

The background of the entire page is a repeating pattern of light gray line-art icons. These icons represent various food items (like burgers, fries, pizza, fruit, and vegetables), health-related symbols (like hearts, checkmarks, and question marks), and kitchen appliances (like a stove and a shopping cart).

**FUTURE WELL™ KIDS**

**MODULE 2 RESOURCE GUIDE FOR PARENTS**

# **NUTRITIOUS EATING**

## MODULE SUMMARY

In this optional self-paced module, *Nutritious Eating*, children ages 10–13 will explore how to make healthy eating decisions. In this module, your child will learn about what happens to the body when certain foods are eaten, why eating the right foods is important, and the risks associated with *not* making the most nutritious food choices possible, such as an increased risk of developing noncommunicable diseases (NCDs) like heart disease and type 2 diabetes. The module begins with your child considering the role diet plays in his/her current life and the importance he/she places on food choice in general. Your child will learn how our bodies use food and the important role food choices play in maintaining overall physical health. He/she will also learn how making the most nutritious food choices possible can help lower the risk of developing certain noncommunicable diseases. At the end of this module, your child will understand.

- What an NCD is
- How nutrition plays a role in reducing the risk of developing an NCD
- The recommended dietary guidelines for making the healthiest food choices possible

A noncommunicable disease (NCD) is any disease that is not contagious and cannot be spread to others, like the flu.

### BACKGROUND

The **MyPlate** dietary guidelines provide recommendations for the amounts of vegetables, fruits, grains, proteins, and dairy that a person should eat each day. The dietary guidelines are designed to help people make the most nutritious food choices possible with the food available to them. With an understanding of the food groups and the ability to read and understand nutrition labels on food, people are able to consider things like **calories**, **fats**, **carbohydrates**, and **sodium** when making their food choices. Eating a balanced diet helps reduce the risk of developing noncommunicable diseases (NCDs).

Nutritious = Nourishing, effective as food, healthy, provides body with nutrients

# MAKING THE MOST OF THE MODULE WITH YOUR CHILD

Your child can go through this module on his/her own in approximately 15-20 minutes. However, if you would like to make the most of the experience as a family, this section provides discussion starters for before, during, and after each module screen. There is a glossary of key terms at the end of the guide to help.

## NUTRITIOUS EATING

### MODULE OVERVIEW

*Your child may already know that eating the right types of food is important to staying healthy, but which types of food are most nutritious? How can he/she make the most nutritious food choices possible?*

### SETTING THE STAGE

Before your child starts the module, consider discussing one or more of these questions:

- What is your favorite dinner option? Do you think it is a nutritious choice?
- What are some examples of nutritious foods? What are some examples of foods that aren't as nutritious? Why do you think this?
- Do you think it's important to eat nutritious foods? Why or why not?



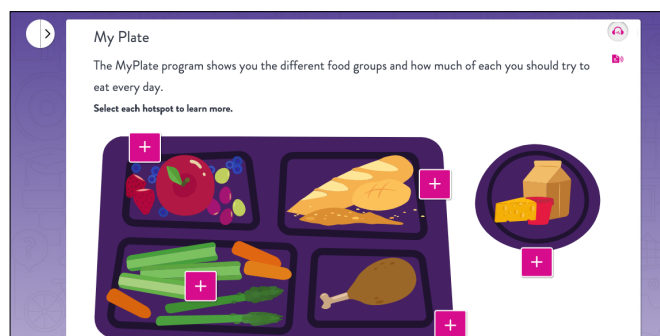
### SCREEN-BY-SCREEN EDUCATOR TIPS

- **Prepare**
  - **Set-up:** The module begins by telling your child that food is important because the nutrients in food are used for energy and for growing the body. Not making the most nutritious food choices possible can lead to the development of noncommunicable diseases.
    - Consider asking your child if they have ever heard of noncommunicable diseases. (If not, that's okay. They'll learn more in the module.)
    - The food we eat can be compared to the gas you put in a car- it is what keeps us going!

- **Making Nutritious Food Choices:** Your child is asked to think about the foods they eat on a regular basis.
  - Consider asking your child to list the nutritious foods he/she ate yesterday and the foods that might not be as nutritious.
- **Pretest:** The pretest consists of three questions. Your child has one opportunity to answer each question correctly. Feedback is provided for both correct and incorrect answers.
- **Confidence Ranking:** Your child is asked to rank how strongly he/she agrees or disagrees with the following statement: “I know how important nutritious food choices are to my health.”

## ● Learn

- **Nutritious Eating and Your Body:** Your child will be introduced to different nutrients, how they are used by the body, and how they can affect the development of noncommunicable diseases (NCDs).
- **Nutritious Food Choices:** Your child will review the five food groups found on the MyPlate guidelines graphic.



