

Superfoods

11.3.9D. Analyze relationship between diet and disease and risk factors (e.g., calcium and osteoporosis; fat, cholesterol and heart disease; folate and birth defects; sodium and hypertension).

Intro: You've watched the SUPERBOWL on television. You've heard stories about SUPERHEROS with SUPERPOWERS like SUPERMAN! But, have you ever eaten SUPERFOODS?

What makes superfoods SUPER? What makes junk foods JUNK?

View: You Tube Clip: <http://www.youtube.com/watch?v=VLFWiL-phT4> titled "Why Junk Food is Junk & Superfoods Super?" (9 min.) Complete guidesheet while viewing. The video discusses five factors that determine whether a food is junk or super. These are notes students should have:

- Nutrient Density
- Calorie Density
- Fiber
- Glycemic Index
- Natural vs Processed

JUNK:

- Low Nutrient Density
- High Caloric Density
- Low Fiber
- High Glycemic Index
- Processed

SUPER:

- High Nutrient Density
- Low Calorie Density
- High Fiber
- Low Glycemic Index
- Processed

Discuss: So what exactly are Superfoods? They are like a team of superheroes, who rescue people from poor nutrition and unhealthy lifestyles...they offer lifelong benefits because they reduce risk for diseases such as:

- Heart disease
- Cancer
- Diabetes

Why?...Because they contain high amounts of vitamins, minerals, antioxidants and phytochemicals AKA disease fighters.

Activity: Do you know your SUPERFOODS and how to incorporate them into your diet?

Step 1: Place master list of superfoods under Document Camera and have students individually choose their top five favorite superfoods to learn more about.

Activity: Do a *GOOGLE* search of your list of top 5 favorite SUPERFOODS and be sure to include a description of what each food offers us nutritionally (how does it benefit us). Then give two suggestions of how you can incorporate this food into your diet

Step 2: Take this information and use it to create a comic strip about your most favorite superfood.

Project: The Adventures of a Super Food Hero (See guidesheet)

Choose a super food identity and create a colorful comic strip explaining to a young child the benefits of including it in their diet

- First, decide what your super food hero will look like and draw it. If you need some inspiration, check out *Google* images.
- What your super food hero has to offer us nutritionally speaking?
- Why we should include it in our diets? What benefits does it have to offer? What does it fight against?
- How much and how often should it be eaten?

Choose a template for your comic strip from those provided.

Comic strip story should flow, be neat, creative, colorful, include text boxes or bubbles, and be free of spelling and grammatical errors.

Free comic strip templates...

<http://www.teacherspayteachers.com/Product/10-Comic-Book-Strips-Templates>

<http://www.teacherspayteachers.com/Product/Comic-Strip-Template-Pages-for-Creative-Assignments>

Lab: Students will prepare and serve a SUPERFOOD. (optional)