

## **Eat Smart, Stay Healthy National Nutrition Month® 2004**

### **Purpose**

National Nutrition Month® (NNM) is a nutrition education and information campaign sponsored annually by the American Dietetic Association (ADA). The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. NNM also promotes ADA and its members to the public and the media as the most valuable and credible source of timely, scientifically based food and nutrition information.

### **History**

Initiated in March 1973 as a week-long event, “National Nutrition Week” became a month-long observance in 1980 in response to growing public interest in nutrition.

### **Sponsor**

The American Dietetic Association’s mission is to promote optimal nutrition and well being for all people by advocating for its members. With nearly 70,000 members, ADA is the world’s largest organization of food and nutrition professionals. Members of ADA are registered dietitians (RDs) and dietetic technicians, registered (DTRs).

### **Objectives**

Students will be able to:

- Understand that healthful eating includes tasty and delicious foods.
- Name the 5 food groups of the Food Guide Pyramid.
- Give an example of a menu that includes foods from all of the 5 Food Groups.
- Share information about unusual or favorite foods with other students.
- Understand the importance of eating breakfast everyday that includes healthy food choices.

### **Key Messages**

The National Nutrition Month® campaign reinforces the importance of nutrition as a key component to help students develop healthy eating and physical activity habits.

Healthy eating helps you get the most out of life. A healthy lifestyle is the key to looking good, feeling great and being your best at work and play. It all starts with a healthy eating plan.

Individual needs and preferences determine your personal food choices. Match your food choices to your lifestyle and individual requirements, choosing enough to achieve and maintain a healthy weight.

Actively pursue variety. Expand your range of choices and explore new tastes, within and among food groups. Eating a wide variety of foods not only promotes optimal nutrition, it provides the pleasurable aspects of eating.

Make moderation your goal—you decide how much and how often. Healthy eating doesn't mean feeling deprived or guilty. Look at the big picture, what you eat over several days—not just one day or one meal.

Develop a personal fitness plan that fits your lifestyle. The key is to find a variety of activities you enjoy.

Eating a healthy breakfast everyday is important for you to have lots of energy and be ready for the day. Breakfast should be full of healthy food choices from the different food groups (like toast, cereal, fruit, low fat milk, yogurt).

### **Activity 1**

Plan a menu for a day. Split the class up into 5 groups. Each group is responsible for planning either breakfast, lunch, after school snack, dinner or bedtime snack. They plan a meal or snack using the Food Guide Pyramid as a resource. Write each group's menu on the board.

Together, the class decides if they are getting enough servings from each group in the Food Guide Pyramid. If not, the class can think of ways to get what they need. Use the Food Guide Pyramid handout and the chart below.

#### **How many servings per food group?**

6-11	Bread Group
3-5	Vegetable Group
2-4	Fruit Group
2-3	Milk Group
2-3	Meat Group

#### **Children and teen girls should aim for:**

9	Bread Group
4	Vegetable Group
3	Fruit Group
2-3	Milk Group
2	Meat Group

#### **Young children, age 2 to 6, should aim for:**

6	Bread Group
3	Vegetable Group
2	Fruit Group
3	Milk Group
2	Meat Group

#### **Teen boys should aim for:**

11	Bread Group
5	Vegetable Group
4	Fruit Group
2-3	Milk Group
3	Meat Group

### **Activity 2**

Investigating and researching new and exotic foods helps students learn about geography and culture.

Provide participants with fact sheets on foods not typically eaten by those in your area and discuss the origin, where and how it grows, where it fits in the Food Guide Pyramid and how it is prepared.

Bring samples of the food for the students to see, feel and taste.

### **Activity 3**

Read the story below: “Brainy Brenda and Smart Stan’s Breakfast Plan”  
*Brainy Brenda and Smart Stan wanted to make a great breakfast their plan,  
Stan wished to make of his breakfast the most,  
So he started his day with some warm, crunchy toast.*

*Brenda found something more crunchier still:  
Her favorite cereal with some low-fat milk!*

*Stan, he craved something like the milk from above,  
So he went to the ‘fridge for yogurt in a cup.*

*Both Brenda and Stan now went for some fruit, and  
With all of those vitamins, why not even pick two!*

*Maybe an apple, an orange, or pear, and  
Whichever they choose, a great taste will be there!*

*And now the day waits for wise Brenda and Stan  
And anything’s possible with their breakfast plan!*

Discuss with the participants the importance of breakfast and how it should be full of healthy foods so they can have energy for playing, running, thinking and learning. Ask the participants the following questions about the Brainy Brenda and Smart Stan Breakfast Story:

- What was Brainy Brenda and Smart Stan’s plan? (a great breakfast)
- What does Brainy Brenda have for breakfast? (cereal with low fat milk)
- What does Smart Stan have for breakfast? (yogurt in a cup)
- What foods do Brainy Brenda and Smart Stan both eat for breakfast? (fruit)
- How do you think Brainy Brenda and Smart Stan feel after they ate breakfast? (more energetic and ready for school/work)
- How do you think Brainy Brenda and Smart Stan would feel if they didn’t eat breakfast? (tired, no energy)
- What would happen if Brainy Brenda and Smart Stan didn’t eat healthy foods for breakfast? (have less energy, tired)

### **Activity 4**

Set up a display with food models and household items to represent food portion sizes. Let participants try to match up foods with the appropriate serving size item.

**Activity 5**

Eat Smart, Stay Healthy Matching Game

**Activity 6**

Eat Smart, Stay Healthy Word Search 1

**Activity 7**

Eat Smart, Stay Healthy Word Search 2

**Activity 8**

Eat Smart, Stay Healthy Fun Maze

**Handouts**

- 7 Steps to Being More Active
- Get Smart—Get the Facts on Food Labels
- Get Up and Go Breakfast Foods
- Smart Portion Sizes

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