

NUTRITION, HEALTH AND FITNESS

Get More Bang for Your Buck with Healthy Foods

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Tennessee 4-H Youth Development

Nutrition, Health and Fitness

Get More Bang for Your Buck with Healthy Foods

Skill Level

Beginner
Intermediate

Learner Outcomes

The learner will be able to:

Define the concept of nutrient density.
Understand how food choices affect their daily nutrient intake.
Explain the similarities between “calorie” dollars and “regular” dollars.

Educational Standard(s) Supported

PCW.2, PW.3, PW.2

Success Indicator

Learners will be successful if they:

Accurately choose the healthier food option three times

Time Needed

15-30 minutes

Materials List

Scenario Cards
Calorie Dollars or Monopoly Money (optional)
Adequate space for five stations
Five surfaces that can be used as stations
Printer and computer
My Food Choices Handout
[Get More Bang for Your Buck](#) PowerPoint

Introduction to Content

Nutrition helps us fuel our bodies and get the most out of our lives. It explains how the choices we make have a direct impact on our health.

Introduction to Methodology

This activity introduces students to the importance of choosing healthy, nutrient dense foods and getting the correct number of calories. Start the lesson by relating the calories we eat to the money we spend. Once students understand the correlation, go into the activity to further demonstrate how calories are “exchanged” for energy and nutrients in food. After the activity, allow students to process this new information and invite them to expand upon what they have learned.

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Tips for Engagement

Ask students what their favorite snacks are and ask them if they know how many calories are in those snacks.

Ask students what they know about nutrition. What information is usually listed on a Nutrition Facts Label?

Open this link to see a Ted-Ed demonstration of what a calorie is and how it helps fuel our bodies!



Terms and Concepts Introduction

calorie – unit of measurement for the energy in food and drinks

healthy – physical and mental wellbeing

Nutrition Facts Label – label on food and drink products that tells you the nutrient contents of that product

Setting the Stage and Opening Questions

Ask students: **How many of you like to spend money? How many of you have to be careful so that you do not spend too much money? Would you believe it if I said that money and the food that you eat are related?**

Let's think about this for a minute. Similar to us all having a certain amount of money to spend because of what is in our wallets or bank accounts, we all have a certain number of **calories** that we should eat in a day to stay **healthy**. Calories are important! Calories in foods and drinks give our bodies energy so we can do the things we need and want to do! Our bodies help us choose the right number of calories by telling us when we're hungry and when we're full. Making smart choices with how we spend our money and with how we spend or use our calories is very important. We also need the foods and drinks we choose to give our bodies nutrients like vitamins, minerals and fiber.

In this activity, we will learn more about how we can make smart choices with our calorie dollars – spending them wisely for good health. We want to make good choices with our money so that we are able to buy the things we need and want. We also need to make good food choices so that we use our calories on foods that give our bodies the nutrients it needs.

Now, we are going to do an activity to explore the importance of making nutritious food choices.

Experience

Divide students into partners. Use the *My Food Choices* Handout and *Get More Bang for Your Buck* PowerPoint to guide students through completing the exercise described below.

1. Create five stations, placing one scenario card per station.
2. For Round 1, set up stations using the scenario cards with “Round One” labeled in the lower right-hand corner. These cards will not have calorie and nutrient information.
3. For Round 2, set up stations using the scenario cards labeled as “Round Two” in the lower right-hand corner (with calorie and nutrient information).

(Optional) Hand each student or pair of students 2,000 calorie dollars. Tell students: **This value represents a recommended number of calories for a day. Everyone has different calorie needs, depending on their age, sex and activity level. We are using 2,000 calories today because that is the amount used for the *Nutrition Facts Label*.**

Share

Ask the students to partner with someone near them. Instruct the students to share with each other one new thing that they learned as a result of this lesson. If time allows, you may call on a few students to share what their partner learned as a result of the lesson.

Process

Instruct students to take a few minutes to think about the following questions. You may ask the questions orally and have students respond or write the questions on the board and ask students to write down their answers.

1. How are calorie dollars and regular dollars (money) similar?
2. How might the amount of regular dollars (money) you have influence the type of food choices that you make?

