**TEXAS CTE LESSON PLAN**

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| **Lesson Identification and TEKS Addressed** | |
| **Cluster** | Human Services |
| **Course** | Lifetime Nutrition and Wellness |
| **Lesson/Unit Title** | ChooseMyPlate – Weight Management, Calories and Fad Diets |
| **TEKS Student Expectations** | **130.274. (c) Knowledge and Skills**  (3) The student understands the principles of digestion and metabolism. The student is expected to:  (B) Calculate and explain basal and activity metabolisms and factors that affect each  (4) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:  (D) Plan diets based on life cycle, activity level, nutritional needs, portion control and food budget  (F) Analyze advertising claims and fad diets with the recommendations of the Recommended Dietary Allowances  (G) Analyze current lifestyle habits that may increase health risks |
| **Basic Direct Teach Lesson** | |
| **Instructional Objectives** | **Students will:**   * Calculate their BMI * Analyze their current eating and drinking habits * Assess what they should eat and drink based on ChooseMyPlate guidelines * Recognize fad diets throughout the years * Research popular fad diets |
| **Rationale** | (Updated 05/05/2014) In addition to helping you feel and look better, reaching a healthier body weight is good for your overall health and well-being. If you are overweight or obese, you have a greater risk of developing many diseases including type 2 diabetes, heart disease and some types of cancer. |
| **Duration of Lesson** | Five 45-minute class periods |
| **Word Wall** | **Body Mass Index (BMI):** A number calculated from a person’s weight and height and provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems  **Calorie:** The amount of energy needed to raise the temperature of 1 kilogram of water (a little more than 4 cups) by 1 degree Celsius  **Daily Food Plans:** Guides to help you choose foods and beverages that meet your nutrient needs while staying within your calorie limits  **Fad diet:** A popular weight-loss method that is not based on sound nutrition principles  **Weight management:** Maintaining body weight in a healthy range by preventing gradual weight gain over time and losing weight if overweight |
| **Materials/Specialized Equipment Needed** | **Equipment:**   * Computer with Internet access for multimedia presentations * Computer lab with Internet access (be sure to follow school district guidelines) * Scale (borrow one from the Health Science Teacher or the school nurse)   **Materials:**   * Dietary Guidelines for Americans 2010 (one copy) (All Lesson Attachments–coming soon) * Fad diet books: (whatever you have available)   + Biggest Loser Cookbook   + Dr. Atkins New Diet Revolution   + Mayo Clinic Diet   + The South Beach Diet   + The 17 Day Diet   **Supplies:**  Examples of fad diets:   * Baby food jar * Bananas * Cabbage * Grapefruits * Liquid protein drink * Measuring tape * Vinegar and water * Skin fold calipers (if available) * Copies for handouts (All Lesson Attachments–coming soon) |
| **Anticipatory Set** | **Before class begins:**  Become familiar with the Academy of Nutrition and Dietetics Fad Diet Timeline.  Gather as many supplies and equipment from the Materials or Specialized Equipment Needed section as you have available. Add any other materials you feel may be appropriate. Place these items on a table in front of the classroom.  Distribute graphic organizer **KWL – Fad Diets** (All Lesson Attachments–coming soon). Allow time for students to fill in the first two sections with a list of things they already KNOW about Fad Diets and what they WANT to learn about Fad Diets. The KWL will be returned at the end of the lesson to fill in the last section with a list of things they LEARNED about Fad Diets. |
| **Direct Instruction with Special Education Modifications/Accommodations** | Introduce lesson objectives, terms and definitions.  Connect your computer to a multimedia projector to view each section of the ChooseMyPlate website.  ChooseMyPlate – Weight Management and Calories<http://www.choosemyplate.gov/weight-management-calories.html>  Distribute **ChooseMyPlate – Weight Management and Calories** (All Lesson Attachments–coming soon). Students will take notes as you review each section.  Review and discuss each page with your students so they become familiar with how to manage their weight and added calories.  