

# NUTRITIOUS ALTERNATIVES



## AGE RANGE

10–13

## OVERVIEW

Nutritious doesn't have to mean tasteless! After reviewing their country's dietary guidelines, students will develop modifications to their diet that will help them eat more nutritiously while still enjoying what they consume. Students will consider their favorite types of foods and brainstorm how to make substitutions and/or add ingredients so they can more easily build a balanced diet!

## TIMING

45–60 minutes

## OBJECTIVES

Students will

- Understand the connection between nutritious food choices and noncommunicable diseases
- Assess the nutritional value of their favorite foods according to national dietary guidelines
- Evaluate how nutritional guidelines and/or tips can be applied to their favorite foods
- Develop new ways to make their favorite meals, snacks, and/or desserts more nutritious

## MATERIALS NEEDED

- Pencils, one per student
- Device with the ability to project, one for the volunteer(s)\*
- **Favorite Foods** handout, one per student
- **Quick & Easy Nutritional Tips**, one electronic copy projected\*
- **Favorite Foods, Remix** handout, one per student

For more information about the Future Well Kids program, please email  
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