

Arizona Nutrition Network Lesson Plan			
<b>Lesson Title:</b> Get Your Calcium Rich Foods (Adapted from MyPyramid for Kids)			
<b>Topic:</b> Calcium rich, low fat foods		<b>Target Audience:</b> 4 <sup>th</sup> Grade and older (can be adapted for adults)	
<b>Lesson Goal(s)/Arizona Academic Standard(s):</b> 1CH1-E8 PO1 Identify the basic nutrients and identify their uses in the body. 2CH-E1 PO2 Utilize accurate health information. 3RE-2 PO2 Interpret details from functional text for a specific purpose (e.g. to answer questions). 2MA-1 PO4 Answer questions based on graphical representation and data displays. 2MA-1 PO7 Solve contextual problems using graphs, charts, and tables.			
Lesson Components Learning Objectives	Procedure/Learning Activity	Materials Needed, Handouts, AV	Evaluation
<b>Introduction:</b>	Introduce yourself and where you are from.		
<b>Objective: 1</b> Identify at least two foods in the milk group.	Review the foods in the milk group and the number of cups needed each day. Review that foods in this group at the top of the Pyramid are higher in sugar and fat.	• MyPyramid poster –order from <a href="http://catwellbewell.org">catwellbewell.org</a>	Students verbally identify foods in the milk group.
<b>Objective: 2</b> Identify two health and nutrition benefits from eating foods rich in calcium and lower in fat.	1% low fat and fat free milk and milk products help build and maintain strong bones and teeth. Using lower fat foods also helps prevent some chronic diseases such as heart disease.	• MyPyramid poster –order from <a href="http://catwellbewell.org">catwellbewell.org</a>	Students verbally identify strong bones, strong teeth, or prevention of heart disease as benefits.
<b>Objective: 3</b> Analyze eight food labels to determine which foods contain the most calcium.	Food labels give us important information about the nutritional value of food. Ask students to look for the words “Serving Size” on the <i>What’s on the Label?</i> handout. In the case of milk, the serving is 1 cup. Have students find the first number of calories in a single serving of the foods. Each of the first four labels is for 1 cup of milk; yet they have a very different number of calories per serving. Why? Because of the fat and sugar content. Look at the calorie content for 1% chocolate milk. It is higher than the calorie content for white milk. The extra calories come from sugar and chocolate. At the bottom of the food label, the student will find some numbers followed by percent signs. This is where calcium is listed. Use the % Daily Value (DV) column when possible: 5% DV or less is low, 20% DV or more is high.	• Download <i>What’s on the Label?</i> handout from <a href="http://teamnnutrition.usda.gov">teamnnutrition.usda.gov</a> Click on MyPyramid for Kids Classroom Materials, Level 3, Lesson 3.	Successful completion of <i>What’s the Score?</i> chart. (see below)
<b>Objective: 4</b> Compare eight food labels to determine which calcium-rich foods are lowest in fat.	Have students complete the <i>What’s the Score?</i> chart at the top of the page, filling in numbers from the four nutrition labels for milk. Later, check students’ answers. Next have students use <i>What’s on the Label?</i> handout to help them complete the questions on the <i>What’s the Score?</i> chart. Check student answers and discuss.	• Download <i>What’s the Score?</i> chart and answer key from <a href="http://teamnnutrition.usda.gov">teamnnutrition.usda.gov</a> Click on MyPyramid for Kids Classroom Materials, Level 3, Lesson 3.	Successful completion of <i>What’s the Score?</i> chart.
<b>Closure:</b>	Remember that it is important to have 3 cups of 1% low fat or fat free milk products daily for strong bones and teeth.		
<b>Notes following the lesson (things to revise, what went well, etc.):</b>			