Weight Management and Calories   * Learn What You Currently Eat and Drink * What to Eat and Drink * Make Better Choices * Eat the Right Amount of Calories for You * Decrease Portion Sizes * Eat Fewer Empty Calories * Focus on Foods You Need * When Eating Out, Make Better Choices * Cook More Often at Home * Increase Physical Activity * Decrease Screen Time * What are Empty Calories? * How Many Can I Have? * What Are Solid Fats? * What Are Added Sugars? * How Do I Count Empty Calories?   View the following videos to explain weight management.   * Enjoy Your Food But Eat Less Healthy eating means knowing what to eat, but also how much to eat.<http://www.eatright.org/Media/content.aspx?id=6442472606#.UPuCGR2YtWw> * Get Your Plate in Shape Vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need for a healthful plate.<http://www.eatright.org/Media/content.aspx?id=6442472607#.UPuCRh2YtWw>   Optional: Slide presentations **Portion Distortion I** and **Portion Distortion 2** (All Lesson Attachments–coming soon) from The National Heart, Lung, and Blood Institute, in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases may be viewed so students may see how portions have changed over the years.  Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:   * Checking for understanding * Copy of handout key |
| **Guided Practice with Special Education Modifications/Accommodations** | Introduce PowerPoint™ **Fad Diets** (All Lesson Attachments–coming soon). Follow the script at the bottom of the presentation notes.  Distribute graphic organizer **Fad Diets Timeline** (All Lesson Attachments–coming soon).  Allow students to follow along and take notes as you click on the different years. Discuss the effects that some of the diets had on people.  Distribute handout **Enjoy Your Food But Eat Less: 10 Tips to Enjoying Your Meal** (All Lesson Attachments–coming soon). Allow students to read the handout and discuss the topics. This handout may be included in their cookbook or journal.  Distribute handouts **My Daily Food Plan Worksheet** and **Keeping Track** (All Lesson Attachments–coming soon).  Explain to students that the food plans are guides to help them choose foods and beverages that meet their nutrient needs while staying within their calorie limits. Think of the Food Plan as a road map to guide them on the path to a healthier weight. They will learn how much they need to eat each day from the 5 food groups. They can also find out their total calorie limit and their limit for empty calories (calories from solid fats and added sugars) with their Daily Food Plan.  In addition, have students write down the physical activities they do, and how long they spend doing each one. Log each activity that you do for at least 10 minutes at a time. Every bit adds up.  Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:   * Repeated instructions * Shortened, simplified instructions |
| **Independent Practice/Laboratory Experience with Special Education Modifications/Accommodations** | Distribute graphic organizer **Calculating BMI** (All Lesson Attachments–coming soon).  Place a scale in a discreet place so that students may weigh themselves if they do not know their weight. Use a health scale that can also measure height. If you do not have one, borrow one from the Health teacher or nurse on your campus. A tape measure taped to your wall at the correct height will also work.  Divide the students into subgroups of two or three. Assign a popular fad diet for students to research. Information can be presented in a poster or using Glogster™ EDU.  The following criteria should be displayed:   * Title * Description * Key points * Results promised * Images of book available   Distribute **Rubric for Fad Diet Glogster™ EDU** and **Rubric for Fad Diet Visual Display** (All Lesson Attachments–coming soon) so that students may understand what is expected.  Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:   * Extended time for assignments * Check for understanding |
| **Lesson Closure** | Review lesson objectives, terms, and definitions.  Return the **KWL – Fad Diets** (All Lesson Attachments–coming soon) distributed in the Anticipatory set. Students may now complete the last section – what they LEARNED about Fad Diets. |
| **Summative/End of Lesson Assessment with Special Education Modifications/Accommodations** | Students will present their research on fad diets to the class.  Students will be assessed with appropriate rubric.  Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:   * Encourage participation * Assist in presentation |
