

Workshop One: What Our Bodies Need

Essential Question: What do our bodies need to thrive?

Objectives: Students will:

- research what makes a healthy diet.
- research how food scarcity affects the health and well-being of students.
- synthesize a solution to help young people get the food they need.

Instructional Procedures:

- Hook (5 minutes): After viewing the Feeding America video <http://community.cswg.com/partnerships/feeding-america>, ask students, “What new information did you hear and see in the video?” and “Did anything surprise you about the issue of food insecurity?”
- Research (20 minutes): Have students use www.choosemyplate.org to create a healthy diet plan for the week.
- What do our bodies need to thrive? (5 minutes): Watch Video from www.thefoodtrust.org. The video outlines how one family does not have access to healthy foods because of the neighborhood they live in. After this video discuss why people do not have access to healthy foods from a supermarket but must get the majority of their food from gas stations and corner stores. This will introduce the second and third major points of this lesson: What are the health implications of hunger? Where can people in your community go to get help?
- Research (20 minutes): Research the negative implications of having a poor diet. Also research solutions to the problems by finding assets in your local community

Additional Resources: CDC, HHS, USDA, Dietary Guidelines, Academy of Nutrition & Dietetics (AND), American Society of Nutrition (ASN), International Food Information Council (IFIC), Institute of Food Technologists (IFT), Food Research and Action Center (FRAC), Congressional Hunger Center, Feeding America

Bibliography

www.choosemyplate.org

<http://community.cswg.com/core-initiatives/eliminating-hunger> U.S. Hunger Stats

