



6th-8th Grade Lesson 2: GET REAL, EAT REAL

Overview

In this lesson, students will learn about the difference between whole and processed foods. Whole foods are those that are closest to their original and natural form either from animals or plants. Processed foods are those that started off as natural ingredients but then were changed to make them more shelf stable. Often when foods are processed, they lose a lot of their nutritional benefits, while at the same time salt, sugar, and/or fat are often added. Although these foods are designed to taste good, they are not so good for our bodies. It also takes a lot of energy to make these foods and so they are not so good for the environment. Examples of whole foods are things like fresh fruits and vegetables, milk, or beans. Examples of processed foods are chips, candy, and soda.

Behavior Change Objective:

As a result of this lesson, students will eat more whole foods like fresh or frozen fruits and vegetables, whole grains, and legumes, and fewer processed foods that are high in sugar, salt, and fat like chips, candy, and soda.

Learning Objectives:

Students will be able to:

- Recognize the difference between whole and processed foods.
- Identify examples of highly and minimally processed foods.
- Develop culinary skills and autonomy in creating their own healthy snacks.

Keywords:

whole foods, processed foods, natural, nutrients

Educational Standards:

CCSS: SL.6.1, L.6.1, SL.7.1, L.7.1, SL.8.1, L.8.1, RST.7, 7.NS.2, 7.EE.3

Before you Begin:

- Review the entire lesson and watch the lesson video - note appropriate places to pause the video and engage students.
- Review Classroom Management techniques (suggested tutorials below)
 - [How to Handle an Out of Control Middle-School Classroom](#) (start at 2:03)
 - [How to Make a Noisy Class Quiet](#) (start at 2:40)
- Review PowerPoint slides that accompany the lesson, if not using slides print & display a visual of real foods and processed foods.
- Set up AV equipment and provide space for film viewing.
- If you will be making the "Doritos" Popcorn recipe as a class, gather ingredients and equipment and print the recipe handout - attached.
- Print "Design Your Own Whole Food Meal" handouts as needed - attached.



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Materials

- Video:
 - [Video Two: Get Real, Eat Real](#)
- Images (printed or displayed) of whole and processed foods
- Recipe for "Doritos" Popcorn – see attached
- Kitchen Equipment and Ingredients for "Doritos" Popcorn - see recipe for list
- Handout: Design Your Own Whole Food Meal – see attached

Procedure:

- **Introduce Whole versus Processed Foods:**
 - Begin the lesson by displaying pictures of whole foods. Ask the students what they think of when they see these pictures. Explain that these are called “whole foods” because they are closest to their original plant or animal form. Then show them pictures of processed foods. Ask students what they think of when they see these pictures. Explain that these are called processed foods because they start from natural ingredients but then have been changed. Ask the students which they think might be healthier and why they chose that answer. Explain that they will watch a video, that will explain in more detail the similarities and differences between whole and processed foods. Then they will make a less processed snack by preparing popcorn that tastes like Doritos chips. Eating foods that are less processed is healthier for our bodies and the planet.
- **Show video titled: Video Two: Get Real, Eat Real**
 - This video will teach students about the difference between whole and processed foods and which is healthier for our bodies and the environment.
- **Set up a "Doritos" Popcorn Station**
 - Use an air popper to prepare popcorn into a large bowl - enough for each student to have about a cup (best done ahead of time). Spray popcorn with oil and mix until all kernels are lightly coated. This will ensure the spice mixture sticks to the popcorn.
 - Line up all spices needed to make the nacho cheese and cool ranch spice mixes. Display a copy of the recipe for the students to follow and put out several sets of measuring spoons.
 - Have students come up in groups of 4-5. First, have the group prepare each spice mix into a small bowl and mix until well combined. Then have each student take about a cup of popcorn with oil and place it in their bag. Students can then sprinkle their spice mix of choice onto their popcorn and enjoy their snack (nacho cheese, ranch, or both!).



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Activities and Resources to Extend this Lesson:

- **Give out the "Design Your Own Whole Plate" worksheet**
 - This worksheet can be completed individually or as a group.
 - Have students that are waiting to go to the "Doritos" Popcorn Station complete the worksheet. The directions are to draw a picture of a meal that both meets MyPlate guidelines (includes foods from all 5 food groups) and includes minimally processed/whole foods.
 - If possible award a prize to the student/group with the best plate!
- **Alternative/Additional Activities:**
 - **Food Factory Online game:**
 - <http://bit.ly/food-factory>
 - **Meal Plan Brainstorming:**
 - Put students into teams. Each team must develop two different meal plans for one day: one that is highly processed and one that is minimally processed. The plan should include breakfast, lunch, and dinner. Depending on available time and resources, have students draw and label each item in the meals and research online to calculate the total grams of sugar, fat, and salt in the two different daily meal plans.



