

5. How many servings a day of Dairy should you have?

Answer: 3

6. What goes hand in hand with "my food plate" but is not on the food plate

Answer: exercise

7. How many servings of fruits should you have per day?

Answer: 2-3

8. Can you name some examples of fruits?

Answer: Apples, grapes, bananas

9. What do bananas contain that's very good for you?

Answer: Potassium

10. How many servings of Vegetables should you have each day?

Answer: 2-3

11. Can you name some examples of Vegetables?

Answer: Peas, carrots

12. What do Julie & Brownie like to eat for lunch?

- a. Beets
- b. Cucumbers
- c. Onions

Answer: c

13. Onions are good for...

- a. Your Breath
- b. Helping you burp
- c. Lowering blood pressure and helping to prevent certain cancers and heart disease

Answer: c

14. We should all drink lots of...

- a. Water
- b. Soda pop

Answer: a

15. Before eating we all should

- a. Read the label on the container
- b. Ask a friend if it's OK
- c. Turn on the TV

Answer: a

16. My Food Plate will...

- a. Show the correct portion sizes of foods we should eat.
- b. Need to be washed when you are done eating
- c. Break if you drop it

Answer: a

17. How many servings each day of grains should we have?

Answer: 4-5

18. What are some examples of grains?

Answer: Cereal, pasta, bread

19. When choosing a vegetable, which shade is better for you?

- a. Lighter
- b. Darker

Answer: b

20. How much sugar may be in any 20 ounce soda pop?

- a. Nearly 1 cup
- b. Two cups
- c. A bagful

Answer: a

21. Can you name a healthy choice that you are going to add to your everyday life?

Healthy Living Resources Links:

www.kids.gov
www.family-friendly-fun.com
www.cdc.gov/family
www.nourishinteractive.com
www.girlshealth.gov/fitness
www.kidshealth.org/kids/



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Teachers Resource Guide



Learning Objectives:

- 1) The USDA My Food Plate and how many servings a day you should have of fruits, vegetables, grains and proteins.
- 2) How to make healthy eating choices.
- 3) How to prevent getting and spreading the Flu.
- 4) Having a healthy lifestyle - avoiding sugar, eating plenty of fruits and vegetables and getting the right amount of daily exercise.

Suggested Teaching Activities:

Build Your Own - My Food Plate

Objective: To learn about the new My Food Plate

Materials Needed: 11 X 17 construction paper with "food Plate" sections marked on it. Magazines that contain pictures of food, glue, scissors.

Directions: Cut food pictures out of a magazine relating to the My Food Plate including vegetables, fruits, grains and dairy. Have students create a food plate of their own.

Questions for Thought & Further Discussion:

1. How many servings a day should you have of fruits, vegetables, grains and protein. Why?
2. Ask students to name foods that would be included in each section of the food plate

Put together a full day meal plan using "My Food Plate"

Objective: To connect the food plate to everyday living

Materials Needed: Paper, crayons, markers.

Directions: Section paper by mealtimes and list breakfast, lunch, snack and dinner. Make up a menu for all three meals including a snack. Have students write or illustrate what should be included in each meal.

Questions for Thought & Further Discussion:

1. Discuss what is included in each section of the food plate and how those foods can be distributed into our meal plans throughout the day.

Soda-water Experiment

Objective: To learn about how much sugar is bad for you

Materials Needed: Bottle of water, bottle of soda, a cup of real sugar

Directions: Determine the amount of sugar in a bottle of soda. Using the cup of real sugar, have students pour the sugar (approximately one cup) into the bottle of water so they can visually see how much sugar is in each bottle of soda.

Questions for Thought & Further Discussion:

1. Have students discuss how much sugar or sweetener they would take into their bodies if they choose to drink a bottle of soda. (Answer: Sometimes it's nearly a cup).
2. Discuss what can happen to our bodies if we consume too much sugar. (Answer: Too much sugar makes us run the risk of obesity, diabetes and rotting teeth).
3. What other foods contain high amounts of sugar? (Answer: candy, cake, cookies, pies).

Too Much Salt

Objective: To learn about how much salt is bad for you

Materials Needed: Poster board, picture of foods high in salt content, plastic bag, real salt.

Directions: Show the salt content of a specific food by pouring the amount of salt (listed in the chosen food) into the plastic bag.

Questions for Thought & Further Discussion:

1. Why is too much salt bad for you? (Answer: Leads to high blood pressure and heart issues).
2. What other foods are high in salt content? (Answer: Pastrami, cold meat cuts, french fries, onion rings, certain canned soups).

Reading Nutrition Labels

Objective: How to read nutrition labels on food packages and soda bottles and understand the good and bad ingredients.

Materials Needed: A selection of healthy and unhealthy food containers and soda bottles.

Directions: Take the nutrition labels from the soda bottles and food packages. Have students list all the ingredients on each label.

Questions for Thought & Further Discussion:

1. Review both the good and the bad contents on nutrition labels.
2. Which foods are good and bad for you?
3. Discuss the different types of fat content - Saturated Fat, Unsaturated Fat and Trans Fat. Which fats are good for you? (Answer: Monounsaturated and polyunsaturated fats).
4. What are examples of monounsaturated and polyunsaturated fats - fatty fish, avocado, olive oil, certain nuts such as walnuts, almonds and pecans.
5. Do you enjoy eating foods that are good for you?
6. Do you enjoy eating foods that are not good for you?
7. How can you plan to cut back on non healthy foods and try to focus on healthy foods?

Suggested Discussion Topics/Questions:

1. You should blow your nose on

- a. A tissue
- b. Your sleeve
- c. Your friend's sleeve

Answer: a

2. Does drinking water help prevent illness?

- a. Yes
- b. No

Answer: a

3. Does rest and sleep help prevent illness?

- a. Yes
- b. No

Answer: a

4. How many servings a day of proteins should you have?

Answer: 1-2