

Promoting Whole Foods

Whole Foods v Processed Foods: What's the Difference?

Day 1:

Intro: Show the following pictures side by side and discuss the below questions.

Similarities & Differences



Questions to Consider

- Which picture is the whole food?
- Which picture is the processed food?
- Which has more calories?
- Which is more nutritious/healthier?
- Which do you tend to eat more of?

Discuss: How would you define whole foods? Nature Made. How would you define processed foods? Man Made.

View the following YouTube clip on whole foods and processed foods to learn the characteristics that distinguish them. Write the characteristics for each in the appropriate column on the T-Chart you created in your notes.

<http://www.youtube.com/watch?v=vkzmNVF7fc4>

Review: the characteristics when finished to be sure students got them all.

Practice: identifying whole foods from processed foods by completing the SMARTBOARD activity (see PPT slide).

Day 2:

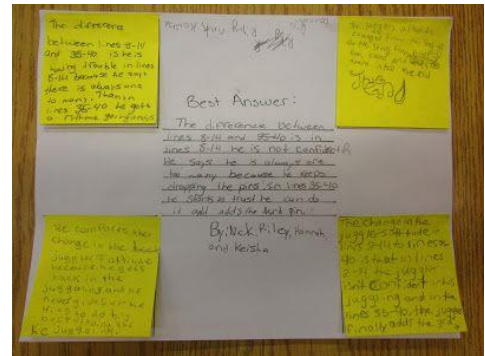
Discuss: MyPlate Messages suggest that we eat less processed foods and more meals prepared from scratch (or at least semi-homemade). Some reasons for this are physical, economical, and environmental.

Physical Reason

Read: the portion of an article (Obesity in America) titled "Processed and artificial foods may increase risk of obesity" together as a class. Then individually write a one paragraph summary of the article on a post-it-note. Put students into groups of four and together, post everyone's summaries in the four corners of a large piece of construction paper and, together, write/create the best summary in the center of it. Write group names on the back.

Complete article:

<http://www.downtoearth.org/health/nutrition/obesity-america>



Economical & Environmental Reasons

View: "The True Cost of Foods" video to explore the economical, and environmental differences of eating processed versus whole or natural foods. <http://vimeo.com/37835035>

Activity: After viewing the above clip, complete the "Task Rotation Learning Grid".

- Mastery: In your own words summarize what the video is trying to tell us.

- Understanding: Compare and contrast a homemade food ingredient list (One Pan Taco Dinner) and a processed food ingredient list (Hamburger Helper Crunchy Taco Dinner) and complete the questions. See handout.
- Interpersonal: How do you feel about what's going on behind the scenes with your food? Explain two ways you can limit processed foods in your diet based on what you've learned so far.
- Self-Expression: Create a promotional message poster (hand drawn or computer generated) promoting whole foods over processed foods. Show examples from the internet. See guide sheet/rubric for specific criteria.

Processed vs. Scratch Compare & Contrast

Using the provided information, complete the Venn Diagram comparing the two products.



Product #1

One Pan Taco Dinner

Ingredients:

ground beef, water, enriched rice, cheddar cheese, salsa, corn tortilla chips, chili powder, onion powder, cumin, garlic powder, paprika, oregano, sugar, salt, and cayenne pepper

