

PLANNING, SELECTING, STORING, PREPARING & SERVING FOOD TO MEET NUTRITIONAL NEEDS

Planning Meals Grade Levels: 7-12

Concept: Dietary Guidelines for Americans – **Updated with 2005 Guidelines**

Comprehensive Standard: 6.3 Demonstrate planning, selecting, storing, preparing and serving of foods to meet nutritional needs of individuals and families across the life span

Technical Standard(s): 6.3.1. Apply various dietary guidelines in planning to meet nutrition and wellness needs

LESSON COMPETENCIES

- Explore the *Dietary Guidelines for Americans*
- Discuss personal plans for putting the guidelines into practice
- Practice the Dietary Guidelines in making food choices and lifestyle choices

Anticipated Behavioral Outcomes

- Students practice the dietary guidelines in developing a healthy lifestyle and encourage others to do so.

Resources Needed:

- Newsprint and markers
- Transparency master or handout on Dietary Guidelines for students
- Copies of [Health and Recreation Application Form](#).

References for teachers and students:

A wealth of information and copies of the Dietary Guidelines can be downloaded or ordered at the USDA website www.healthierus.gov/dietaryguidelines/. The 84 page booklet, *Dietary Guidelines for Americans 2005* may be viewed, downloaded and/or ordered from this site. The complete document can be downloaded at www.health.gov/dietaryguidelines/dga2005/document/ A downloadable PowerPoint presentation on the *Dietary Guidelines, 2005* is available at the site as well, click on the “Toolkit for Health Professionals” (www.health.gov/dietaryguidelines/dga2005/toolkit/) link

NEW - The *Center for Disease Control* (www.cdc.gov/) provides some excellent background information on “Overweight and Obesity” issues (www.cdc.gov/nccdphp/dnpa/obesity/index.htm) for youth and adults.

Background Information Updated:

Since 1980, the *United States Department of Agriculture* (USDA) has published the *Dietary Guidelines for Americans* every 5 years. The Dietary Guidelines provide the basis for Federal nutrition policy and nutrition education activities. They are based on what experts have determined to be the best scientific knowledge about diet, physical

activity and other issues related to what we should eat and how much physical activity we need.

Specifically, the Guidelines provide advice for healthy Americans ages 2 years and over about food choices that promote health and prevent disease (USDA, 2005 *Dietary Guidelines for Americans*). Diet is more important than ever before according to the USDA. Millions of Americans need to improve their diets.

The Dietary Guidelines answer the questions, "What should Americans eat, how should we prepare our food to keep it safe and wholesome, and how should we be active to be healthy?" The Dietary Guidelines are designed to help Americans choose diets that will meet nutrient requirements, promote health, support active lives and reduce risks of chronic disease.

According to the *Dietary Guidelines 2005*, the following are some areas of concern:

- Nearly 65% of adults are overweight and of this number, 30% are obese - that is, they have a body mass index (BMI) of 30 or greater.
- Over the last two decades, the prevalence of overweight among children and adolescents has increased substantially; it is estimated that as many as one-third of children and adolescents in the US are overweight or at risk of being overweight, representing a doubling of the rate among children and tripling of the rate among adolescents.
- Major causes of morbidity and mortality in the United States are related to poor diet and a sedentary lifestyle. Specific diseases and conditions linked to poor diet include cardiovascular disease, hypertension, dyslipidemia, type 2 diabetes, overweight and obesity, osteoporosis, constipation, diverticular disease, iron deficiency anemia, oral disease, malnutrition, and some cancers.
- Lack of physical activity has been associated with cardiovascular disease, hypertension, overweight and obesity, osteoporosis, diabetes, and certain cancers.

According to the January 12, 2005 news release (www.hhs.gov/news/press/2005pres/20050112.html) from the *United States Department of Health*, the sixth edition of *Dietary Guidelines for Americans* (www.healthierus.gov/dietaryguidelines/) released in 2005 places stronger emphasis on reducing calorie consumption and increasing physical activity. Eating a healthy balance of nutritious foods continues as a central element in the Dietary Guidelines, but total calories count as well. Because almost 2/3 of Americans are overweight or obese and more than half get too little physical activity, the 2005 Dietary Guidelines place a stronger emphasis on calorie control and physical activity.

The report identifies 41 key recommendations, of which 23 are for the general public and 18 for special populations. They are grouped into nine general topics and are

described in the “Key Recommendations for the General Public” (www.health.gov/dietaryguidelines/dga2005/recommendations.htm):

- Adequate nutrients within calorie needs
- Weight management
- Physical activity
- Food groups to encourage (fruits and vegetables, whole grains and low-fat/skim milk products)
- Fats
- Carbohydrates
- Sodium and Potassium
- Alcoholic beverages
- Food safety

NOTE TO TEACHER: Be sure to read the key recommendations before beginning this lesson. This lesson should be closely linked to MyPyramid.

