



# Educator Guide: Building Healthy Meals Activity

## **Recommended for Grades:**

7<sup>th</sup> grade

## **Time:**

2-10 minutes

## **Prerequisites:**

For students to be successful in the Building Healthy Meals Activity, students would benefit from participating in the following lesson:

- Nutrition Lesson (7<sup>th</sup> grade)

## **National Health Education Standards:**

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 3: Access valid and reliable resources to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

## **Learning Objectives:**

After completing this activity students will be able to:

1. Examine Nutrition Facts labels of two foods in the same food group, and determine which food is the healthier choice.



## Lesson Description:

In this activity, students will practice reading Nutrition Facts labels and decide what foods and drinks should be included in a healthy meal. After using Nutrition Facts labels to choose foods for breakfast, lunch and dinner, students will choose between two snack options. The correct snack option will fill in the food group that is underrepresented in their three meals. It takes approximately 2 minutes to complete one day. Students can choose to complete up to five days, if time allows. You can find an answer key with the correct categorization of foods on the next page.

## Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Building Healthy Meals Activity. You may choose to use this list in any way that fits your needs.

- Calorie – a unit of energy
- Fiber – a nutrient that helps food move through the digestive system and helps you feel full
- Nutrition Facts label – a label required on most packaged foods that provides detailed information about a food's nutrient content, such as the amount of fat, sugar, sodium and fiber it contains
- Saturated fat – fat that usually comes from animal products (meat and dairy products) that are typically solid at room temperature
- Serving size – the recommended portion of a food to be eaten
- Trans fat – a type of fat found in foods such as fried foods, doughnuts and baked goods (cakes, pie crusts, cookies and biscuits), frozen pizza, crackers, stick margarines and other spreads
- Vitamins – substances found in foods we eat that the body needs to work properly

# Building Healthy Meals Activity Answer Key

## Day 1

Breakfast: Cheerios (Grain), Orange (Fruit), and White skim milk (Dairy)

Lunch: Light Caesar salad (Vegetable), Light Greek yogurt (Dairy), Fruit cup-no sugar added (Fruit), and Flavored water

Dinner: Whole wheat tortilla (Grain), Shredded chicken (Protein), Reduced fat cheese (Dairy), Corn (Vegetable), and Flavored sparkling water

Snack: Hard-boiled egg (Protein)

## Day 2

Breakfast: Light Greek yogurt (Dairy), Shredded wheat cereal (Grain), Raspberries (Fruit), and Water

Lunch: Whole wheat bun (Grain), Turkey burger (Protein), White skim milk (Dairy), and Apple (Fruit)

Dinner: Whole wheat pasta (Grain), Marinara sauce (Vegetable), Turkey sausage (Protein), Pear (Fruit), and White skim milk (Dairy)

Snack: Carrots (Vegetable)

## Day 3

Breakfast: Whole wheat toast (Grain), Peanut butter (Protein), White skim milk (Dairy), Strawberries (Fruit)

Lunch: Low sodium chicken noodle soup (Protein, Grain), Whole wheat crackers (Grain), Orange (Fruit), String cheese (Dairy), and Water

Dinner: Thin crust veggie pizza (Grain, Dairy, Vegetable), Side salad-no dressing (Vegetable), Water

Snack: Carrots (Vegetable)

## Day 4

Breakfast: Egg (Protein), Apple (Fruit), Plain oatmeal (Grain), Fruit flavored water

Lunch: Black bean burrito (Protein, Grain), Peach (Fruit), Pea pods (Vegetable), and Flavored water

Dinner: Broccoli (Vegetable), Chicken breast (Protein), Brown rice (Grain), and Water

Snack: Light Greek yogurt (Dairy)



## Day 5

Breakfast: Whole grain English muffin (Grain), Turkey sausage (Protein), Red grapes (Fruit), and Water

Lunch: Whole wheat bread (Grain), Lean turkey (Protein), Baby carrots (Vegetable), White skim milk (Dairy)

Dinner: Roasted potatoes (Vegetable), Lean pork chop (Protein), Whole grain roll (Grain), White skim milk (Dairy)

