

Worksheet Lesson Plans

LAUSD Healthy Schools Campaign

Whole Grains Worksheet

1. Review the background information about Grains in the Staff Reference Guide.
2. Ask the students to explain the difference between whole grains and refined grains.
 - a. Suggested visual: display a diagram of a whole grain and explain the nutrients found in each part:
 - Bran – fiber, vitamins and minerals
 - Endosperm – starch/carbohydrate
 - Germ – vitamins, minerals, good fat, and protein
 - b. Explain that refined grains are missing the bran and germ, which are the most nutrient and fiber rich parts.
3. Ask them how they can find out if the grains they eat are whole or refined grains.
 - a. Suggested visual: food labels from whole grain and refined grain products (look at the first 3 ingredients on the ingredients list).
4. Distribute the Whole Grains worksheet and explain the instructions.
5. Have students fill out the worksheet.
6. Review the correct answers with the students and have them share their answers for how they can incorporate more whole grains into their day.

Fruit and Vegetable Match Worksheet

1. Review the background information about vegetables and fruits in the Staff Reference Guide.
2. Before handing out the worksheet, use the table below to teach the students about the main action that each nutrient plays in the body, and what fruits and vegetables are high in each nutrient.
3. Distribute the Fruit and Vegetable Match worksheet and read the instructions.
4. Have students fill in the worksheet.
5. Review the correct matches with the students.

| Nutrient | Action in the Body | Fruits and Vegetables |
|--------------|---|--|
| Antioxidants | Helps your body fight off cancer | Blueberries, pomegranates, leafy greens |
| Calcium | Builds strong bones and teeth | Collard greens, kale, mustard greens |
| Fiber | Aids in digestion, makes us feel full | Broccoli, cabbage, green beans |
| Folate | Helps the body makes healthy new cells and DNA | Asparagus, leafy greens, citrus fruits |
| Iron | Delivers oxygen in the body | Spinach, prunes, potatoes |
| Potassium | Maintains healthy blood pressure and muscle contraction | Bananas, avocados, beets, kiwi fruit, potatoes |
| Protein | Build strong muscles and regulate hormones | Peas, soy beans, cauliflower, cantaloupe |
| Vitamin A | Maintains good eye site and healthy skin | Carrots, sweet potatoes, apricots |
| Vitamin C | Supports immune system | Oranges, bell peppers, pineapple, onion |
| Water | Keeps the body hydrated | Watermelon, tomatoes, leafy greens |



Marvelous Milk Worksheet

1. Review the background information about dairy in the Staff Reference Guide.
2. Refer to the “Reading the Label” box on page 2 of the Staff Reference Guide. Go through each of the 6 steps listed to explain what to look for when reading labels.
 - a. Suggested visual: Bring food labels and pass them around for students to look at and interpret.
3. Distribute the Marvelous Milk worksheet and ask the students to use the 2 food labels on the sheet to answer the questions.
4. Have students fill in the worksheet
5. Review the correct answers with the students and explain that soda and most sugar-sweetened beverages are empty calories with no nutritional value.

Meats, Beans, Nuts and Seeds Worksheet

1. Review the background information about protein in the Staff Reference Guide.
2. Explain that when buying ground beef, if it says 80% lean, that means that the other 20% is fat, and if it says 95% lean, then only 5% is fat.
 - a. Suggested visuals: Bring packages from different protein sources and have students compare the amounts of fat.
3. Explain that processed meats such as deli meats and hot dogs have a lot of added sodium and may contain nitrites or nitrates which are known to cause cancer.
 - a. Suggested visuals: Bring packages from processed meats and have students compare the amounts of sodium. Have them look for the words nitrites or nitrates on ingredient lists.
4. Explain that how food is prepared affects the amount of fat in it (e.g. fried foods are cooked in oil, so they contain a lot of extra fat)
5. Distribute the Meats, Beans, Nuts and Seeds worksheet and read the instructions.
6. Have students fill in the worksheet
7. Review the correct answers with the students and have some students share their answers for the last question.

Restaurant Detective Worksheet

1. Review the background information about going out to eat on page 6 in the Staff Reference Guide.
2. Explain to students that eating out is often thought of as a special treat and that, because of this, people often splurge on large portions of unhealthy food. If you go out to eat more than once a week, then that is no longer considered a special treat and it is therefore important to learn how to make healthy choices while eating out.
 - a. Suggested visuals: Bring in menus from different popular restaurants around your school and together with the students, circle the healthy choices and cross out the unhealthy choices.
3. Distribute the Restaurant Detective worksheet and explain the instructions for each.
4. Have students fill in the worksheet
5. Review the correct answers with the students and have students share their answers for questions 3a. and 3b.

