



Grade 10 Sample Lesson Plan: Unit 23 – Analyzing Family Grocery Habits

SOLs

- 10.2.f Identify family health habits and behaviors as they relate to promotion of health and wellness.

Objectives/Goals

- Students will analyze family grocery store habits and set a goal to make small changes in their family's diet in order to promote better health and wellness.

Materials

- You are What You Eat-ppt
- Nutrition: You are what you eat (worksheet)
- Grocery Store Scavenger Hunt (worksheet)
- White screen and projector or large monitor, computer

This lesson plan is based on the completion of the *You Are What You Eat* lesson plan. It must be completed before completing the Grocery Store Scavenger Hunt. The *Nutrition Stations: You are What you Eat* section of that lesson will give students the functional knowledge to help them make healthier choices when shopping at the grocery stores with their families for this lesson. The Grocery Store Scavenger Hunt (worksheet) can be completed individually by the student at home or the instructor can arrange a field trip as a class to the grocery store to complete as a class.

Procedure

Step 1: Trip to the Grocery Store

Grocery Store Scavenger Hunt

[Lesson: 35-50 mins needed at the Grocery Store]

After students have completed all [11 Nutrition Stations](#) from the *You Are What You Eat-ppt*, and have completed their worksheet from those stations, they can now complete the Grocery Store Scavenger Hunt worksheet.

- Grocery Store Scavenger Hunt (worksheet)
 - Print and give students the Grocery Store Scavenger Hunt worksheet
 - Students complete the worksheet either
 - At the grocery store with the class as a class field trip or
 - Students can complete Grocery Store Scavenger Hunt on their own. Allow more than a week for students to complete (take into consideration not all families shop every week).

Assessment Idea

- [Kahoot.it Nutrition Review Game https://play.kahoot.it/#/k/8463c8ea-b7a3-48dc-b0c0-7a329175928a](https://play.kahoot.it/#/k/8463c8ea-b7a3-48dc-b0c0-7a329175928a)
- Review and discuss Grocery Store Scavenger Hunt worksheet
- Have kids compare and contrast grocery buying habits using their worksheets
 - Ask questions as to how familiar grocery habits can be modified to reflect healthier choices

References

- Kimberly Ohara-Borowski M.Ed. Ocean View High School

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

<p>#1 Portion Distortion Key Message:</p>	<p>#2 Organic Why is organic better?</p>	<p>#3 Supplements: Key Message & Use Caution:</p> <p>Do you need supplements in your diet?</p>
<p>#4 Cereal: Key Message:</p> <p>Use Caution:</p> <p>Which Cereal is the better choice?</p> <p>A or B</p> <p>Why?</p>	<p>#5 Michael Pollan's Food Rules:</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 	<p>#6 Eating in Season:</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.

<p># 7 Produce Placement: Key Message:</p>	<p>#8 MyPlate Key Message:</p>	<p>Extra Notes:</p>
<p>#9 Juice Key Message:</p> <p>Use Caution:</p> <p>Which juice is the better choice? A or B</p> <p>Why?</p>	<p>#10 Bread Key Message:</p> <p>Use Caution:</p> <p>Which bread is the better choice? A or B</p> <p>Why?</p>	<p>#11 What are the 7 Leading Causes of Death in the US?</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 7. <p>Circle the deaths possibly linked to diet</p>