



PROGRAM:
Food for Thought

GRADE LEVEL:
4-6

LENGTH:
60 Minutes

FOOD FOR THOUGHT

Teaching students how to make healthier food choices.

PROGRAM OVERVIEW

Food for Thought explores the essentials of nutrition as children learn to make proper food choices. Through discussion, video, hands-on activities, and augmented virtual reality activities, students test their power of choice against the influences of advertising and common pitfalls in dietary habits.

- Students learn about calories, fat, and sugar in the American diet
- Students participate in hands-on augmented virtual reality activities
- Students learn the importance of eating fruits and vegetables and maintaining an active lifestyle

TEACHING OBJECTIVES

The health educator will focus on the following objectives:

- Identify the purpose of eating food
- State that obesity is a significant problem in the U.S
- Recognize the importance of a healthy diet
- Recognize the potential health consequences of an unhealthy diet
- Encourages students to take the 5-2-1-0 challenge (5 fruits and vegetables a day, 2 hours or less of screen time, 1 hour or more of physical activity, and 0 sugary drinks)
- Review the basics of the nutrition facts label

LEARNING OUTCOMES

After participating in Food for Thought, students will be able to:

- List the reasons why people eat
- Explain the concept of burning calories
- Identify the importance of a healthy diet
- Accept the 5-2-1-0 challenge
- Appreciate the power of personal food choice in developing healthy eating habits

ACADEMIC STANDARDS:

This program is taught by a qualified health educator and complements the following standards:

Indiana Academic Standards for Health & Wellness 2018: 5.1.1, 5.1.2, 5.1.4, 5.2.1, 5.2.2, 5.2.3, 5.2.5, 5.2.6, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 5.5.5, 5.6.1, 5.6.2, 5.7.1, 5.7.2, 5.8.2, 8.1.1, 8.1.3, 8.1.4, 8.1.7, 8.2.1, 8.2.2, 8.2.3, 8.2.4, 8.2.7, 8.3.2, 8.5.2, 8.5.3, 8.5.4, 8.5.5, 8.5.6, 8.6.1, 8.6.2, 8.6.3, 8.7.1, 8.7.2, 8.7.3

National Health Education Standards 2007: 1.5.1, 1.5.2, 1.5.4, 1.8.1, 1.8.5, 1.8.7, 1.8.8, 1.8.9, 2.5.1, 2.5.2, 2.5.3, 2.5.5, 2.5.6, 2.8.1, 2.8.2, 2.8.4, 2.8.5, 2.8.6, 2.8.7, 2.8.8, 3.5.2, 3.8.2, 3.8.5, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 5.5.5, 5.5.6, 5.8.1, 5.8.2, 5.8.4, 5.8.5, 5.8.6, 5.8.7, 6.5.1, 6.5.2, 6.8.1, 6.8.2, 6.8.3, 7.5.1, 7.5.2, 7.5.3, 7.8.1, 7.8.2, 7.8.3, 8.5.1



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EDUCATION**SM

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To bring Food for Thought to your school or classroom, contact us today at 317-924-0904, or email rlhec@marian.edu.

in partnership with Peyton Manning Children's Hospital