

Activities/Suggestions from CE Nutrition Round Table FACS Summer Conference 6/18/15

Objective 1:

Mary Christensen:

- Took students on a field trip to “Discover Fats” Looks at 10 different areas of grocery store looking for mono, poly, and sat fat and identifying the ingredients that connected to that fat.
- Learning Seed videos on all nutrients: Carbs, Protein, Fats, Water, Vitamins and Minerals. Go to pioneer library, e-media, learning seed

Lisa Gardner

- 1st day shows a video “Fast Food Survival Guide” Then has students choose what they would eat at Wendy’s, Carls Jr, etc and fill out a chart on amount of calories, sat fat, salt, etc
- Gives a quiz every day of previous lecture
- Writes equations on board for % of calories from Carbs
- Water Evian water clips (video clip)

Nalene Hilton:

- Asks students what their favorite fast food is and measure the amount of sat fat they would have eaten using shortening and a scale to see the visual

Lisa Jeppson:

- Have empty bottles with the amount of sugar in grams from the food label in the bottle — could use soda, milk, chocolate milk, juice, etc

Morgan Robertson:

- Does a pair-share-whole group with the bio-beats in the chapters

Kristy Keaton:

- Uses guided notes
- Shows the “what in the world are you eating” ppt as well as the “worst fast food” ppt

David Dineen:

- Shows pictures of various foods all with 200 calories. Have students guess how many calories are in that food
- Also uses “false food” to show proper portions sizes

Objective 2:

Mary Christensen:

- Have the students bring labels of food that they eat (high protein food, candy, fruit, etc). Looks at the nutrition label as well as the ingredients

Lisa Jeppson:

- Uses food labels and calculation worksheet (Look for attachments)

Morgan Robertson:

- Discusses acronym memorization
- Labeling calculations assignment using DRI’s and RDI’s (Look for attachment)

Objective 3:

Jeanette Atkinson:

- “Fed Up” movie on Netflix—about sugar

Morgan Robertson:

- Antioxidant Football Analogy: Running back is poly unsaturated fatty acid. Football is the double bond. Defender is oxygen. Blocker is anti-oxidant. The story goes: Defender is trying to get the

ball from the running back and wreck him. The blocker protects the running back by grabbing the defender and putting him out of action.

Jerrie Lin Hansen:

- Describes the three ways of absorption: Passive diffusion is like a butterfly, path of least resistance. Facilitative diffusion is like cattle going through a gate —if a few go through they get away from the mass. Active transport is like cattle going through the shoot and using a hot shot (going a certain way and needing energy)

Lisa Jeppson:

- Describing glucose, glycogen, insulin, and glucagon relationship: the glucose molecules are in the blood stream and are like cars on the freeway. Glycogen molecules are storage form of glucose are like parking garages. When the cars get in a traffic jam on the free way because there is too much sugar in the blood, insulin pushes the cars off the freeway and into the parking garages (into glycogen in the liver and muscle). When there aren't enough cars on the freeway to support blood sugar (low blood sugar), glucagon pushes cars from the parking garage onto the freeway (blood stream)
- Show the 6190 calorie lunch clip and how that affects blood

Mary Christensen

- Shows Magic School Bus “Lunch” digestion trip
- Completes a Fiber Lab making WW pancakes, WW muffins, cupcakes with beans, broccoli salad with cranberries, green smoothies, WW oat cookies, fruit pizza without crust

Objective 4

Garnder (Blank ink)

- “ooblick” for scientific method, the cornstarch and water experiment.

Mary Christensen

- Exercise—Guest speakers—Yoga instructor for flexibility, Pilates instructor for strength, and Zumba instructor for Cardio.

Objective 5

Mary Christensen

- Vitamin and Mineral presentation Rubric

Objective 6

Mary Christensen

- Additive –find two additives on labels and look up what they are and what they come from. Example Conceal ?????

Lisa Jeppson

- Google Carl Winter’s food borne illness music videos “Don’t get Sicky with it” and “you gotta wash your hands”
- Primetime clip of food borne illness completed by USU. Shows chicken juice everywhere and even on the child’s face from the wash rag
- Show Studio C’s “Natural” clip--sometimes natural doesn’t mean it’s good for you
- Sugar substitute tasting lab. Make lemonade but keep measurements the same so if you use a ½ cup sugar, use a ½ cup splenda to taste just how much sweeter it is