Snack: Apple (Fruit)

# Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



# Nutrition and Physical Activity Resources for Parents, Caregivers and Educators

- American Academy of Pediatrics, [healthychildren.org](https://www.healthychildren.org)
- American Heart Association, [heart.org](https://www.heart.org)
- Centers for Disease Control and Prevention (CDC), [cdc.gov](https://www.cdc.gov)
- Children's Wisconsin, [childrenswi.org](https://www.childrenswi.org)
- KidsHealth, [kidshealth.org](https://www.kidshealth.org)
- Mental Health America, [mhanational.org](https://www.mhanational.org)
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://www.nimh.nih.gov)
- Society of Clinical Child & Adolescent Psychology, [effectivechildtherapy.org](https://www.effectivechildtherapy.org)
- Wisconsin Department of Public Instruction Student Services/Prevention and Wellness, [dpi.wi.gov/sspw](https://dpi.wi.gov/sspw)



# Transcript

## Instructions

In this activity, you'll build a meal plan for an entire day by choosing foods according to their Nutrition Facts labels. You'll also choose a snack to make sure all food groups are well represented in your plan. Click begin to get started.

## **Day 1:**

### Breakfast Intro

We'll start with breakfast. Click the nutrition facts label that you think belongs to the healthier choice.

### Cheerios

Correct. You chose the healthier option.

### Frosted Cheerios

Incorrect. You chose the less-healthy option.

### Orange

Correct. You chose the healthier option.

### Orange Juice

Incorrect. You chose the less-healthy option.

### White Skim Milk

Correct. You chose the healthier option.

### Chocolate Milk

Incorrect. You chose the less-healthy option.

### Breakfast Summary - Perfect

Here is a summary of your breakfast choices. Looks like you're off to a healthy start to your day. Let's move on to lunch.

### Breakfast Summary - One Wrong

Here is a summary of your breakfast choices. That's pretty good, but it looks like you could have made one healthier choice. Let's move on to lunch.



### Breakfast Summary - Two or More Wrong

Here is a summary of your breakfast choices. Looks like you could have made some healthier choices. Let's see if you can make up for that in the rest of your meals, starting with lunch.

### Lunch Intro

Choose the option that you think is healthier.

### Light Caesar Salad

Correct. You chose the healthier option.

### Regular Caesar Salad

Incorrect. You chose the less-healthy option.

### Non-Fat Greek Yogurt

Correct. You chose the healthier option.

### Low-Fat Yogurt

Incorrect. You chose the less-healthy option.

### Fruit Cup (No Sugar Added)

Correct. You chose the healthier option.

### Fruit Cup (In Real Fruit Juice)

Incorrect. You chose the less-healthy option.

### Flavored Water

Correct. You chose the healthier option.

### Grape Soda

Incorrect. You chose the less-healthy option.

### Lunch Summary - Perfect

Here is a summary of your lunch choices. That's a healthy lunch. This should power you through your afternoon. Let's move on to dinner.

### Lunch Summary - One Wrong

Here is a summary of your lunch choices. That's pretty good, but you could have made one healthier choice. Let's move on to dinner.



### Lunch Summary - Two or More Wrong

Here is a summary of your lunch choices. Looks like you could have made some healthier choices. Let's try for a healthier dinner.

### Dinner Intro

Choose the option that you think is healthier.

### Whole Wheat Tortilla

Correct. You chose the healthier option.

### Flour Tortilla

Incorrect. You chose the less-healthy option.

### Shredded Chicken

Correct. You chose the healthier option.

### Ground Beef

Incorrect. You chose the less-healthy option.

### Reduced Fat Cheese

Correct. You chose the healthier option.

### Cheese

Incorrect. You chose the less-healthy option.

### Corn

Correct. You chose the healthier option.

### Buttered Corn

Incorrect. You chose the less-healthy option.

### Sparkling Water

Correct. You chose the healthier option.

### Kool Aid

Incorrect. You chose the less-healthy option.

### Dinner Summary - Perfect

Here is a summary of your dinner choices. This looks like a really healthy dinner. Let's see how you did for the day.



