Lesson materials for printing and projecting

**FOOD DAY**

**OCTOBER 24**

School Curriculum

Helping Youth Eat Real

Classroom Lessons to Transform Youth and Their Communities
Center for Food & Environment, Program in Nutrition
TEACHERS COLLEGE COLUMBIA UNIVERSITY

These lessons have been developed for Food Day, 2011, by Pamela Koch, EdD, RD and Isobel Contento, PhD, CDN, Teachers College Columbia University, Program in Nutrition and Center for Food & Environment.

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Table of Contents

Lesson 1: Eat Real
   Whole Food Photographs cards (for printing or projecting) ................................................................. 4–14
   Food Change cards (for printing) ............................................................................................................... 15–30
   Food Change cards (for projecting) ......................................................................................................... 31–50

Lesson 2: Mostly Plants
   Plants We Eat cards (for printing or projecting) .................................................................................... 51–58

Lesson 3: Not Too Much
   Fat and Sugar cards (for projecting -- see lesson plans for print version) ............................................. 59–73

Lesson 4: Navigate the Environment
   Food Environment (for printing or projecting) .................................................................................... 74–78

Lesson 5: Become An Advocate
   (no resources)

The full Food Day School Curriculum is available at http://foodday.org/participate/resources
Lesson 1:

Eat Real

Whole Food Photographs
(for printing and projecting)
Lesson 1: Eat Real
— Cards —

Whole Food Photographs
Lesson 1: Eat Real

— Cards —

Whole Food Photographs

grapes
Lesson 1: Eat Real
— Cards —

Whole Food Photographs

peppers
Lesson 1: Eat Real
— Cards —

Whole Food Photographs

flat beans
Lesson 1: Eat Real

— Cards —

Whole Food Photographs

mixed vegetables
Lesson 1: Eat Real

— Cards —
Lesson 1: Eat Real

— Cards —
Lesson 1: Eat Real

— Cards —

Whole Food Photographs

fish
Lesson 1: Eat Real
— Cards —

whole wheat bread
Lesson 1: Eat Real
— Cards —

Whole Food Photographs

brown rice
Lesson 1: Eat Real Food Change (for printing)
Lesson 1: Eat Real

— Cards —

Food Change

Corn on the Cob

How healthy

How much processing
Lesson 1: Eat Real
— Cards —

Grilled Chicken

How healthy

How much processing
Lesson 1: Eat Real
— Cards —

Orange

How healthy

How much processing
Lesson 1: Eat Real

— Cards —

Food Change

How healthy  
Milk  
How much processing
Lesson 1: Eat Real
— Cards —

Brown Rice

How healthy

How much processing
Lesson 1: Eat Real

— Cards —

Canned Corn

How healthy

How much processing
Lesson 1: Eat Real
— Cards —

Food Change

Fried Chicken

How healthy

How much processing
Lesson 1: Eat Real
— Cards —

Orange Juice

How healthy

How much processing

Food Change
Lesson 1: Eat Real
— Cards —

Fruit-flavored Yogurt

How healthy

How much processing
Lesson 1: Eat Real
— Cards —

Food Change

White Rice

How healthy

How much processing
Lesson 1: Eat Real

— Cards —

Food Change

Frosted Corn Breakfast Cereal

How healthy

How much processing
Lesson 1: Eat Real

— Cards —

Food Change

Chicken Nuggets

How healthy

How much processing
Lesson 1: Eat Real
— Cards —

Orange Soda

How healthy

How much processing
Lesson 1: Eat Real
— Cards —

American Processed Cheese Food

How healthy

How much processing
Lesson 1: Eat Real
— Cards —

Rice Cereal Treat

How healthy

How much processing
Lesson 1: Eat Real

Food Change
(for projecting)
Whole Foods
Lesson 1: Eat Real Food Change

Corn on the Cob

How healthy

How much processing
Lesson 1: Eat Real
— Cards —

Grilled Chicken

How healthy

How much processing
Lesson 1: Eat Real

— Cards —

Food Change

Orange

How healthy

How much processing
Lesson 1: Eat Real
— Cards —

Milk

How healthy
How much processing
Lesson 1: Eat Real

---

Brown Rice

How healthy

Food Change

---

How much processing
Whole Foods
plus when they have been changed a little
Lesson 1: Eat Real  
— Cards —  

Corn

Whole

Changed a little

Food Day Lessons
Lesson 1: Eat Real Food Change

— Cards —

Chicken

Whole

Grilled Chicken

Changed a little

Fried Chicken

Food Change
Lesson 1: Eat Real
—— Cards ——

Food Change

Orange

Whole

Changed a little

How healthy
How much processing

Orange

Orange Juice

How healthy
How much processing
Lesson 1: Eat Real
— Cards —

Food Change

Milk

Whole

How healthy
How much processing

Changed a little

How healthy
How much processing

Milk

Fruit-flavored Yogurt
Lesson 1: Eat Real
— Cards —

Brown Rice

Whole

Changed a little

Food Change
Whole Foods
plus when they have been changed a little and changed a lot
Lesson 1: Eat Real

