

---

**UNIT: FOODS AND NUTRITION****TOPIC: Dietary Guidelines****TIMELINE: 1-3 days**

---

---

**OBJECTIVES:**

---

1. Students will identify the USDA Dietary Guidelines for Americans.
2. Students will select one dietary guideline and apply it in their lives.

---

**MOTIVATORS:**

---

1. **NAME THAT GAME:** Play the game with the class (page 5)
2. **CLASS ELECTION:** Have a class election. Which guideline do they think is most difficult to follow? Which guideline is easy to follow? Which guideline is most helpful to them, right now? etc.
3. **WHY HAVE DIETARY GUIDELINES:** Discuss with the class why the dietary guidelines were established. In 1979, the United States Departments of Health and Human Services and Agriculture issued seven eating style recommendations. Following these guidelines will greatly reduce the risk of developing major health problems. Can the students remember any of the guidelines?
4. **DIETARY GUIDELINES LECTURE:** Introduce and explain each guideline. Remember to have sugar and cereal for the demonstration explained in guideline #5. (pages 6-9)

---

**INDIVIDUALIZED ACTIVITIES:**

---

1. **ASSIGNMENT SHEET:** Give each student an assignment sheet and review any necessary information with them. (page 3)
2. **SUMMARY SHEET:** Give each student a summary sheet to complete as the lesson on dietary guidelines is taught. (page 4)
3. **DIETARY GUIDELINES LISTENING GUIDE:** As the explanation of the dietary guidelines is given, have the students complete the lecture guide. (page 10-12)
4. **SCRAMBLED DIETARY GUIDELINES:** Have students unscramble the scrambled guidelines and complete the rest of the information on the worksheet. (pages 13-14)
5. **DIETARY GUIDELINES PAMPHLET:** Have students read the pamphlet, "Dietary Guidelines for Americans" and complete the corresponding worksheet. (pages 15-19)

## DIETARY GUIDELINES OVERVIEW, Continued

6. **AEROBIC EXERCISE:** Have students complete the worksheet. (pages 20-21)

---

**REVIEW/TEST:**

---

**DIETARY GUIDELINES TEST:** Have students take the test dealing with dietary guidelines. (pages 22-25)

---

**CHALLENGE PROJECTS:**

---

1. **DIETARY GUIDELINES FOR THE FAMILY:** Have the students share the dietary guidelines with their families and complete the worksheet at home. (see page 26)
2. **EXERCISE:** Have students complete the worksheet. (page 27)
3. **DIETARY GUIDELINES RECIPES:** Students will select recipes that correspond with the dietary guidelines. (page 28)

---

**SUMMARY:**

---

The dietary guidelines were outlined to promote good health of the American people. Simply knowing the guidelines will be of no value unless we implement them into our lives.

---

**RESOURCES:**

---

A great number of fun and interesting assignments could be developed by using the USDA publications, "Making Bag Lunches, Snacks and Desserts"--#232-9 (\$2.00), "Eating Better when Eating Out"--#232-II (\$1.00), "Preparing Foods and Planning Menus"--#232-8 (\$2.00), "Shopping for Food and Making Meals In Minutes"--#232-10 (\$2.50).