



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: <http://www.cdc.gov/healthyschools/sher/standards/index.htm>

In the cafeteria, students are basically on their own, deciding what and how much to eat. There's great potential for unhealthy eating - and a great opportunity to learn responsible nutrition. These activities will help your students learn how to make healthier lunch choices.

## Related KidsHealth Links

### Articles for Teens:

#### Eating Well While Eating Out

[TeensHealth.org/en/teens/eating-out.html](http://TeensHealth.org/en/teens/eating-out.html)

#### Healthy School Lunch Planner

[TeensHealth.org/en/teens/lunch-sheet.html](http://TeensHealth.org/en/teens/lunch-sheet.html)

#### Go, Slow, and Whoa! A Quick Guide to Healthy Eating

[TeensHealth.org/en/teens/go-slow-whoa.html](http://TeensHealth.org/en/teens/go-slow-whoa.html)

#### 5 Reasons to Pack Your Lunch

[TeensHealth.org/en/teens/packing.html](http://TeensHealth.org/en/teens/packing.html)

#### The Power of Packing

[KidsHealth.org/en/teens/packing.html](http://KidsHealth.org/en/teens/packing.html)

#### MyPlate Food Guide

[TeensHealth.org/en/teens/myplate.html](http://TeensHealth.org/en/teens/myplate.html)

#### Figuring Out Fat and Calories

[TeensHealth.org/en/teens/fat-calories.html](http://TeensHealth.org/en/teens/fat-calories.html)

#### A Guide to Eating for Sports

[TeensHealth.org/en/teens/eatnrun.html](http://TeensHealth.org/en/teens/eatnrun.html)

#### How Can I Lose Weight Safely?

[TeensHealth.org/en/teens/lose-weight-safely.html](http://TeensHealth.org/en/teens/lose-weight-safely.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What foods do students typically eat in the cafeteria, and which ones do they typically avoid? Do you see your classmates eating healthy meals or not-so-healthy ones? Do some classmates skip lunch?
2. What foods do you wish were sold at school? Are there any foods that you wish the school didn't sell?
3. Compare the foods you eat for lunch at school with those you eat at home. Are they different? Do you eat more or less at school compared with home? Do you eat a healthier meal if you pack your lunch or if you buy it?



## Go, Slow, and Whoa!

### Objectives:

Students will:

- Think critically about food choices
- Evaluate foods served in their school for nutritional value

### Materials:

- Computer with Internet access and printer, or old magazines
- Large paper or poster board
- Art supplies (colored pencils, markers, crayons)
- Glue

### Class Time:

1 hour

### Activity:

You can think about foods as Go, Slow, or Whoa foods. You can have Go foods almost anytime. Slow foods are “sometimes foods,” meaning you can eat them a few times per week, but shouldn’t have them every day. Finally, Whoa foods are the ones that should make people say to themselves, “Whoa! Should I eat that?” They’re the least healthy and the most likely to cause weight problems, especially if a person eats them all the time. Whoa foods are OK only once in a while.

To help your classmates make good selections, make Go, Slow, and Whoa posters to display in the cafeteria. You can either make the design with food names written out, draw the foods, or use images from magazines or the Internet.

### Extensions:

1. You’ve thought about the nutrition and calories of the foods served at school. Make another poster in which the whole rectangular poster is the food tray. It can be an example of healthy or not-so-healthy nutritional choices.
2. Why not make food choices even easier? Talk to your school about adding Go, Slow, and Whoa next to the entries on the lunch menu. You and your classmates can help classify the foods.

## Reproducible Materials

### Handout: With Great Lunch Comes Great Responsibility

[KidsHealth.org/classroom/9to12/personal/nutrition/school\\_lunch\\_handout1.pdf](http://KidsHealth.org/classroom/9to12/personal/nutrition/school_lunch_handout1.pdf)

### Quiz: School Lunch

[KidsHealth.org/classroom/9to12/personal/nutrition/school\\_lunch\\_quiz.pdf](http://KidsHealth.org/classroom/9to12/personal/nutrition/school_lunch_quiz.pdf)

### Answer Key: School Lunch

[KidsHealth.org/classroom/9to12/personal/nutrition/school\\_lunch\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/9to12/personal/nutrition/school_lunch_quiz_answers.pdf)



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### With Great Lunch Comes Great Responsibility

#### Objectives:

Students will:

- Demonstrate their knowledge of healthy lunch choices by creating a superhero story

#### Materials:

- Pen or pencil
- “With Great Lunch Comes Great Responsibility” handout

#### Class Time:

1 hour

#### Activity:

Create a superhero comic based on a cafeteria worker who lives a secret life of trying to help students make healthier food choices. You’ll have to come up with a name (Capt. Cafeteria? The Tater Tot Avenger? Lunch Lady Liberty?), a costume, and a brief back story on how the superhero took up the cause. Then tell one of your hero’s stories - either through drawings and dialog or just text descriptions and dialog - on the comic strip panel. Make sure your comic illustrates at least three tips about healthy school lunches.

#### Extensions:

1. Every good superhero needs a sidekick. In a second comic strip, create a sidekick. Be sure that in your plot, the duo fights for the good nutrition of the students they’ve vowed to serve.
2. Share the comic strips with the class. Put them together in a book or Web page and make them available to other students. You could even sell copies of the comic book to raise money for local food banks.





Personal Health Series  
**School Lunch**

Name:

Date:

**With Great Lunch Comes Great Responsibility**

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

- Name of the five food groups represented on the MyPlate food guide:  
\_\_\_\_\_
- MyPlate is designed to remind you that about one-quarter of your plate should be \_\_\_\_\_ and one-quarter should be \_\_\_\_\_.
- MyPlate is also a reminder that half of your plate should be \_\_\_\_\_ and \_\_\_\_\_.
- True or false: The healthiest drink choices are water or fat-free or low-fat milk.
- True or false: Fruit juices have more calories per serving than whole fruit, and not as much fiber.
- True or false: Portion size is not a problem as long as half of the meal is vegetables and fruits.
- Which choice is the least healthy?
  - Grilled
  - Fried
  - Baked
  - Broiled
- Which condiment is the least healthy?
  - Mustard
  - Salsa
  - Mayonnaise
  - Ketchup
- True or false: Experts say teens should get no more than 25% to 35% of their daily calories from fat.
- If a 200-calorie food has 30 calories from fat, its percentage of calories from fat is \_\_\_\_\_.



## Quiz Answer Key

1. Name of the five food groups represented on the MyPlate food guide:  
vegetables, fruits, grains, protein, dairy
2. MyPlate is designed to remind you that about one-quarter of your plate should be grains and one-quarter should be protein.
3. MyPlate is also a reminder that half of your plate should be vegetables and fruits.
4. True or false: The healthiest drink choices are water or fat-free or low-fat milk.
5. True or false: Fruit juices have more calories per serving than whole fruit, and not as much fiber.
6. True or false: Portion size is not a problem as long as half of the meal is vegetables and fruits.
7. Which choice is the least healthy?
  - a) Grilled
  - b) Fried
  - c) Baked
  - d) Broiled
8. Which condiment is the least healthy?
  - a) Mustard
  - b) Salsa
  - c) Mayonnaise
  - d) Ketchup
9. True or false: Experts say teens should get no more than 25% to 35% of their daily calories from fat.
10. If a 200-calorie food has 30 calories from fat, it's percentage of calories from fat is 15%.