| **References/Resources** | **Textbooks:**   * Duyff, R. L. (2010). *Food, nutrition & wellness.* Columbus, OH: Glencoe/McGraw-Hill. * Kowtaluk, H. (2010). *Food for today.* Columbus, OH: Glencoe/McGraw-Hill. * Weixel, S., & Wempen, F. (2010). *Food & nutrition and you.* Upper Saddle River, NJ: Pearson/Prentice Hall.   **Videos:**   * Enjoy Your Food But Eat Less Healthy eating means knowing what to eat, but also how much to eat.<http://www.eatright.org/Media/content.aspx?id=6442472606#.UPuCGR2YtWw> * Get Your Plate in Shape Vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need for a healthful plate.<http://www.eatright.org/Media/content.aspx?id=6442472607#.UPuCRh2YtWw>     **Website:**   * Academy of Nutrition and Dietetics The world’s largest organization of food and nutrition professionals <http://eatright.org> * U.S. Department of Agriculture.  ChooseMyPlate.gov Website. Washington, DC. Weight Management and Calories.<http://www.choosemyplate.gov/weight-management-calories.html> Accessed January, 2013. |
| **Additional Required Components** | |
| **English Language Proficiency Standards (ELPS) Strategies** | * Word wall * Draw visual representations of terms on word wall * Add terms and definitions to personal dictionary * Utilize Four Corners Vocabulary/Word Wall Activity (Attachments–coming soon) |
| **College and Career Readiness Connection[[1]](#footnote-1)** |  |
| **Recommended Strategies** | |
| **Reading Strategies** | Distribute handout **Eat Right for a Healthy Weight** (All Lesson Attachments–coming soon) from the Academy of Nutrition and Dietetics. Students may read these tips to achieve a healthy weight.  Healthy Eating for a Healthy Weight<http://www.cdc.gov/healthyweight/healthy_eating/>  Improving Your Eating Habits<http://www.cdc.gov/healthyweight/losing_weight/eating_habits.html>  Encourage students to connect reading to their life experiences or prior knowledge. |
| **Quotes** | Those who think they have no time for healthy eating, will sooner or later have to find time for illness. **-Edward Stanley**  Unfortunately, everything the experts tell us about diet is aimed at the whole population, and we are not all the same. **-The Scientist Magazine**  Diet is the essential key to all successful healing. Without a proper balanced diet, the effectiveness of herbal treatment is very limited. **-Michael Tierra**  Most people don’t have a problem going on a diet. Their problem is being consistent on their diet. **-Karen Sessions**  Our food should be our medicine and our medicine should be our food. **-Hippocrates** |
| **Multimedia/Visual Strategies** | **PowerPoints™ (Attachments–coming soon):**   * Fad Diets * Presentation Notes – Fad Diets * Portion Distortion I * Portion Distortion 2   **Technology:**   * Free iPad App:   + Lose it! Provides a seamless, supportive weight loss program.<https://itunes.apple.com/us/app/lose-it!/id297368629?mt=8> * Infographics:   + Small Steps/Big Difference  Small steps can make a big difference in improving our nation’s health forecast.<http://www.cdc.gov/healthreport/infographics/steps/index.htm> * TED Talks:   + Sandra Aamodt: Why dieting doesn’t usually work In the US, 80% of girls have been on a diet by the time they’re 10 years old. In this honest, raw talk, neuroscientist Sandra Aamodt uses her personal story to frame an important lesson about how our brains manage our bodies, as she explores the science behind why dieting not only doesn’t work, but is likely to do more harm than good. She suggests ideas for how to live a less diet-obsessed life, intuitively.<http://www.ted.com/talks/sandra_aamodt_why_dieting_doesn_t_usually_work>   **Files for downloading (Attachments–coming soon):**   * Fad Diets * Presentation Notes – Fad Diets * Portion Distortion I * Portion Distortion 2 |
| **Graphic Organizers/Handout** | **Graphic Organizers (Attachments–coming soon):**   * Calculating BMI * ChooseMyPlate – Weight Management and Calories * ChooseMyPlate – Weight Management and Calories (Key) * Fad Diets Timeline * Fad Diets Timeline (Key) * KWL – Fad Diets   **Handouts (Attachments–coming soon):**   * Dietary Guidelines * Eating Right for a Healthy Weight * Enjoy Your Food But Eat Less * Keeping Track * My Daily Food Plan Worksheet * Rubric for Fad Diet Glogster™ EDU * Rubric for Fad Diet Visual Display   **Files for downloading (Attachments–coming soon):**   * Calculating BMI * Dietary Guidelines * Eating Right for a Healthy Weight * Fad Diets Timeline * Fad Diets Timeline (Key) * Keeping Track * KWL – Fad Diets * My Daily Food Plan Worksheet * Rubric for Fad Diet Visual Display * Enjoy Your Food But Eat Less * ChooseMyPlate – Weight Management and Calories * ChooseMyPlate – Weight Management and Calories (Key) * Rubric for Fad Diet Glogster™ EDU |
