

## 2006-2007 WHRO Classroom Preview

**Series Title:** Nutrition & You  
**Curriculum Area:** Science, Nutrition  
**Grades:** 5 - 9  
**# of Programs/Length:** 4/20:00 minute programs

### 1. Nutrition Basics (PREVIEW PROGRAM)

This program introduces students to the fundamentals of nutrition. The program begins by reviewing the digestive process in the body through colorful animations. Each of the six major essential nutrients is highlighted including carbohydrates, proteins, fats, vitamins, minerals, and water. Everyday common food examples of each nutrient are discussed. The importance of each nutrient to body wellness is stressed. Other terminology includes: digestion, stomach, intestines, nutrients, complex carbohydrates, and dehydration. 20:00

### 2. Balanced Diet

Achieving a balanced diet can be a confusing and challenging process. This video program provides students with basic knowledge and skill enabling them to achieve a balanced diet. After reviewing the basic nutrient groups, the concepts of Recommended Dietary Allowances and food labels are introduced. The new USDA food pyramid is illustrated through vivid graphics with each of the five major food groups emphasized. Special attention is paid on helping students to plan a diet consisting of a wide variety of foods from the major food groups based on their individual age, gender and activity level. Other terminology includes: calories, RDA, food labels, grains, vegetables, fruits, milk group, meat and beans group, and food pyramid. 20:00

### 3. Healthy Eating Habits

This video program stresses the fundamental skills enabling students to plan, select, and prepare foods which make up a healthy diet. Examples from everyday food labels provide the basis to understanding the nutritional content of food. The process of food label comparison and selecting the best food is emphasized. The nitty gritty of planning specific meals based on a person's individual dietary requirements is discussed in detail. The processes of going store shopping and safe food preparation are covered. Other terminology includes: food pyramid, nutritional value, servings, percent daily value, meal planning, grocery list, processed food, food preparation, and food-borne illness. 20:00

### 4. A Healthy Body

Eating right, while very important, is just one part of maintaining a healthy body. This program addresses a number of issues including types of foods to avoid, healthy body weight, harmful substances, and the importance of regular exercise.

The importance of rest and sleep, especially for adolescents is discussed. The essential need for regular physical examinations including seeing a medical doctor, dentist, and having eyes examined regularly is emphasized. Other terminology includes: junk food, salt, fatty foods, sugar, drugs and alcohol, vigorous exercise, physical exam, dental exam, and eye exam. 20:00