

## Obesity Unit: Meal-Planning Activity

(25 points)

Objective: To plan three healthy meals: one for breakfast, lunch, and dinner

Rationale: According to the article from the National Institute of Health, learning to eat nutritiously is not hard, but it takes planning. Nutrients that need to be included are proteins, carbohydrates, fats, vitamins, minerals, and water.

From the Centers for Disease Control and Prevention,

“The key is to

- Eat a variety of foods, including vegetables, fruits and whole-grain products
- Eat lean meats, poultry, fish, beans and low-fat dairy products
- Drink lots of water
- Go easy on the [salt](#), sugar, alcohol, saturated fat and trans fat

Saturated fats are usually fats that come from animals. Look for trans fat on the labels of processed foods, margarines and shortenings.”

Taken from: <http://www.nlm.nih.gov/medlineplus/nutrition.html>

**To do:** You are going to create an eating plan for the day. This means one breakfast, one lunch, and one dinner. If you are ambitious, include two healthy snack options. You may show this plan in the form of a graphic organizer that includes, in detail, the amount and types of food and drink consumed, the number of calories eaten, and what nutrition this item provides. Here is a sample of a snack item (notice the details?):

Meal	Food/beverage	Quantity	Calories	Total Calories	Nutrients/info.
Snack	Medium Fuji apple, with skin	1, sliced	90	150	Fiber Protein Unsaturated fats (1 fruit serving)
	Unsalted, whole almonds	12 pcs.	60		

Oral portion: After you’ve created this plan, you will share it with the class. Talk about the advantages of these meals (i.e., high in dietary fiber, low in sodium and fat, good protein, etc.).

Teacher directions and notes:

1. It is important to get them to be specific, especially with ingredients and portion sizes (think about food log). The goal is for them to execute this plan in real life, so they should choose items that are easy to find/they eat anyway.

Helpful websites:

Healthy eating for a healthy weight:

[http://www.cdc.gov/healthyweight/healthy\\_eating/index.html](http://www.cdc.gov/healthyweight/healthy_eating/index.html)

“Mypyramid.gov” dietary guidelines: <http://www.mypyramid.gov/guidelines/index.html>

See also food log project.

Menu planning: <http://hp2010.nhlbihin.net/menuplanner/menu.cgi>

National Healthcare Foundation Standards and Accountability Criteria:

2.3 Written Communication Skills

9.1 Healthy Behaviors

11.2 Information Technology