| **Writing Strategies** | **Journal Entries:**   * I need to lose/gain weight because …….. * I have tried the following fad diet \_\_\_\_\_\_\_\_\_ and my results were …… * My BMI is \_\_\_\_\_\_ which means ……. * My current eating and drinking habits may ………. * I think fad diets are ………..     **Writing Strategy:**  RAFT writing strategy   * + Role – registered dietitian   + Audience – high school teenager   + Format – diets   + Topic – healthy meals to maintain weight |
| **Communication 90 Second Speech Topics** | Healthy meals to maintain my weight would consist of ……….. Three things I need to do to lose weight are …………. |
| **Other Essential Lesson Components** | |
| **Enrichment activity** | Allow students to assess their knowledge of nutrition and eating healthy foods by playing the following games from the Academy of Nutrition and Dietetics.   * Fact or Fiction<http://www.eatright.org/nnm/games/MythOrFact/index.html>   **Infographics:**  Infographics are graphic visual representations of information, data or knowledge intended to present complex information quickly and clearly.  The infographic below is related to this lesson. Allow students to view the image on a projector and lead a discussion concerning the information provided.   * Small Steps/Big Difference  Small steps can make a big difference in improving our nation’s health forecast.<http://www.cdc.gov/healthreport/infographics/steps/index.htm>   **TED Talks:**  TED is a nonprofit organization devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). The video below is related to this lesson. Allow students to view the video and lead a discussion concerning the TED Talk.   * Sandra Aamodt: Why dieting doesn’t usually work In the US, 80% of girls have been on a diet by the time they’re 10 years old. In this honest, raw talk, neuroscientist Sandra Aamodt uses her personal story to frame an important lesson about how our brains manage our bodies, as she explores the science behind why dieting not only doesn’t work, but is likely to do more harm than good. She suggests ideas for how to live a less diet-obsessed life, intuitively.<http://www.ted.com/talks/sandra_aamodt_why_dieting_doesn_t_usually_work>   **Human Services Lifetime Nutrition and Wellness Writing Prompts**  The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:   * Analyze current lifestyle habits that may increase health risks   Think about current lifestyles that may increase health risks. Imagine you have a friend who is living such a lifestyle. Write a paper in which you persuade your friend to change his or her lifestyle to one that is healthier. (10th and 11th grade persuasive writing) |
| **Family/Community Connection** | Invite a registered dietitian to speak to the class about eating healthy and maintaining a healthy weight. |
| **CTSO connection** | **Family, Career and Community Leaders of America (FCCLA)**  <http://www.texasfccla.org>   * Nutrition and Wellness An individual event – recognizes participants who track food intake and physical activity for themselves, their family or a community group and determine goals and strategies for improving their overall health. |
| **Service Learning Projects** | Successful service learning project ideas originate from student concerns and needs. Allow students to brainstorm about service projects pertaining to lesson. For additional information on service learning see <http://www.ysa.org>  Example:  Organize a health and wellness fair to include health professionals to present health risks for overweight and underweight adults. |
| **Lesson Note** | |
| **All Attachments** | **(coming soon):**   * Rubric for Fad Diet GlogsterEDU * ChooseMyPlate - Weight Management and Calories * ChooseMyPlate - Weight Management and Calories (Key) * Presentation Notes - ChooseMyPlate - Weight Management, Calories, and Fad Diets * Fad Diets PPT * Fad Diets PPT * Enjoy Your Food But Eat Less * Portion Distortion 2 * Portion Distortion 1 * Rubric for Fad Diet Visual Display * My Daily Food Plan Worksheet * KWL - Fad Diets * Keeping Track * Fad Diets Timeline * Fad Diets Timeline (Key) * Eating Right for a Healthy Weight * Dietary Guidelines * Calculating BMI |

1. Visit the Texas College and Career Readiness Standards at <http://www.thecb.state.tx.us/collegereadiness/CRS.pdf>, Texas Higher Education Coordinating Board (THECB), 2009. [↑](#footnote-ref-1)