### Dinner Summary - One Wrong

Here is a summary of your dinner choices. Not bad, but it looks like you could have made one healthier choice. Let's see how you did for the day.

### Dinner Summary - Two or More Wrong

Here is a summary of your dinner choices. Looks like you could have made some healthier choices. Let's see how you did for the day.

### Snack Intro

Here are the foods you chose for your meal plan, and the food groups each food belongs to. You have one more choice to make: a snack. Which do you think is the better option? Remember, you'll want to choose a snack from the food group that is least represented in your plan.

### Hard-Boiled Egg

Correct. You needed more protein in your meal plan.

### Red Grapes

Incorrect. That's a healthy choice, but you could have used more protein in your meal plan.

### Day Summary - Good

Nice job! That's a really healthy meal plan that will keep your energy up and your mind alert.

### Day Summary - OK

That's a pretty good meal plan, but you could have made some different choices to make it healthier. Click play again to give it another try.

## **Day 2:**

### Breakfast Intro

We'll start with breakfast. Click the nutrition facts label that you think belongs to the healthier choice.

### Non-Fat Greek Yogurt

Correct. You chose the healthier option.

### Low Fat Yogurt

Incorrect. You chose the less-healthy option.



### Shredded Wheat Cereal

Correct. You chose the healthier option.

### Granola

Incorrect. You chose the less-healthy option.

### Raspberries

Correct. You chose the healthier option.

### Raisins

Incorrect. You chose the less-healthy option.

### Water

Correct. You chose the healthier option.

### Grape Soda

Incorrect. You chose the less-healthy option.

### Breakfast Summary - Perfect

Here is a summary of your breakfast choices. Looks like you're off to a healthy start to your day. Let's move on to lunch.

### Breakfast Summary - One Wrong

Here is a summary of your breakfast choices. That's pretty good, but it looks like you could have made one healthier choice. Let's move on to lunch.

### Breakfast Summary - Two or More Wrong

Here is a summary of your breakfast choices. Looks like you could have made some healthier choices. Let's see if you can make up for that in the rest of your meals, starting with lunch.

### Lunch Intro

Choose the option that you think is healthier.

### Whole Wheat Bun

Correct. You chose the healthier option.

### White Bun

Incorrect. You chose the less-healthy option.



### Turkey Burger

Correct. You chose the healthier option.

### Hamburger

Incorrect. You chose the less-healthy option.

### White Skim Milk

Correct. You chose the healthier option.

### Chocolate Milk

Incorrect. You chose the less-healthy option.

### Apple

Correct. You chose the healthier option.

### Apple Sauce

Incorrect. You chose the less-healthy option.

### Lunch Summary - Perfect

Here is a summary of your lunch choices. That's a healthy lunch. This should power you through your afternoon. Let's move on to dinner.

### Lunch Summary - One Wrong

Here is a summary of your lunch choices. That's pretty good, but you could have made one healthier choice. Let's move on to dinner.

### Lunch Summary - Two or More Wrong

Here is a summary of your lunch choices. Looks like you could have made some healthier choices. Let's try for a healthier dinner.

### Dinner Intro

Choose the option that you think is healthier.

### Whole Wheat Pasta

Correct. You chose the healthier option.

### Pasta

Incorrect. You chose the less-healthy option.

### Marinara Sauce

Correct. You chose the healthier option.



### Alfredo Sauce

Incorrect. You chose the less-healthy option.

### Turkey Sausage

Correct. You chose the healthier option.

### Italian Sausage

Incorrect. You chose the less-healthy option.

### Pear

Correct. You chose the healthier option.

### Canned Pears in Heavy Syrup

Incorrect. You chose the less-healthy option.

### White Skim Milk

Correct. You chose the healthier option.

### Strawberry Milk

Incorrect. You chose the less-healthy option.

### Dinner Summary - Perfect

Here is a summary of your dinner choices. This looks like a really healthy dinner. Let's see how you did for the day.

### Dinner Summary – One Wrong

Here is a summary of your dinner choices. Not bad, but it looks like you could have made one healthier choice. Let's see how you did for the day.

