



Food Challenge

Grade Level: Foundational **Lesson Plan Timeframe:** 1 day **Topic:** Eating habits **State:** ID
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Overview & Purpose Students will identify their poor eating habits and create a plan to overcome them.	FCCLA National Program(s) Student Body
Programs of Study Teen Living Nutrition and Foods Adult Living	

Lesson Plan Goals & Objectives (Specify skills/information that will be learned.)	Students will identify their poor eating habits Students will explore good eating habits Students will establish a plan for healthy eating.
Materials Needed	<ul style="list-style-type: none"> • Paper • Pencil • Computer with internet
Introduction of Subject Anticipatory set (Give and/or demonstrate necessary information)	Ask students what their favorite foods are and list on the board. Ask students when and where they eat and list on the board. Have students label the items on the board as either good or bad. Tell students that now is the time to establish good eating habits that will be with them for their entire life.

<p>Activity 1 (Describe the independent activity to reinforce this lesson)</p>	<p>Have students identify four eating habit they have. Have students research the implications of their poor eating habits. (EX- What does eating one meal a day do to you?) Have students report their findings to the class.</p>
<p>Activity 2 (Describe the independent activity to reinforce this lesson)</p>	<p>Have students identify four healthy alternatives to four of their poor eating habits. (EX-eating chips from the bag could be replaced with placing a serving of chips in a bowl. Give the students a FOOD CHALLENGE to implement their healthy alternatives for two weeks and record their efforts.</p>
<p>Activity 3 (Describe the independent activity to reinforce this lesson)</p>	
<p>Assessment</p>	<p>Student discussion Student research Alternative habits journal</p>
<p>Summary/Evaluation (Assign Homework, or Reflect on the Outcomes)</p>	<p>Write a one page paper on how their food challenge went. Did they succeed in implementing their changes? What struggles did they have?</p>
<p>Other Resources</p>	<p>(e.g. Web, books, etc.)</p>
<p>Additional Notes</p>	
<p>Source (If Applicable : cite any published or copyrighted materials used in this lesson plan)</p>	<p>National Spotlight Project</p>

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