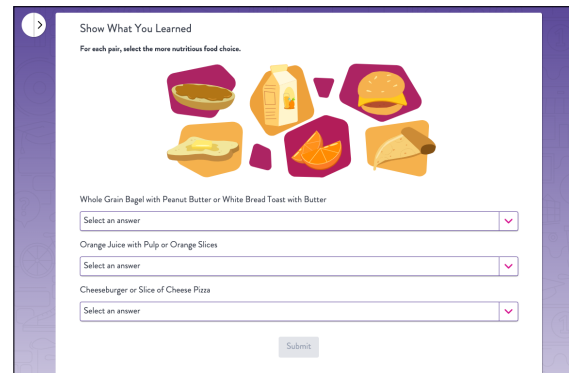
- Consider engaging your child by drawing a MyPlate outline to hang on the refrigerator and having them make suggestions about what to put in each section.
- **Understanding Food Labels:** Your child will learn how to read the information found on nutrition labels.
  - Consider exploring different nutrition labels present in your refrigerator and pantry.
- **Noncommunicable Diseases:** Your child is introduced to three noncommunicable diseases: type 2 diabetes, high blood pressure, and heart disease. Ask your child if they know anything else about these diseases.
  - Consider asking your child if he/she knows anything else about these diseases. Does anyone in your family live with one of these conditions?
- **Making Nutritious Food Choices:** Your child explores the nutrition found in several common food items.
  - Compare a recent meal your family made to MyPlate with your child and rank how nutritious it was.

## ● Reflect 1

- Your child is asked to rank how strongly they agree or disagree with the following statement:  
“I know how important nutritious food choices are to my health.”
  - Did your child agree more with the statement after completing the module than before?

## ● Challenge

- There are five post-test questions for this module. Your child is encouraged to review the information in each section, if needed, before beginning the post-test.
- Your child will be presented with a variety of question types, including multiple choice, classification, matching, and true/false.
- For each question, your child will have two opportunities to answer correctly. Full credit is given for correct answers on the first try. Partial credit is given for your child who correctly answer a portion of a multi-part question or who give the correct answer on a second try.



Show What You Learned

For each pair, select the more nutritious food choice.

Whole Grain Bagel with Peanut Butter or White Bread Toast with Butter  
Select an answer

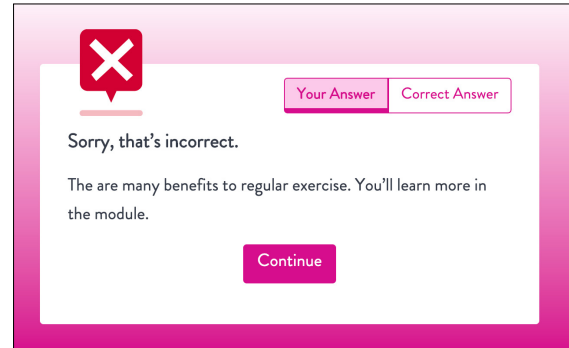
Orange Juice with Pulp or Orange Slices  
Select an answer

Cheeseburger or Slice of Cheese Pizza  
Select an answer

Submit

## ● Reflect 2

- Your child is asked to rank how strongly they agree or disagree with the following statement:  
"After completing this module, I am more likely to make nutritious food choices."  
  - Encourage your child to commit to eating more nutritious foods each day.



Sorry, that's incorrect.

There are many benefits to regular exercise. You'll learn more in the module.

Continue

## EXTENDING THE MODULE WITH YOUR FAMILY

**Once your child completes the module, consider completing the following extension activity:**

Using the form below, encourage your child use MyPlate to prepare a breakfast, lunch, and dinner menu for a day. What foods would he/she serve during each meal in order to meet the recommended servings of vegetables, fruits, grains, proteins, and dairy products?

MEAL	FOODS SERVED	MYPLATE SERVINGS
<b>Breakfast</b>		<input type="checkbox"/> vegetables x ____ <input type="checkbox"/> fruits x ____ <input type="checkbox"/> grains x ____ <input type="checkbox"/> proteins x ____ <input type="checkbox"/> dairy x ____
<b>Lunch</b>		<input type="checkbox"/> vegetables x ____ <input type="checkbox"/> fruits x ____ <input type="checkbox"/> grains x ____ <input type="checkbox"/> proteins x ____ <input type="checkbox"/> dairy x ____
<b>Dinner</b>		<input type="checkbox"/> vegetables x ____ <input type="checkbox"/> fruits x ____ <input type="checkbox"/> grains x ____ <input type="checkbox"/> proteins x ____ <input type="checkbox"/> dairy x ____
<b>Totals:</b>		<input type="checkbox"/> vegetables x ____ <input type="checkbox"/> fruits x ____ <input type="checkbox"/> grains x ____ <input type="checkbox"/> proteins x ____ <input type="checkbox"/> dairy x ____
<b>MEETS DAILY MYPLATE REQUIREMENTS:</b>		<b>YES      NO</b>

# KEY TERMS

**Calorie**

a unit of energy; commonly used to measure the energy content of foods

**Carbohydrate**

a type of energy-dense nutrient that is characterized by having a ratio of carbon:hydrogen:oxygen of 1:2:1; includes sugars, starches, and cellulose

**Fat**

a water-insoluble nutrient that is highly dense in energy

**Heart Disease**

a disease in which the blood vessels that bring blood to the heart are narrowed or blocked

**High Blood Pressure**

a disease in which the force with which blood pushes against the blood vessel walls is abnormally high

**MyPlate**

nutrition guide published by the United States Department of Agriculture that includes five suggested food groups towards building a balanced diet

**Noncommunicable Disease**

a disease that is not transmitted directly from person to person, such as through infectious agents

**Sodium**

a nutrient found in foods that is often contributed by sodium chloride, or table salt

**Type 2 Diabetes**

a disease in which the body's normal response to blood sugar through insulin is impaired