Learning Activities:

Middle School Level

- Hold up pictures of healthy children, teens and adults involved in a variety of activities. Ask students if they think these people look healthy. Ask, “What things about them indicate that they are in good health?”
- Divide students into groups of 2-3 by giving them each a picture of a food. Teams are formed by foods from the same food group in *MyPyramid* (www.mypyramid.gov/); those students with foods from the same group become a team. Tell students that they have been called together to develop a list of 5-10 recommendations to help Americans develop healthy eating and lifestyle habits. Ask students to create a list of “Guidelines for Good Health”. Write the task on the board to assist/remind students. When students have finished their “Guidelines”, ask them to present them to the class; post in the classroom.
- Introduce the 9 Key Recommendations of the Dietary Guidelines, 2005 for the general public with students. Use the handout/transparency master, *Dietary Guidelines for Americans, 2005*. Explain that just as they worked together as students, nutrition experts from across the country worked together to develop guidelines for all Americans. Clarify any terms that students may not understand (i.e. saturated fats, cholesterol, etc.)
- Ask students to compare their recommendations to those suggested by nutrition experts. What are some of the similarities? Point out the nine key recommendations for the Dietary Guidelines that provide the framework for a healthy lifestyle.
- Discuss the reasons why the Dietary Guidelines were established. (see background information)

- Ask students to identify what they are doing or would be willing to do to implement the Dietary Guidelines by completing the [*Dietary Guidelines: The Fine Nine*](#)

High School Level

- Use headlines from the newspaper that address health concerns in the news. Include issues related to heart disease, cancer, obesity, lack of physical activity, increased insurance costs, etc. Discuss the articles with students and what they represent in regards to the eating and lifestyle habits of Americans thus the need for guidelines to assist Americans to improve their overall health.
- Introduce the Dietary Guidelines for Americans with students. Use the PowerPoint presentation, *Dietary Guidelines for American, 2005*, from the *Department of Health and Human Services*, downloadable at the “Toolkit for Health Professionals” (www.health.gov/dietaryguidelines/dga2005/toolkit/) link. Explain that nutrition experts from across the country worked together to develop guidelines for all Americans and they are tied to MyPyramid. Clarify any terms that students may not understand (i.e. saturated fats, cholesterol, etc.)
- Review the 9 key recommendations of the *Dietary Guidelines for Americans* with students. Use the transparency master, [*Dietary Guidelines for Americans*](#) and the webpage elaborating on the recommendation click on the “Key Recommendations for the General Public” (www.health.gov/dietaryguidelines/dga2005/recommendations.htm)
- Students work together in teams of 2 to answer the [*Classified Ads*](#) promoting a business opportunity to open a restaurant for health conscious consumers at a local community recreation center. Students complete the [*Health and Recreation Application Form*](#).

NOTE TO TEACHER: You may want students to give an oral presentation to the class as well as the written application. You will need to develop a scoring rubric for this activity before assigning to students.

Extended Learning Activities

- As a part of a **Power of One (A Better You) project for FCCLA** develop a personal plan for implementing one or more of the Dietary Guidelines. For example, under “Be Physically Active Every Day” develop a plan for including physical activity every day and implement the plan.
- Develop a **Home Teams for Health** competition among student teams in your school related to the Dietary Guidelines. Ask the teams to report on their progress each week. At the end of the month, award prizes to the team that was the most successful.
- Work with the school newspaper or local newspaper to include a weekly “**Health Column**”. Ask students to write a feature article on each of the key recommendations from *Dietary Guidelines for Americans*. For an interdisciplinary teaching approach, work with a Language Arts teacher on

this assignment – the Language Arts teacher could address the writing style and the FCS teacher the content.

Academic Connections – NEW

- ✓ **Economics/Entrepreneurship** – Review sample business plans for a food-related business; evaluate for adherence to the dietary guidelines and offer suggestions.

Dietary Guidelines For Americans, 2005

Key Recommendations:

- **Adequate Nutrients within Calorie Needs**
- **Weight Management**
- **Physical Activity**
- **Food Groups to Encourage**
- **Fats**
- **Carbohydrates**
- **Sodium and Potassium**
- **Alcoholic Beverages**
- **Food Safety**

The “Fine Nine”

Name _____

Directions: For each of the Key Recommendations for Dietary Guidelines, complete the chart identifying what you are currently doing to meet that guideline or could change in your lifestyle to meet that guideline.

Dietary Guideline	What I Am Currently Doing to Meet this Guideline?	What Changes Could I Make in My Lifestyle to Meet this Guideline
Eat a variety of nutrient-dense foods from the MyPyramid guide especially a variety of fruits and veggies in a variety of colors		
Balance calories from food with calories used to maintain ideal body weight		
Engage in at least 60 minutes of physical activity on most days of the week		
Make half or more of your grains whole		
Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products		
Choose a diet low in saturated fat & cholesterol & moderate in total fat – 25-35% of daily calories		
Choose beverages & foods to moderate intake of sugars		
Choose and prepare foods with little salt		
Keep food safe by washing hands and storing properly		
You are not old enough to legally drink alcoholic beverages!		

Classified Ads

Business Opportunity: Restaurant in new community health and recreation center. Excellent location. High-traffic area.

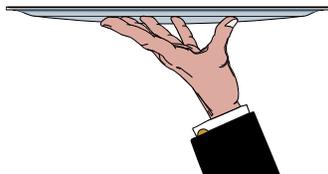
Looking for a small group of owners with fresh, creative ideas and menus that will appeal to health-conscious consumers. Must believe in “good food for good health”. Must be able to plan menus that match the Dietary Guidelines, 2005. Interested parties must submit applications by _____.

Owner/employee benefits include: use of swimming pool, track, basketball, volleyball, racquetball and tennis courts, dance studio and other facilities at no cost.

Interested parties must submit the applications with:

- restaurant name
- sample menu showing menu items (include a breakfast menu and a lunch/dinner menu with appetizers, light entrees/main dishes, salads, sides, desserts and beverages)
- nutrition statement about menu items for customers
- art for outside of menu cover
- any menu tips/healthy habits to help the customer

Applications must be submitted in a portfolio format and turned in no later than _____.



Adapted from the Dietary Guidelines and Your Diet Teacher's Guide, USDA, February, 1988.

Health and Recreation Center

Application Form

Applicants' Names: _____

Restaurant Name: _____

Date: _____

Sample Menu