

Nurture Elementary Program: Level 5

Main focus areas

- Determine appropriate portion sizes when building a meal using MyPlate
- Understanding strategies used by food companies to sell their products and how it may affect eating habits.
- Reading nutrition labels and ingredient lists to select the most nutritious snack

Unit	Lesson	P.E. Activity	Supplemental Activity
5.1	Portion Distortion Define portion and serving size; portion control strategies; creating balanced meals at a buffet	Four Square Switch Review energy balance and importance of portion control	Plates and Portions Read nutrition labels to calculate calories for meals with different sized portions
5.2	Ad Smart Packaging and advertising strategies used to sell food; compare packaging to determine the advertising strategy and the nutrition of the food	Bandwagon Tag Tag game that reinforces how advertising tries to influence our decision making	Radio Advertising Write advertising jingles for three foods using the advertising strategies discussed
5.3	Knowledge is Power Teams compare packaging and nutrition information for several foods within a food category; Present which food they would choose and why	Knowledge Builds Power Review things we can do to build a healthy body	Choosing Smart Choosing Healthy Write an essay about behaviors that will lead to good health, incorporating at least 12 words from the word bank