

Performance Standard 23B.D

Analyze the school's lunch menu and plan a breakfast, lunch, dinner and snacks that would meet the daily requirements of the food pyramid (students must choose foods from the school's lunch menu to start planning their menu):

- *Knowledge:* Know what constitutes healthy foods.
- *Application:* Make a food plan for one day.
- *Communication:* Explain how the food plan aligns to the food pyramid.

Procedures

1. ***In order to skills explain the effects of health related actions on the body systems (23B)***, students should experience sufficient learning opportunities to develop the following:
 - Choose healthy foods.
2. Have students review and discuss the assessment task and how the rubric will be used to evaluate their work.
3. Provide students with a food pyramid chart complete with daily requirements.
4. Display food serving sizes
5. Discuss what foods belong in each category.
6. Bring in menus from various restaurants and practice analyzing different meal selections
7. Each student should have a copy of the school lunch menu and a copy of the food pyramid
8. Students begin by drawing a food pyramid reflecting the servings and foods listed on the school menu
9. Then, students should add breakfast, snacks and dinner to their pyramid
10. Students will complete a daily food plan (placing their food selections on a food pyramid).
11. Evaluate the student's performance using the attached rubric as follows and add the scores to determine the performance level:
 - *Knowledge:*
 - *Application:*
 - *Communication:*

Examples of Student Work

- [Meets](#)
- [Exceeds](#)

Time Requirements

- One class period

Resources

- School lunch menu
- Textbook or other reference books with the food pyramid
- Food pyramid charts
- Models for displaying serving sizes
- Menus from other restaurants
- Rulers
- Plain white paper
- Making Healthy Food Choices Rubric

MAKING HEALTHY FOOD CHOICES

NAME _____ DATE _____

- Exceeds 4 total points
- Meets 3 total points
- Approaches 2 total points
- Begins 1 total point

4	<ul style="list-style-type: none"> • Has meet all daily food groups with no more than 2-3 fats, oils, sugars • Shows understanding of the food pyramid • Has made an effort to make a balanced diet
3	<ul style="list-style-type: none"> • Has meet most of the daily food groups (missing 2-3 servings) with no more than 3-4 fats, oils, sugars • Shows some understanding of the food pyramid • Has made an effort to make a balanced diet
2	<ul style="list-style-type: none"> • Has most of the daily food groups (missing 3-4 servings) with no more than 4-5 fats, oils, sugars • Shows little understanding of the food pyramid
1	<ul style="list-style-type: none"> • Missing something from each food group and has more than 5 fat servings, oils, sugars • Shows no understanding of the food pyramid
Score	

Breakfast

Rice Krispies
Milk

Food Group

Grain
Dairy

Lunch

Breaded Chicken
Turan Roll
Cauliflower Celery
Milk

Food Group

Grain / ~~Protein~~
Fat
Vegetables
Dairy

Snack

Apples
Graham cracker

Food Group

Fruit
Grain

Dinner

Pasta
Spaghetti Sauce
Orange Juice
Salad
Bananas

Food Group

Grain
Vegetable
Fruit
Protein Vegetables
Fruit

Snack

Milk
Cookie

Food Group

Dairy
Fat / sugar

Totals

<u>Fats</u>	<u>Dairy</u>	<u>Fruits</u>	<u>Vegetables</u>	<u>Meat/Protein</u>	<u>Grain/Carbo</u>

Did you meet the daily food requirements?

NO
Grain - Two short

"Exceeds"

Making Healthy Food Choice Performance Standard 23B.D

Breakfast

Potatoes, Onions, Sausage,
Milk, Bagel, Bread,
Bagel

Food Group

Vegetable, Meat,
Dairy, Grain

Lunch

Clams, Bucchoi, Beef,
Lo Mein, Noodles, Tea

Food Group

Meat, Vegetables,
Grain

Snack

Munchkins, Banana

Food Group

Sugar, Grain, Fruit

Dinner

Buttered
Asparagus,
Salmon, Chinese Bread,
Orange Juice

Food Group

Fat, Dairy, Vegetables,
Meat, Grain, Fruit

Snack

Food Group

Totals

Fats

||

Dairy

||

Fruits

||

Vegetables

||||

Meat/Protein

||||

Grain/Carbo

|||||

Did you meet the daily food requirements?

Yes