### Dinner Summary - Two or More Wrong

Here is a summary of your dinner choices. Looks like you could have made some healthier choices. Let's see how you did for the day.

### Snack Intro

Here are the foods you chose for your meal plan, and the food groups each food belongs to. You have one more choice to make: a snack. Which do you think is the better option? Remember, you'll want to choose a snack from the food group that is least represented in your plan.

### Carrots

Correct. You needed more vegetables in your meal plan.



### Non-Fat Greek Yogurt

Incorrect. That's a healthy choice, but you could have used more vegetables in your meal plan.

### Day Summary - Good

Nice job! That's a really healthy meal plan that will keep your energy up and your mind alert.

### Day Summary - OK

That's a pretty good meal plan, but you could have made some different choices to make it healthier. Click play again to give it another try.

## **Day 3:**

### Breakfast Intro

We'll start with breakfast. Click the nutrition facts label that you think belongs to the healthier choice.

### Whole Wheat Toast

Correct. You chose the healthier option.

### White Toast

Incorrect. You chose the less-healthy option.

### Peanut Butter

Correct. You chose the healthier option.

### Peanut Butter Chocolate Spread

Incorrect. You chose the less-healthy option.

### White Skim Milk

Correct. You chose the healthier option.

### Mocha Chilled Coffee

Incorrect. You chose the less-healthy option.

### Strawberries

Correct. You chose the healthier option.

### Berry Apple Sauce

Incorrect. You chose the less-healthy option.



### Breakfast Summary - Perfect

Here is a summary of your breakfast choices. Looks like you're off to a healthy start to your day. Let's move on to lunch.

### Breakfast Summary - One Wrong

Here is a summary of your breakfast choices. That's pretty good, but it looks like you could have made one healthier choice. Let's move on to lunch.

### Breakfast Summary - Two or More Wrong

Here is a summary of your breakfast choices. Looks like you could have made some healthier choices. Let's see if you can make up for that in the rest of your meals, starting with lunch.

### Lunch Intro

Choose the option that you think is healthier.

### Lower Sodium Chicken Noodle Soup

Correct. You chose the healthier option.

### Chicken Noodle Soup

Incorrect. You chose the less-healthy option.

### Whole Wheat Crackers

Correct. You chose the healthier option.

### Saltine Crackers

Incorrect. You chose the less-healthy option.

### Orange

Correct. You chose the healthier option.

### Canned Oranges in Light Syrup

Incorrect. You chose the less-healthy option.

### String Cheese

Correct. You chose the healthier option.

### Mozzarella Sticks

Incorrect. You chose the less-healthy option.



### Water

Correct. You chose the healthier option.

### Cola

Incorrect. You chose the less-healthy option.

### Lunch Summary - Perfect

Here is a summary of your lunch choices. That's a healthy lunch. This should power you through your afternoon. Let's move on to dinner.

### Lunch Summary - One Wrong

Here is a summary of your lunch choices. That's pretty good, but you could have made one healthier choice. Let's move on to dinner.

### Lunch Summary - Two or More Wrong

Here is a summary of your lunch choices. Looks like you could have made some healthier choices. Let's try for a healthier dinner.

### Dinner Intro

Choose the option that you think is healthier.

### Thin Crust Veggie Pizza

Correct. You chose the healthier option.

### Meat Lovers' Pizza

Incorrect. You chose the less-healthy option.

### Side Salad, No Dressing

Correct. You chose the healthier option.

### Onion Rings

Incorrect. You chose the less-healthy option.

### Water

Correct. You chose the healthier option.

### Cola

Incorrect. You chose the less-healthy option.



### Dinner Summary - Perfect

Here is a summary of your dinner choices. This looks like a really healthy dinner. Let's see how you did for the day.

### Dinner Summary - One Wrong

Here is a summary of your dinner choices. Not bad, but it looks like you could have made one healthier choice. Let's see how you did for the day.

### Dinner Summary - Two or More Wrong

Here is a summary of your dinner choices. Looks like you could have made some healthier choices. Let's see how you did for the day.

