

FROM GUIDELINES TO GROCERIES

OBJECTIVES/RATIONALE

Nutrition plays an important role in maintaining health and wellness. The foods we eat are determined by many different factors, yet we must still obtain the proper nutrients in whatever foods we eat. The student will identify and relate food choices to developing a nutritious diet.

TEKS 121.24 6A, 6B, 6C

TAKS ELA 1, 4
Mathematics 1, 2, 8

Family and Consumer Science TEKS: 122.2 (c)(10)(A-G), 122.12 (c)(15)(A-H), (17)(A,B,F), (18)(A). 122.42 (c)(1)(A-E), (2)(A,D), (3)(C-D), (4)(A,D,F), (5)(C,D,E,F), (6)(A-C), (7)(C,G,H), (9)(B), 122.43 (c)(1)(A-D), (2)A,B), (3)(b), (4)(A,C), (5)(A,B,E), (7)(B,C)

KEY POINTS

I. Nutrition

- A. Plays an important role in our lives from before birth until our death.
- B. Diet
 - 1. The food and beverages we eat and drink.
 - 2. Over time the diet we choose will be helpful or harmful to our bodies.

II. Food choices

- A. Personal preference
- B. Habit
- C. Ethnic heritage and tradition
- D. Availability, convenience and cost
- E. Positive and negative associations
- F. Emotional comfort
- G. Body image
- H. Nutrition

III. Food labels

- A. FDA and USDA are responsible for ensuring food is labeled correctly.
- B. All labels must have;
 - 1. The name of the product
 - 2. The name and address of the manufacturer.
 - 3. The net contents (weight, measure or count).
 - 4. The ingredients in descending order of predominance by weight.
 - 5. The number of servings and the serving size.
 - 6. The quantities of specified nutrient and food constituents.
 - a. Daily values
 - b. Percent daily values

7. Descriptive terms

- a. Definitions have been set for words appearing on food labels to eliminate confusion by consumers. Free, healthy, low calorie, light, low fat, low cholesterol, sodium free, low sodium are some examples.

IV. Designing nutritious diets.

- A. Start with foods you like.
- B. Select foods from all the food groups.
- C. Choose nutrient dense foods within each group.
- D. Use Diet Planning Principles, Dietary Guidelines, RDA's and Exchange List to help in planning a diet.
- E. Use food labels when selecting an individual item

ACTIVITIES

- I. Locate a recipe for a rich food. Convert this recipe to a heart healthy recipe. Prepare both recipes and conduct a taste test. [Example](#).

Teacher Note

Separate the class into groups to complete this activity. Students should prepare the meal for the entire class for the presentation.

MATERIALS NEEDED

Library
Internet

ASSESSMENT

Oral Presentation Rubric

ACCOMMODATIONS

For reinforcement, the student will develop a nutritious diet plan to follow for seven days.

For enrichment, the student will develop a nutritious diet plan for a household containing four generations.

REFLECTIONS

SAMPLE RECIPES

<u>Lasagna</u>	<u>Calories</u>	<u>Fat Grams to Calories</u>
1 pound of ground beef	1320	84 grams x 9 = 756
1 cup chopped onion	55	0
2 cloves garlic, minced	10	0
1-16 oz. can tomatoes, cut up	100	2 grams x 9 = 18
1-8 oz. can of tomato sauce	75	0
1-6 oz. can tomato paste	165	1.5 grams x 9 = 13.5
2 teaspoons dried basil, crushed		
1 teaspoon dried oregano, crushed		
1 teaspoon fennel seed, crushed		
1/8 teaspoon ground red pepper		
8 oz. lasagna noodles	840	4 grams x 9 = 36
1 beaten egg	75	5 grams x 9 = 45
2 cups ricotta cheese	860	64grams x 9 = 576
3/4 cup grated Parmesan cheese	100	8 grams x 9 = 72
1 tablespoon dried parsley flakes		
1/2 teaspoon pepper		
8 ounces mozzarella cheese, grated or sliced	640	40grams x 9 = 360
TOTAL 4240		1876.5 Fat calories

In a large skillet heat the oil and cook meat, onion, and garlic till meat is brown and onion is tender. Drain off fat. Stir in the next seven ingredients. Cover and simmer for 15 minutes, stirring mixture often.

Meanwhile, cook noodles according to package directions. Drain.

Stir together egg, ricotta cheese, 1/2 cup of the Parmesan cheese, parsley, and pepper.

In a 13x9x2 inch baking dish layer half of the noodles, half of ricotta cheese mixture, half of the mozzarella, and half of the meat sauce. Repeat layers; sprinkle with remaining Parmesan cheese. Bake in a 375 oven for 30-35 minutes or till heated through. Let stand for 10 minutes. Makes 10 servings.

Calories: Total = 4240 divided by 10 servings = 424 Calories

Fat Calories: 1876.5 Fat Calories

% of calories from fat = 1876.5/4240 = .4425 x 100 = 44.25 %

Low-Fat Lasagna **Calories** **Fat Grams to Calories**

1 pound ground raw lean turkey (white meat only)	720	12 x 9 = 108
1 cup chopped onion	55	0
2 cloves garlic, minced	10	0
1-16 oz. can tomatoes, cut up	100	2 x 9 = 18
1- 8 oz. can tomato sauce	75	0
1- 6 oz. can tomato paste	165	1.5 x 9 = 13.5
2 teaspoons dried basil, crushed		
1 teaspoon dried oregano, crushed		
1 teaspoon fennel seed, crushed		
1/8 teaspoon ground red pepper		
8 ounces lasagna noodles	880	4 x 9 = 36
1 beaten egg	76	5 x 9 = 45
2 cups low-fat cottage cheese	410	8 x 9 = 72
3/4 cup grated Parmesan cheese	100	8 x 9 = 72
1 tablespoon dried parsley flakes		
1/2 teaspoon pepper		
8 ounces mozzarella cheese (low moisture, part skim milk), grated or sliced.	640	40 x 9 = 360

TOTAL 3231 724.5 Fat Calories

Spray a large skillet with PAM or olive oil. Cook meat, onion, and garlic till meat is brown and onion is tender. Drain off any fat. Stir in the next seven ingredients. Cover and simmer for 15 minutes, stirring mixture often.

Meanwhile, cook noodles according to package directions. Drain.

Stir together egg, cottage cheese, 1/2 cup of the Parmesan cheese, parsley, and pepper.

In a 13x9x2 inch baking dish, layer half of the noodles, half of the cottage cheese mixture, half of the mozzarella, and half of the meat sauce. Repeat the layers, sprinkle with remaining Parmesan cheese. Bake in a 375 oven for 30-35 minutes or till heated through. let stand for 10 minutes. Makes 10 servings.

Calories: 3231 divided by 10 servings = 323 calories

Fat Calories = 724.5 Calories

% of calories from fat = 724.5/3231 = .2242 x 100 = 22.42%