

Interdisciplinary Nutrition Curriculum

Metz & Associates' Nutrition Educators are available to teach students the essential skills and information needed for lifelong health. By utilizing the nutrition education curriculum developed by the PA Department of Education, we ensure that every lesson addresses academic standards in a variety of subjects including math, reading, and science.

GRADES 7 – 9

Dietary Guidelines for Americans

In this lesson students are introduced to the Dietary Guidelines and their overall purpose. Students will learn why we have Dietary Guidelines for Americans and what food choices will help them to follow the Dietary Guidelines.

Standards/Anchors Addressed: HSPE- 10.1.9C, 10.1.9E, & 10.4.9B/ FCS- 11.3.9D/RWSL- 1.1.11F, 1.1.11G, & 1.2.11A/Science- 3.1.1B

Factors Influencing Teen Food Choices

In this lesson students will be taught how to recognize that their food choices are their responsibility. Students will learn that their food choices are influenced by many factors and how to identify these factors. Crucial steps will be introduced to change eating behaviors that are not healthful.

Standards/Anchors Addressed: HSPE- 10.1.9A, 10.1.9C, 10.1.9E, & 10.2.9B/ FCS- 11.3.6C/ RWSL- 11.1.8B, 1.1.8F, & 1.6.8D

Food – The Media Connection

Students will learn to identify media messages and determine how these messages influence their food and physical activity choices. This lesson contains components from the curriculum called Media-Smart Youth.

Standards/Anchors Addressed: HSPE- 10.1.9C, 10.1.9E, 10.2.9B, 10.2.9C/ FCS- 11.3.6C/ RWSL- 1.1.8F, 1.2.8A, 1.2.8B, & 1.6.8F

The Basics of Energy Balance

Students will be introduced to the concepts of energy balance with an emphasis on healthful eating. They will be taught the importance of respecting body-size differences. Students will be encouraged to avoid activities associated with eating disorders such as fad diets, rigid calorie counting, and over-exercising. This lesson will give students the opportunity to identify their own caloric needs, and to use the MyPyramid food guidance system to know what to eat to meet those caloric needs. There is also an optional activity for students to develop strategies to be physically active.

Standards/Anchors Addressed: HSPE- 10.1.9C, 10.1.9E, 10.4.9B, 10.4.9D, & 10.4.9F/ FCS- 11.3.6E, 11.3.9C, 11.3.9D, & 11.3.9E / Science- 3.1.10D, 3.2.10D & 3.3.10A/ RWSL- 1.1.8F, 1.1.8G, 1.2.8A, 1.6.8A, & 1.6.8E

GRADES 10 - 12

Factors Influencing Adult Choices

Students will learn about different factors that influence adult food choices. They will examine positive and negative influences on food choices. And, students will discuss what can be done to decrease negative influences on adult food choices. Using a case study, students will learn how to determine which foods are healthful and which are not and identify factors that influence those choices.

Standards/Anchors Addressed: HSPE- 10.1.12C, 10.1.12E, & 10.2.12B / FCS 11.3.12F / RWSL- 1.1.11D, 1.1.11F, & 1.2.11A

Less Expensive Eating Begins at Home

This lesson compares and contrasts the selection of goods and services by applying consumer strategies. Students will examine the benefits of eating nutritious meals at home. They will estimate the cost of a nutritious diet of food prepared at home using the USDA data. Students will compare the cost of eating at home and eating at a local restaurant.

Standards/Anchors Addressed: HSPE- 10.1.12C & 10.2.12B / FCS- 11.1.12F / Math- 2.1.11A, 2.2.11A, & 2.2.11B / RWSL- 1.1.11F, 1.4.11C, & 1.6.11E

An Energy Balancing Act

This lesson helps students understand their own personal energy balance and why there is a variation in the amount of calories people need to maintain energy balance. Students will explore factors that influence calorie needs, such as age, growth, and physical activity levels. Students will use computer programs at MyPyramid.com to find estimated calorie needs.

Standards/Anchors Addressed: HSPE- 10.1.12A, 10.1.12B, 10.1.12C, & 10.4.12D/ FCS- 11.3.12F/ Science- 3.1.12D, 3.3.10A, 3.3.12B, & 3.7.12D / Math – 2.1.11A & 2.2.11A / RWSL – 1.1.8F, 1.2.8A, & 1.8.8A

Heart Healthy Eating

Students will learn about heart disease and the risk factors. An emphasis will be placed on saturated fats and total fat as dietary risk factors. This lesson includes activities that help students identify and reduce sources of saturated fat.

Standards/Anchors Addressed: HSPE – 10.1.12B, 10.1.12C, 10.1.12E, & 10.2.12D / FCS – 11.3.12A, 11.3.12D, & 11.2.12F / Science – 3.4.10A / Math – 2.1.11B / RWSL – 1.1.11E, 1.2.11A, & 1.6.11B

Additional Topics/ Resources

Nutrition educators are also available to provide wellness education at teacher orientations, teacher workshops, and PTO meetings. Special programs developed holidays, seasons, and/or special events may also be available. Please contact your general manager for more information and availability.

Enrichment

Enrichment activities are available from Metz & Associates that will bring added value and significance to nutrition topics taught in the classroom. These supplemental activities teach students how to apply nutrition knowledge to real world experiences in a fun and interactive way. We incorporate unique visual aids, games, and giveaways that make our lessons stimulating and memorable for students.

Sports Nutrition

This lesson will stress the importance of hydration, healthy eating tips for athletes using MyPyramid, and promoting optimal recovery after exercise. The main purpose of this presentation is to assist the athlete fuel their body for sport and health, to improve their nutritional fitness, and to win with good nutrition.

Portion Distortion

Students will learn to differentiate between serving size and portion size. They will learn to recognize a serving size and the relationship of that serving size to MyPyramid. The students will view super-sized meals, the calorie count, fat content, and nutritional value of those meals. A discussion will ensue regarding eating healthy at restaurants. Encourage using the portion distortion quiz to promote discussions. Eat This Not That will be used as a resource. Actual visuals of healthier products with not-so-healthy products may assist with reading a food label. The Portion Plate will be used in the explanation of portion control.

Food Safety

Students will be taught food safety using the FDA's Food Safety Educational Program. This is a challenging hands-on activity that link food safety to students' everyday lives. They will be able to better understand decisions and practices that may affect their personal health. It will encourage them to take an active roll in preventing foodborne illness. Proper handwashing procedures, the temperature danger zone, and some of the more common foodborne illnesses will be discussed.

Think Your Drink!

This lesson will prompt students to discern the impact beverage choices can make on their health and overall wellness. Students will be able to define natural sugar and added sugar, and gain basic knowledge of carbohydrates, sugar, and high fructose corn syrup. This lesson will increase the students' awareness about the amount of soda they consume each year, and the cost of that consumption.

Wellness Education Programs

Grades 7-12



Metz & Associates is proud to offer a variety of wellness education programs that teach students the knowledge and skills needed for a lifetime of good health.

Students will learn about nutrition from experts in the field. Our Nutrition Educators bring the materials, visual aids, and food needed for a nutrition lesson that is fun for students and stress-free for teachers.