### Snack Intro

Here are the foods you chose for your meal plan, and the food groups each food belongs to. You have one more choice to make: a snack. Which do you think is the better option? Remember, you'll want to choose a snack from the food group that is least represented in your plan.

### Carrots

Correct. You needed more vegetables in your meal plan.

### Multigrain Tortilla Chips

Incorrect. That's a healthy choice, but you could have used more vegetables in your meal plan.

### Day Summary - Good

Nice job! That's a really healthy meal plan that will keep your energy up and your mind alert.

### Day Summary - OK

That's a pretty good meal plan, but you could have made some different choices to make it healthier. Click play again to give it another try.

## **Day 4:**

### Breakfast Intro

We'll start with breakfast. Click the nutrition facts label that you think belongs to the healthier choice.

### Egg

Correct. You chose the healthier option.



### Bacon

Incorrect. You chose the less-healthy option.

### Apple

Correct. You chose the healthier option.

### Apple Juice

Incorrect. You chose the less-healthy option.

### Plain Oatmeal

Correct. You chose the healthier option.

### Blueberry Muffin

Incorrect. You chose the less-healthy option.

### Fruit Flavored Water

Correct. You chose the healthier option.

### Fruit Flavored Soda

Incorrect. You chose the less-healthy option.

### Breakfast Summary - Perfect

Here is a summary of your breakfast choices. Looks like you're off to a healthy start to your day. Let's move on to lunch.

### Breakfast Summary - One Wrong

Here is a summary of your breakfast choices. That's pretty good, but it looks like you could have made one healthier choice. Let's move on to lunch.

### Breakfast Summary - Two or More Wrong

Here is a summary of your breakfast choices. Looks like you could have made some healthier choices. Let's see if you can make up for that in the rest of your meals, starting with lunch.

### Lunch Intro

Choose the option that you think is healthier.

### Black Bean Burrito

Correct. You chose the healthier option.



### Beef Burrito

Incorrect. You chose the less-healthy option.

### Peach

Correct. You chose the healthier option.

### Canned Peaches in Heavy Syrup

Incorrect. You chose the less-healthy option.

### Pea Pods

Correct. You chose the healthier option.

### Frozen Peas with Butter Sauce

Incorrect. You chose the less-healthy option.

### Flavored Water

Correct. You chose the healthier option.

### Fruit Punch

Incorrect. You chose the less-healthy option.

### Lunch Summary - Perfect

Here is a summary of your lunch choices. That's a healthy lunch. This should power you through your afternoon. Let's move on to dinner.

### Lunch Summary - One Wrong

Here is a summary of your lunch choices. That's pretty good, but you could have made one healthier choice. Let's move on to dinner.

### Lunch Summary - Two or More Wrong

Here is a summary of your lunch choices. Looks like you could have made some healthier choices. Let's try for a healthier dinner.

### Dinner Intro

Choose the option that you think is healthier.

### Broccoli

Correct. You chose the healthier option.

### Broccoli with Cheese

Incorrect. You chose the less-healthy option.



### Chicken Breast

Correct. You chose the healthier option.

### Chicken Nuggets

Incorrect. You chose the less-healthy option.

### Water

Correct. You chose the healthier option.

### Root Beer

Incorrect. You chose the less-healthy option.

### Dinner Summary - Perfect

Here is a summary of your dinner choices. This looks like a really healthy dinner. Let's see how you did for the day.

### Dinner Summary - One Wrong

Here is a summary of your dinner choices. Not bad, but it looks like you could have made one healthier choice. Let's see how you did for the day.

### Dinner Summary - Two or More Wrong

Here is a summary of your dinner choices. Looks like you could have made some healthier choices. Let's see how you did for the day.

### Snack Intro

Here are the foods you chose for your meal plan, and the food groups each food belongs to. You have one more choice to make: a snack. Which do you think is the better option? Remember, you'll want to choose a snack from the food group that is least represented in your plan.

### Light Greek Yogurt

Correct. You needed more dairy in your meal plan.

### Granola Bar

Incorrect. That's a healthy choice, but you could have used more dairy in your meal plan.

