

Fuel Up with Breakfast

STUDENTS WILL:

- Recognize characteristics of a well-balanced breakfast.
- Describe the importance of eating a healthy breakfast.
- Identify strategies to overcome barriers to eating breakfast.

Healthy Snacking & Reading Nutrition Labels

STUDENTS WILL:

- Recognize the nutritional impact of snacking.
- Will name six healthy snacking tips.
- Describe how portion size relates to information on the food label.
- Use the food label to make healthier snack choices.

Understanding Energy Balance

STUDENTS WILL:

- Discuss the relationship among energy intake, energy expenditure and body weight.
- Explain the importance of aiming for a healthy weight.
- Identify health concerns related to sedentary lifestyles.
- State at least two benefits of daily physical activity.

MyPlate and the Dietary Guidelines

STUDENTS WILL:

- Select a healthy diet based on Dietary Guidelines and MyPlate.
- Identify nutrient-dense foods and foods high in empty calories from solid fats and added sugars.
- Explain the health risks associated with consuming a diet high in calories, SOFAS, and sodium.
- Describe the importance of daily physical activity.
- Assess their current dietary and physical activity habits using MyPlate.

Rethink Your Drink

STUDENTS WILL:

- Explain the importance of limiting added sugar.
- Determine the amount of sugar in a beverage using its food label.
- Compare the amount of sugar in various beverages.
- Identify beverages that are lower in added sugar.



Sports Nutrition and Performance

STUDENTS WILL:

- Identify healthy food choices to enhance sports performance based on MyPlate.
- List principles of hydration for sports performance.
- Explain the importance of pre-meal timing and nutrient sources for sports performance.

Fiber

STUDENTS WILL:

- Explain the importance of and sources of fiber in the diet.
- Discuss the difference between whole grains and refined grains.
- Read food labels to distinguish between whole grains and refined grains.
- State how much fiber they need daily.
- Explain the health consequences of not getting enough fiber.



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Secondary NUTRITION Education Lessons