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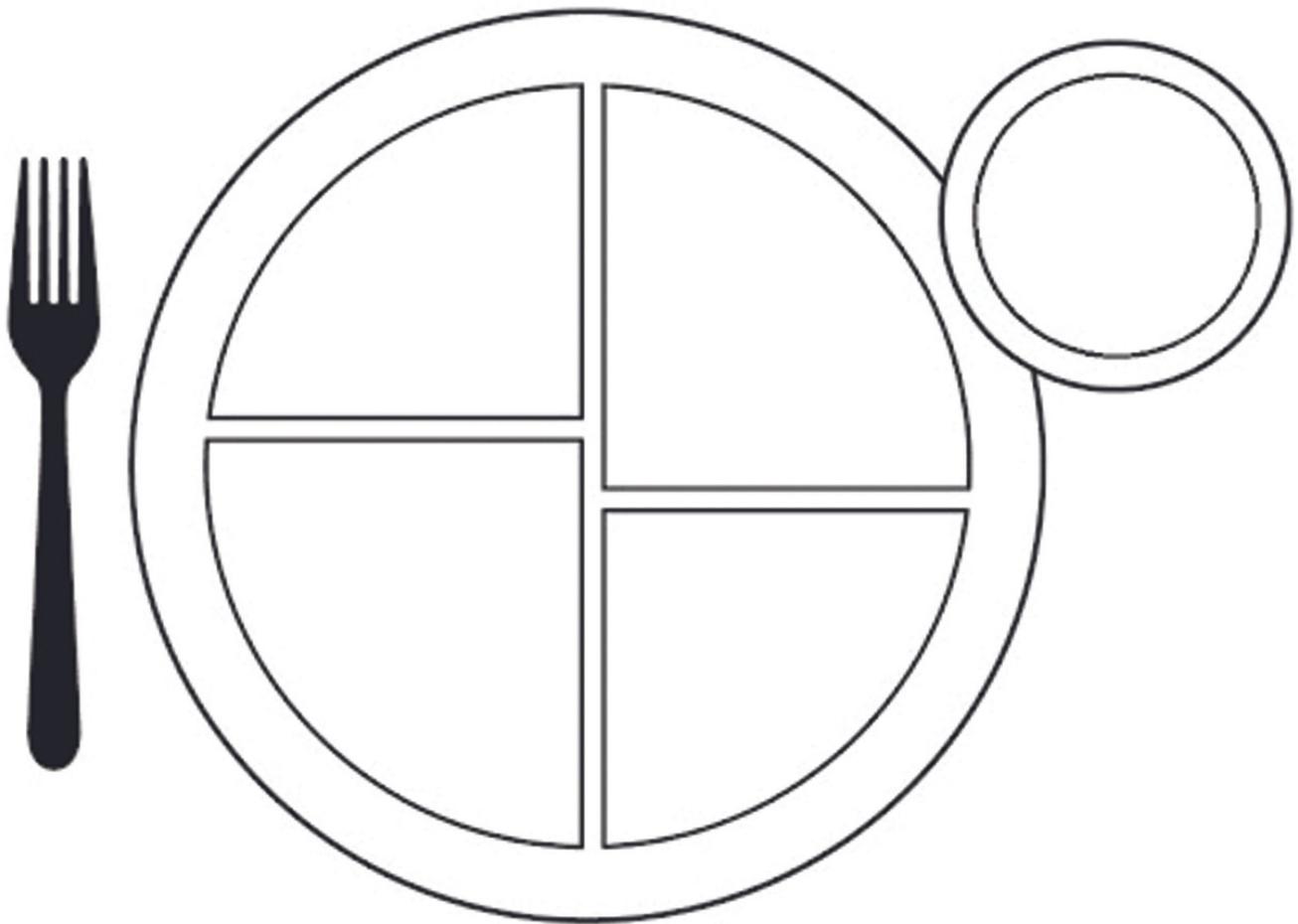
Design Your Own Whole Food Meal

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NAME: _____ **DATE:** _____

Directions:

Draw a picture of a meal (breakfast, lunch, or dinner) that includes choices from each of the MyPlate food groups. Include as many whole foods (minimally processed) as possible and label them. Don't forget to include a drink!





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"Doritos" Popcorn

Ingredients:

Popcorn kernels (white or yellow)
Spray butter or olive oil

Nacho Cheese:

- 2 T Nutritional Yeast
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp cumin
- 1/4 tsp paprika
- 1/4 tsp chili powder
- 1/4 tsp salt

***or buy [prepared nacho cheese seasoning](#)
(common brands include Kernel or Flavor God)

Cool Ranch:

- 1/2 tsp dried dill
- 1/2 tsp dried chives (powder)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp salt
- 1/8 tsp fine ground pepper

***or buy [prepared ranch seasoning](#)
(common brands include Kernel, Flavor God, or Hidden Valley- packets)

Materials/Equipment:

- Air Popper for Popcorn
- 3 Large bowls (one for popcorn, two for mixing seasonings)
- Measuring spoons
- Spoon for sprinkling
- Individual baggies/paper bags for students to make their popcorn in

Directions:

1. Use air popper to make popcorn in large bowl.
2. Spray prepared popcorn with butter/oil spray and mix until distributed (will make spices to stick to popcorn).
3. Have students prepare seasoning blends by measuring and mixing spices in a bowl.
4. Have students take about a cup of prepared popcorn with oil spray and place in a baggie.
5. Sprinkle with seasoning of choice.
6. Enjoy!