— Cards —

Corn

Whole

Changed a little

Changed a lot
Lesson 1: Eat Real

— Cards —

Chicken

Whole

Changed a little

Changed a lot
Lesson 1: Eat Real
— Cards —

Orange

Whole

Changed a little

Changed a lot

Food Change
Lesson 1: Eat Real
— Cards —

Milk

Whole

Changed a little

Changed a lot

Food Change
Lesson 1: Eat Real
— Cards —

Brown Rice
Whole

Food Change

Brown Rice
Changed a little

White Rice
Changed a lot

Rice Cereal Treat

How healthy
How much processing

How healthy
How much processing

How healthy
How much processing
Food Day Lessons
Lesson 2:
Mostly Plants

Plants We Eat
(for printing and projecting)
Lesson 2: Mostly Plants

— Cards —
Lesson 2: Mostly Plants
— Cards —

Plants We Eat
Lesson 2: Mostly Plants

— Cards —

Plants We Eat
Lesson 2: Mostly Plants

— Cards —

Plants We Eat
Lesson 2: Mostly Plants
— Cards —

Plants We Eat
Lesson 3:

Not Too Much

Fat and Sugar Cards
(for projecting)
Lesson 3: Not Too Much

Empty calories only from sugar

10 teaspoons (t) sugar (S)

this is the daily maximum recommendation (150 calories) if ALL empty calories are used on sugar
Lesson 3: Not Too Much

— Cards —

Cola (and other soda pop)

6.5-oz. bottle = 5 t S

This thick glass bottle holds 6.5 ounces of soda and was the primary way soda was sold from 1915 until the 1960s.
Lesson 3: Not Too Much

— Cards —

Cola (and other soda pop)

6.5-oz. bottle = 5 t S

This thick glass bottle holds 6.5 ounces of soda and was the primary way soda was sold from 1915 until the 1960s.

12-oz. can = 9 t S

This aluminum can holds 12 ounces of soda, and was introduced in the 1960s, and increased the portion size of soda.
Lesson 3: Not Too Much

— Cards —

Cola (and other soda pop)

6.5-oz. bottle = 5 t S

This thick glass bottle holds 6.5 ounces of soda and was the primary way soda was sold from 1915 until the 1960s.

12-oz. can = 9 t S

This aluminum can holds 12 ounces of soda, and was introduced in the 1960s, and increased the portion size of soda.

20-oz. bottle = 15.5 t S

This plastic bottle holds 20 ounces of soda, and was introduced in 1993. In the 1990s, this became a widely used container, about three times as large as the original bottle.

Food Day Lessons
Lesson 3: Not Too Much
— Cards —

Other Beverages

fruit drinks and iced tea
each 20-oz. bottle = 17 t S
Lesson 3: Not Too Much
— Cards —

Other Beverages

fruit drinks and iced tea
each 20-oz. bottle = 17 t S

sports drinks and nutrient water
each 20-oz. bottle = 8 t S
Empty calories only from fat
3.5 teaspoons (t) fat (F)

this is the daily maximum recommendation (150 calories) if ALL empty calories are used on fat
Lesson 3: Not Too Much

Cards

1-ounce bag potato chips = 2 t F

Fat and Sugar Cards
Lesson 3: Not Too Much

Cards

Fat and Sugar Cards

1-ounce bag potato chips = 2 t F

2-ounce bag potato chips = 4 t F
Lesson 3: Not Too Much
— Cards —

1-ounce bag potato chips  =  2 t F

2-ounce bag potato chips  =  4 t F

7-ounce bag potato chips  =  15 t F
Empty calories split between sugar and fat

5 t S, 2 t f

this is the daily maximum recommendation (150 calories) if empty calories are between sugar and fat
Lesson 3: Not Too Much
— Cards —

1 peanut butter cup = 1.5 t F + 3 t S
Lesson 3: Not Too Much

-- Cards --

Fat and Sugar Cards

1 peanut butter cup = 1.5 t F + 3 t S

2 peanut butter cups = 2.5 t F + 5 t S

72 | Food Day Lessons
Lesson 3: Not Too Much

— Cards —

Fat and Sugar Cards

1 peanut butter cup = 1.5 t F + 3 t S

2 peanut butter cups = 2.5 t F + 5 t S

3 peanut butter cups = 4 t F + 8 t S
Lesson 4: Navigate the Environment

Food Environment
(for printing and projecting)
Lesson 4: Navigate the Environment

Cards

Seeking out fresh, local produce from the farmers' market.
Lesson 4: Navigate the Environment

Seeking out a wide array of fresh produce from the supermarket.

Avoiding the challenges of many overly processed foods in the environment.

Food Environment

Cards

Food Day Lessons
Lesson 4: Navigate the Environment

Avoiding the challenges of many fast food places in the environment.

Food Day Lessons
Lesson 4: Navigate the Environment

Cards

Avoiding the challenges of many overly processed foods in the environment.