Product #2

Hamburger Helper Mexican Crunchy Taco Dinner

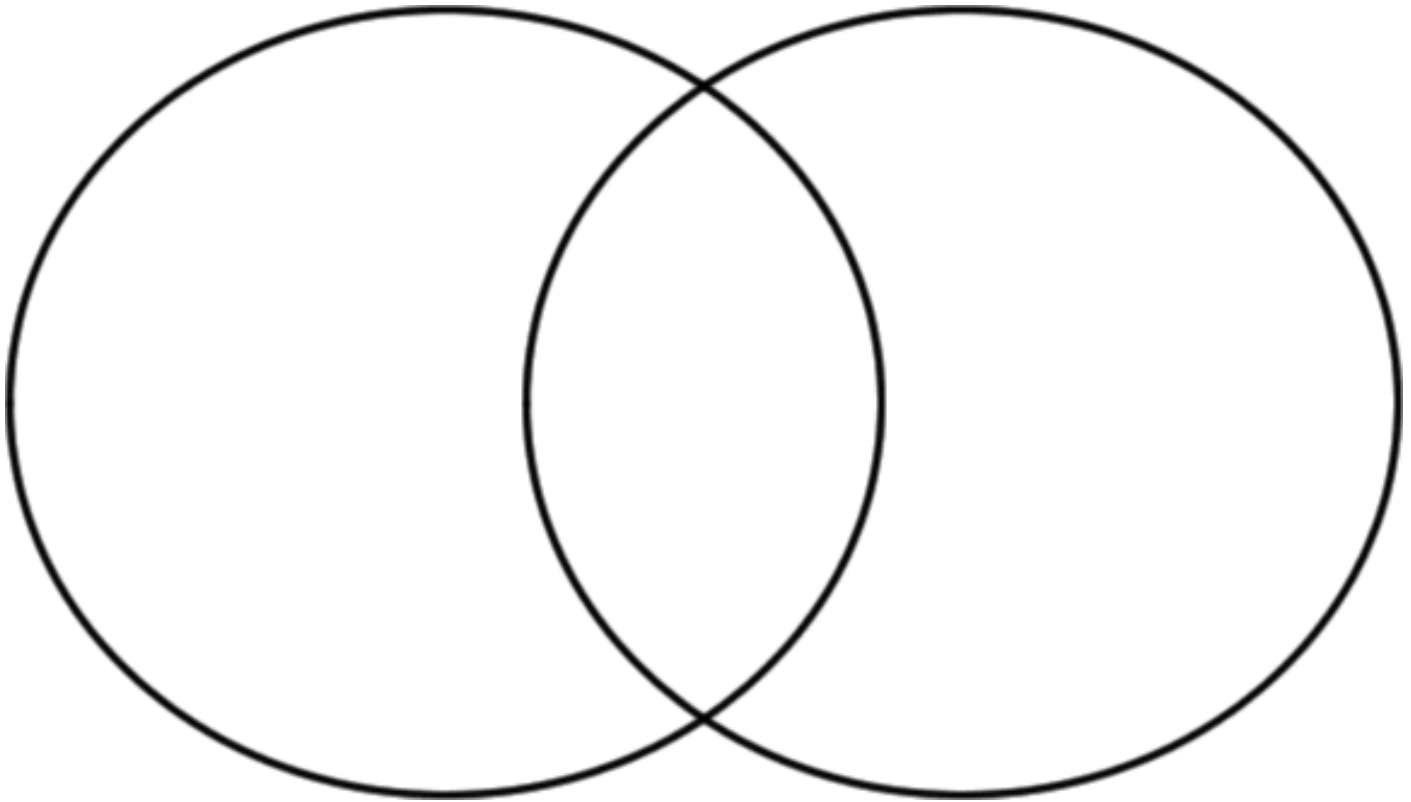
Ingredients:

Ground beef, enriched rice, milk, water, maltodextrin, yellow corn flour, corn starch, enriched flour, salt, cottonseed oil, modified whey, chili pepper, modified cornstarch, spice, partially hydrogenated soybean oil, onion, tomato flakes, monosodium glutamate, corn syrup, citric acid, cheddar cheese, natural flavor, silicon dioxide, garlic, blue cheese, malic acid, whey hydrolyzed corn, protein, color (yellow 5 & 6), cultured nonfat milk, yeast extract, sodium phosphate.

Venn Diagram

One Pan Taco Dinner

Hamburger Helper Mexican
Crunchy Taco Dinner



1. What does the Venn Diagram tell us about these two products in terms of number of ingredients and types of ingredients? Explain.

2. Which product would you rather eat? Explain why.



WHOLE FOODS PROMOTIONAL MESSAGE

Objective: Create an original poster (hand drawn or computer generated) that promotes whole, natural foods over processed foods. Below are two examples from the internet that give you an idea of simple, but effective messages promoting the whole foods concept.



Rubric: Score yourself based on how well you think you did in each category. Add up your total points and hand in with your poster.

Criteria	Points Possible	Self-Scoring	Teacher Scoring
Poster was neat, colorful & easy to READ & included a graphic	5		
Message was creative, informative and made a statement	5		
Poster is free of spelling & grammatical errors	5		
Total Points	15		

Comments:

Whole vs Processed & True Cost of Foods Task Rotation Learning Grid

<p style="text-align: center;"><u>Mastery</u></p> <ul style="list-style-type: none">• In your own words summarize what the video is trying to tell us.	<p style="text-align: center;"><u>Interpersonal</u></p> <ul style="list-style-type: none">• How do you feel about what's going on behind the scenes with your food? • Explain two ways you can limit processed foods in your diet based on what you've learned so far.
<p style="text-align: center;"><u>Understanding</u></p> <ul style="list-style-type: none">• We know that one of the main differences between processed & scratch is the ingredient list...• Compare and contrast a homemade food ingredient list (One Pan Taco Dinner) and a processed food ingredient list (Hamburger Helper Crunchy Taco Dinner) and complete the questions. See handout.	<p style="text-align: center;"><u>Self-Expression</u></p> <ul style="list-style-type: none">• Create a promotional message poster (hand drawn or computer generated) promoting whole foods over processed foods. Show examples from the internet. See guide sheet/rubric for specific criteria.

