



Listen Learn Eat

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Food is Fuel

Basic Nutrition Lessons

- MyPlate
- Reading Food Label
- Whoa, Slow, Go

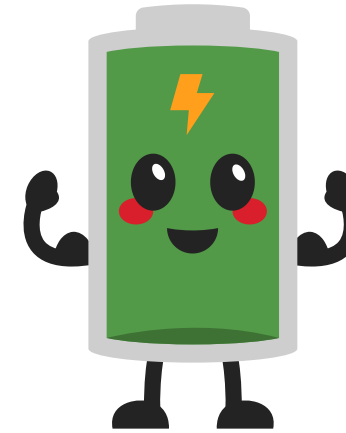


MyPlate Lesson



Vegetables: The Superheroes!

Imagine vegetables as the superheroes on your plate. They come in vibrant colors and have special powers to keep you healthy. Green leafy veggies like spinach and broccoli are like the strong defenders, protecting your body from harm.



Grains: The Energy Providers!

Grains are like the energy providers on your plate. They give you the fuel you need to play, learn, and have fun. Foods like rice, bread, and pasta are like the power sources that keep you going.



Fruits: The Sweet Treats!

Fruits are like the sweet treats on your plate. They come in all kinds of delicious flavors and colors. Apples, oranges, and berries are like nature's candy, giving you energy and tasty goodness.



Dairy: The Bone Helpers!

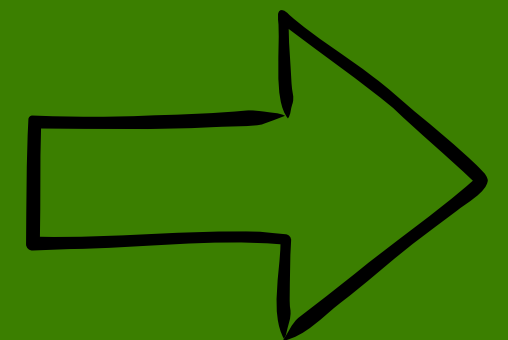
Dairy foods are like the bone helpers on your plate. They give you calcium, which is the special ingredient for strong bones and teeth. Milk, cheese, and yogurt are your bone-building buddies.



Proteins: The Builders!

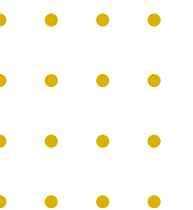
Proteins are like the builders on your plate. They help you grow strong muscles and keep your body working well. Think of foods like chicken, fish, eggs, or beans as the construction crew for your body.

Games



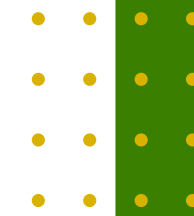
Food is Fuel

Games



Reading Food Label Lesson

- Explain the different parts of the label
- Emphasizing calories=energy=fuel for our bodies and these are NOT bad
- 5/20 Rule using % Daily Value



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Reading Food Label Activity

- Show bags of sugar and popular food & drink items OR
- Let students measure out amount of sugar in popular food items
- 4 grams of sugar=1 teaspoon sugar
- Have them line up with product and sugar least to greatest
- Discuss ways to decrease sugar overall
- Sugar is not bad, however we eat too much sugar daily and are missing out on needed nutrients-vitamins/minerals/fiber

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Whoa, Slow, Go Lesson

- Explain the three categories
- Give examples of foods from each category
- Play a relay game with food cards matching to correct category
- Discuss and play again

stay healthy – eat smart!