### Day Summary - Good

Nice job! That's a really healthy meal plan that will keep your energy up and your mind alert.



## Day Summary - OK

That's a pretty good meal plan, but you could have made some different choices to make it healthier. Click play again to give it another try.

## **Day 5:**

### Breakfast Intro

We'll start with breakfast. Click the nutrition facts label that you think belongs to the healthier choice.

### Whole Grain English Muffin

Correct. You chose the healthier option.

### Biscuit

Incorrect. You chose the less-healthy option.

### Turkey Sausage

Correct. You chose the healthier option.

### Regular Sausage

Incorrect. You chose the less-healthy option.

### Red Grapes

Correct. You chose the healthier option.

### Grape Juice

Incorrect. You chose the less-healthy option.

### Water

Correct. You chose the healthier option.

### Sweetened Iced Tea

Incorrect. You chose the less-healthy option.

### Breakfast Summary - Perfect

Here is a summary of your breakfast choices. Looks like you're off to a healthy start to your day. Let's move on to lunch.

### Breakfast Summary - One Wrong

Here is a summary of your breakfast choices. That's pretty good, but it looks like you could have made one healthier choice. Let's move on to lunch.



### Breakfast Summary - Two or More Wrong

Here is a summary of your breakfast choices. Looks like you could have made some healthier choices. Let's see if you can make up for that in the rest of your meals, starting with lunch.

### Lunch Intro

Choose the option that you think is healthier.

### Whole Wheat Bread

Correct. You chose the healthier option.

### White Bread

Incorrect. You chose the less-healthy option.

### Lean Turkey

Correct. You chose the healthier option.

### Salami

Incorrect. You chose the less-healthy option.

### Baby Carrots

Correct. You chose the healthier option.

### Potato Chips

Incorrect. You chose the less-healthy option.

### White Skim Milk

Correct. You chose the healthier option.

### Strawberry Milk

Incorrect. You chose the less-healthy option.

### Lunch Summary - Perfect

Here is a summary of your lunch choices. That's a healthy lunch. This should power you through your afternoon. Let's move on to dinner.

### Lunch Summary - One Wrong

Here is a summary of your lunch choices. That's pretty good, but you could have made one healthier choice. Let's move on to dinner.



### Lunch Summary - Two or More Wrong

Here is a summary of your lunch choices. Looks like you could have made some healthier choices. Let's try for a healthier dinner.

### Dinner Intro

Choose the option that you think is healthier.

### Roasted Potatoes

Correct. You chose the healthier option.

### French Fries

Incorrect. You chose the less-healthy option.

### Lean Pork Chops

Correct. You chose the healthier option.

### Pork Ribs

Incorrect. You chose the less-healthy option.

### Whole Grain Roll

Correct. You chose the healthier option.

### White Roll

Incorrect. You chose the less-healthy option.

### White Skim Milk

Correct. You chose the healthier option.

### Chocolate Milk

Incorrect. You chose the less-healthy option.

### Dinner Summary - Perfect

Here is a summary of your dinner choices. This looks like a really healthy dinner. Let's see how you did for the day.

### Dinner Summary - One Wrong

Here is a summary of your dinner choices. Not bad, but it looks like you could have made one healthier choice. Let's see how you did for the day.



### Dinner Summary - Two or More Wrong

Here is a summary of your dinner choices. Looks like you could have made some healthier choices. Let's see how you did for the day.

### Snack Intro

Here are the foods you chose for your meal plan, and the food groups each food belongs to. You have one more choice to make: a snack. Which do you think is the better option? Remember, you'll want to choose a snack from the food group that is least represented in your plan.

### Apple

Correct. You needed more fruit in your meal plan.

### Peanut Butter on Wheat Bread

Incorrect. That's a healthy choice, but you could have used more fruit in your meal plan.

### Day Summary - Good

Nice job! That's a really healthy meal plan that will keep your energy up and your mind alert.

### Day Summary - OK

That's a pretty good meal plan, but you could have made some different choices to make it healthier. Click play again to give it another try.



# Acknowledgements

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