



## **Nutrition: Nourish Lesson**

**Grade Level:** 10<sup>th</sup> – Health

**Season:** Any

**Larger IGS Unit:** Nutrition

**Essential Question:** How can we make informed food choices? Why are those choices important?

**Objective:** Students will explore their personal food choices, and recognize their ability to take control of their personal health through food. They will be able to identify the origins of various ingredients, and produce a snack that meets the guidelines set in class.

### **Materials:**

Selected *Nourish* videos

5-8 different snacks that students will taste and analyze

*Nourish* worksheets

5-8 maps of origins of food

Laptops (or time in the library)

### **Introduction:**

1. Introduction to IGS
2. Connection to Nutrition
  - a. How do we make our food choices?
  - b. Define calorie: use “What is a Calorie” Guide
  - c. Food = energy. How is energy used to produce food? How does this impact our health?
3. *Nourish* videos
  - a. Hand out snacks for students to try before watching the movie
  - b. Hand out *Nourish* note-taking worksheet
4. Discuss clips.
  - a. Trailer/Intro: [http://www.youtube.com/watch?v=1-tktxb3J\\_U](http://www.youtube.com/watch?v=1-tktxb3J_U)
    - i. What do they mean by “vote with your fork?”
  - b. School Lunch: <http://www.youtube.com/watch?v=3baujhztUQA>
    - i. How do you think you can affect the school lunch program?
  - c. Dr. Nadine Burke: Wake Up: <http://www.nourishlife.org/2011/03/wake---up/>
    - i. Why do you think we are hardwired to crave fatty, salty and sweet foods?
  - d. Michael Pollan: Supermarket Secrets <http://www.nourishlife.org/2011/03/supermarket---secrets/>
  - e. Jamie Oliver: Fast Food <http://www.nourishlife.org/2013/11/jamie-oliver-fast-food/>





- a. Access to information
- b. School Garden
- c. Harvest of the Month
- d. Mentorships
- e. Summer jobs
- f. After school
- g. NHS
- h. Student Council
- i. SIGN UP
- j. Eat. Vote with your Fork.

**Extensions:**

- Food Rules?
- What is a Calorie?
- Diabetes: in plants and people
- School garden planting/harvesting activity