

Classroom Activities

Secondary - Teachers and Nurses



Monday	Tuesday	Wednesday	Thursday	Friday
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Focus for the Day

Vegetables <ul style="list-style-type: none"> • Vary your veggies 	Dairy <ul style="list-style-type: none"> • Get your calcium-rich foods 	Meats and Beans <ul style="list-style-type: none"> • Go lean with protein 	Grains <ul style="list-style-type: none"> • Make half your grains whole 	Fruits <ul style="list-style-type: none"> • Focus on fruits
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Question of the Day

Why should we have a variety of vegetables in our diet?	Why is calcium intake important during the teen years?	Why is protein important to your diet?	What are whole grains and why should half our grains be whole?	Which do you think is more beneficial, 100% juice or fruit? Why?
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Activity for the Week

Food Journal

Teacher – Have your students keep a food journal for one week (they should write down all foods they eat each day that week). After one week, have students check their diet score, based on the entries in their food journal. Students will score one point each time they eat an item included in the food group list below.

Have a classroom discussion at the end of this experience.

0 to 8 (Not very good) 9 to 11 (Fair) 12 to 13 (Good) 14 to 23 (Great)

Vegetables <ul style="list-style-type: none"> • Any vegetable (tomatoes, broccoli, spinach, mustard or turnip greens, carrots, green salad, sweet potatoes, etc.) 	Dairy <ul style="list-style-type: none"> • Non- or low-fat dairy products (1% or 2%) <ul style="list-style-type: none"> • Non- or low-fat milk • Yogurt • Cheese • Fruit smoothies made with non- or low-fat milk 	Meats and Beans <ul style="list-style-type: none"> • Baked chicken or turkey • Baked or broiled fish • Whole beans (no fat added) 	Grains <ul style="list-style-type: none"> • Whole-wheat bread • Whole-grain cereals like oatmeal, granola, bran or shredded wheat 	Fruits <ul style="list-style-type: none"> • Any whole fruit (apples, pears, oranges, cantaloupe, grapefruit, etc.) • 100% fruit juice
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Simple Classroom Activities adapted from "Fast Meals & Quick Snacks, A Cookbook for Teens," Second edition, 2003. Developed by Sutter Memorial Hospital, Adolescent Family Life Program, Sacramento, California.