GO FOODS

Eat mostly GO foods



Fruit & vegetables (w/o added sugar or fat)
100% low-sodium vegetable juices
Unflavored skim/fat-free or 1% milk
Whole eggs/egg whites
Low-fat cheese
Corn tortillas
Brown rice

Fish (baked, grilled or broiled)
100% Whole grain breads
Whole grain cereals low in added sugars (toasted oats, shredded wheat, oatmeal)
Extra lean ground beef (>95% lean)
Water

FAT FREE

SLOW FOODS

Eat SLOW foods less often than GO foods



Vegetables w/added fat, salt or sugars
Plain whole milk or plain 2% milk (reduced fat)
White/refined breads
Pretzels
Baked chips
Tuna, canned in oil
Luncheon meats

Animal crackers
100% fruit juice
Popcorn made with vegetable oil
Natural cheeses (Colby, cheddar, Swiss)
Lean or low-fat hamburgers (80-95% lean)

WHOA FOODS

Eat WHOA foods less often than GO or SLOW foods

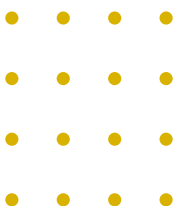


Soda/soft drinks
Sports/energy drinks
Sweetened yogurt drinks
Flavored milk
High sugar cereals

Doughnuts
Cake
Candy
Chips
Fried chicken

Popcorn w/butter
Processed cheese
Ice cream

Games



Adolescent Statistics

75% Adolescents experience body image distress

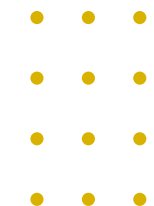


Most adolescents today do not like their bodies.

- 75% of adolescents experience body image distress (Milton et al., 2021)
- 1 in 8 girls and 1 in 16 boys will develop an eating disorder at some point in their lives
- 50% of adolescents exhibit disordered eating behavior: food restriction (dieting), binge-eating, purging, laxative abuse, taking diet pills and muscle building supplements, and over-exercising
- Visual social media –like Instagram and TikTok– causes body dissatisfaction among adolescents
- Young people are constantly consuming images on their cell phones, TVs, and computers
- Studies show adolescents see thousands images of perfect looking people each day, coming at them constant stream
- Teens are on their screens 4.7 hours a day

Middle and High School Lessons

- Let's Eat
- Body Kind- HS and College



Let's Eat is "TUNED-IN EATING"

We give students the guidance they need to notice their body's hunger and fullness cues to decide what and how much to eat.

BE REAL™

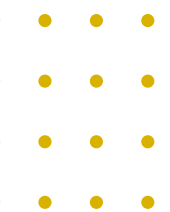
① Where am I on the hunger meter?
1 2 3 4 5 6 7 8 9 10 OR ☐ I can't tell

② At this meal or snack, what sounds good to eat right now? _____
☐ Protein ☐ Fats → Long Energy ☐ Carbs → Short Energy
Could I add? ☐ Whole Grains/Fruit/Veggies → Fiber/Vitamins/Minerals

③ What can I taste? ☐ Creamy ☐ Crunchy ☐ Sweet
☐ Salty ☐ Spicy ☐ Other _____

④ Did I get enough food? ☐ Yes ☐ No ☐ Not Sure
Did it hit the spot? ☐ Yes ☐ No ☐ Not Sure
If not, could I do something different for the next meal/snack?

⑤ If I'm not hungry and want to eat--which is fine--what's up?
▪ Am I... ☐ Angry ☐ Bored ☐ Tired ☐ Celebrating
☐ Sad ☐ Stressed ☐ Needing some fun or comfort
☐ Having fun with friends ☐ Other _____



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Let's Eat Lesson Overview

3 Part Lesson Plan taking 2 50-minute class periods with lesson plans, slides, worksheets and activities.

- **Part 1: Intro, Body Cues, and Getting Curious**
- **Part 2: Reasons We Eat: Nutrition**
- **Part 3: Reasons We Eat: Pleasure and Community**
- **Review Activity: Tuned-In Eating Post It**



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Let's Eat

BE REAL™

Let's Eat



NUTRITION LESSONS FOR MIDDLE & HIGH SCHOOL STUDENTS

1 Register on our site with your email username and password:
berealresources.org/lets-eat-registration

2 With this username and password, go to:
berealresources.org/login

3 Watch a training video and take a short quiz that reinforces the training and you'll get:

- *Let's Eat* Teacher Toolkit with lesson plans and activities (45-page PDF)
- Presentation slides (PowerPoint or Canva format)
- *Let's Eat* Fact Sheet