Generalize

Choosing healthy foods is important because healthy foods give our body the energy and nutrients that it needs to do what we enjoy doing like running, playing sports, shopping, cheerleading and playing with friends. Sometimes, we call these healthy foods “nutrient dense” foods. Could anyone tell me what the word dense means? Some words that are the same as dense are jam-packed, crowded, heaped and packed. We can think of nutrient dense foods as foods that are jam-packed with nutrients. Nutrient dense foods are full of vitamins, minerals and other important nutrients. Nutrient dense foods do not have a lot of sugar, solid fats or sodium added to them. Can anyone tell me some foods that are full of nutrients? Possible answers include fruits, vegetables, whole grains, seafood, eggs, fat-free or low-fat dairy products, lean meats, unsalted nuts and seeds, beans and peas.

Apply

Now that you have learned the importance of eating nutrient dense foods in order to get the most bang for your buck, check out the Choose My Plate website for more fun activities that help you learn about your health and how food can help you achieve a happy life!



Life Skill(s)

4th Grade Health

Demonstrate characteristics of good character.

Show use of good judgment.

5th Grade Hands

Demonstrate the characteristics of leadership, citizenship and teamwork.

Speak clearly and effectively in group settings.

6th Grade Health, Living

Select a way of living that is in accordance with sound condition of body, mind and prevention of disease and injury.

Know how the human body functions.

Supplemental Information

Educational Standards Met

PCW.2: Nutrition

5. Describe the pros and cons of drinking various types of beverages (milk, juice, water, etc.)

PW.3: Nutrition

6. Apply strategies to consume a variety of nutrient dense foods and beverages.

PW.2: Nutrition

7. Apply dietary tools such as *My Plate* or *Food Fact Labels* to employ healthy meal plans.

My Food Choices: Round One

Choose the more nutritious food for each scenario. Place an X in the square below

Breakfast	
Fruit-flavored Breakfast Cereal	Whole-grain Breakfast Cereal
Morning Snack	
One Percent Milk	Soda
Lunch	
Fried Chicken Nuggets	Grilled Chicken Nuggets
Afternoon Snack	
Cheese-flavored Tortilla Chips	Carrot Sticks and Hummus
Dinner	
Strawberry Cupcake	Fruit Salad

My Food Choices: Round Two

Choose one food for each scenario. Write down the number of calories and nutrients in your food choice using the box below.

Breakfast		
	Fruit-flavored Breakfast Cereal	Whole-grain Breakfast Cereal
Calories		
Iron (mg)		
Fiber (g)		
Morning Snack		
	One Percent Milk	Soda
Calories		
Vitamin D (mcg)		
Potassium (mg)		
Calcium (mg)		
Lunch		
	Fried Chicken Nuggets	Grilled Chicken Nuggets
Calories		
Protein (g)		
Afternoon Snack		
	Cheese-flavored Tortilla Chips	Carrots with Hummus
Calories		
Potassium (mg)		
Vitamin A (IU)		
Fiber (g)		
Dinner		
	Strawberry Cupcake	Fruit Salad
Calories		
Potassium (mg)		
Vitamin C (mg)		
Fiber (g)		

Breakfast



Fruit-flavored Breakfast Cereal



Whole-grain Breakfast Cereal

Morning Snack: Choose a Drink



One Percent Milk



Soda

Lunch



Fried Chicken Nuggets



Grilled Chicken Nuggets

Afternoon Snack



Cheese-flavored Tortilla Chips



Carrots with Hummus

Dinner: Choose a Sweet Treat



Fruit Salad



Strawberry Cupcake

Breakfast



Fruit-flavored Breakfast Cereal

Calories: 200
Iron: 3 mg
Fiber: 0 g



Whole-grain Breakfast Cereal

Calories: 150
Iron: 10 mg
Fiber: 3 g

Morning Snack: Choose a Drink



One Percent Milk

Calories: 100
Vitamin D: 3 mcg
Potassium: 366 mg
Calcium: 305 mg



Soda

Calories: 160
Vitamin D: 0 mcg
Potassium: 19 mg
Calcium: 4 mg

Lunch



Fried Chicken Nuggets

Calories: 295

Protein: 15 g



Grilled Chicken Nuggets

Calories: 130

Protein: 26 g

Afternoon Snack



Cheese-flavored Tortilla Chips

Calories: 195
Potassium: 63 mg
Vitamin A: 32 IU
Fiber: 1.5 g



Carrots with Hummus

Calories: 60
Potassium: 276 mg
Vitamin A: 501 IU
Fiber: 3 g

Dinner: Choose a Sweet Treat



Fruit Salad

Calories: 90
Potassium: 348 mg
Vitamin C: 50 mg
Fiber: 3 g



Strawberry Cupcake

Calories: 285
Potassium: 140 mg
Vitamin C: 0 mg
Fiber: 1 g