4 After you teach, let us know what you thought so we can make it better!

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Be Real BodyKind Program

Lesson 1: Appearance Judgement

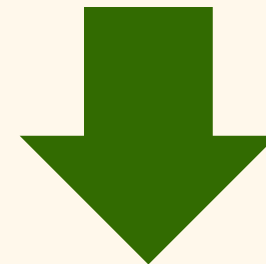
Lesson 2: Self-Compassion and Social Media

Lesson 3: Compassion for Others

3 Shifts Away from “Diet Culture”

Shift #1 Cultural Belief:

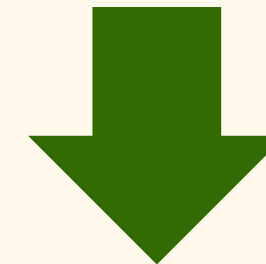
**Focusing on Body as an
Ornament**



**Shift to:
Focusing on Body as an
Instrument for Our
Own Use**

Shift #2 Cultural Belief:

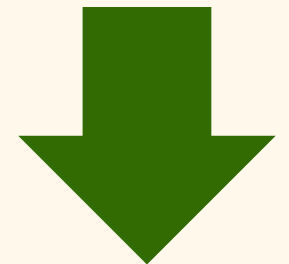
**Focusing on Body
Measurements**



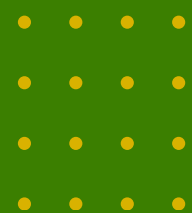
**Shift to:
Focusing on Weight
Neutral Self-Care
Behaviors**

Shift #1 Cultural Belief:

**Judging People by Their
Appearance**



**Shift to:
Recognizing People
Come in All Shapes and
Sizes**



Food is Fuel

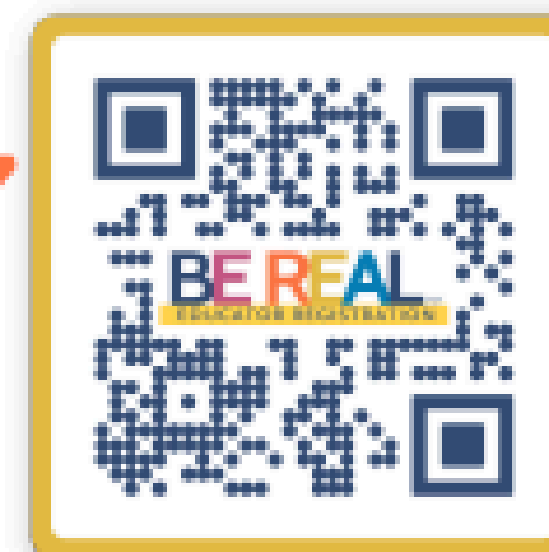
BodyKind

BE REAL BODYKIND

HIGH SCHOOL BODY CONFIDENCE CURRICULUM

FREE Resource for Educators:

- 1 Register on our site: with your email username and password:
www.berealresources.org/educator-registration
- 2 With this username and password, go to:
berealresources.org/login
- 3 Watch a 70-minute professional development training and take an 11-question test that re-enforces the training.
 - *BodyKind* Toolkit with lesson plans and activities (45-page pdf)
 - In-class slides (PowerPoint or Google Slides format)
 - *Understanding Others* Gallery Walk pdfs
- 4 Let us know what you thought after you taught it, so we can make it better!
<https://qrco.de/beVmdA>



In partnership with
NATIONAL ALLIANCE
for Eating Disorders

**Thank you for
attending!
Any Questions?**

Resources:

Team Nutrition: <https://www.fns.usda.gov/tn/school>

Whoa, Slow Go info: <https://catch.org/go-slow-whoa/>

Be Real: <https://berealresources.org/>

Gopher Sport nutrition games:

[https://gophersport.com/catalogsearch/result/?
q=Nutrition%20games](https://gophersport.com/catalogsearch/result/?q=Nutrition%20games)

QR Code for Presentation