

Lesson 1: MyPlate Power Foods - GRAINS FUEL YOUR BODY

Concepts

This station explores the role that whole grain foods play in preventing diseases and by providing excellent sources of energy and nutrients when compared to refined grain options.

Summary of Learning Targets

- Recognize that the MyPlate guide includes five food groups that are important for good health.
- Learn how the milling process works.
- Identify the difference between a whole and refined grain and explain why whole grains offer amore complete nutrient package.
- Discuss serving sizes.
- Develop a strategy for including more servings of whole grains in his/herdaily diet.

Grade Level	Lesson	Station	ODE Health Education (HE) Standards
4th	1: Power Foods	Grains	1.4.1, 1.4.3, 1.4.4, 2.4.2, 2.4.4, 3.4.1, 3.4.2, 4.4.1, 4.4.2, 5.4.1, 5.4.2, 5.4.3, 6.4.1, 6.4.2, 7.4.1, 7.4.2, 7.4.3, 8.4.1, 8.4.2
5th	1: Power Foods	Grains	1.5.1, 1.5.3, 1.5.4, 2.5.2, 2.5.4, 3.5.1, 3.5.2, 4.5.1, 4.5.2, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 6.5.1, 6.5.2, 7.5.1, 7.5.2, 7.5.3, 8.5.1, 8.5.2

6th	1: Power Foods	Grains	1.6.1, 1.6.4, 1.6.8, 1.6.13, 1.6.14, 1.6.53, 2.6.2, 2.6.4, 2.6.9, 2.6.13, 2.6.17, 2.6.18, 3.6.1, 3.6.2, 3.6.3, 3.6.4, 3.6.5, 3.6.6, 4.6.1, 4.6.2, 5.6.1, 5.6.2, 5.6.3, 5.6.4, 5.6.6, 5.6.8, 6.6.1, 6.6.2, 6.6.3, 6.6.7, 6.6.8, 7.6.1, 7.6.2, 7.6.3, 7.6.5, 7.6.10, 8.6.1, 8.6.2
7th	1: Power Foods	Grains	1.7.1, 1.7.4, 1.7.8, 1.7.13, 1.7.14, 1.7.56, 2.7.2, 2.7.4, 2.7.9, 2.7.18, 3.7.1, 3.7.2, 3.7.3, 3.7.4, 3.7.5, 3.7.6, 4.7.1, 4.7.2, 4.7.6, 5.7.1, 5.7.2, 5.7.3, 5.7.4, 5.7.6, 5.7.8, 6.7.1, 6.7.2, 6.7.3, 6.7.7, 6.7.8, 7.7.1, 7.7.2, 7.7.3, 7.7.5, 7.7.11, 8.7.1, 8.7.2,
8th	1: Power Foods	Grains	1.8.1, 1.8.4, 1.8.8, 1.8.13, 1.8.14, 1.8.59, 2.8.2, 2.8.4, 2.8.9, 2.8.18, 3.8.1, 3.8.2, 3.8.3, 3.8.4, 3.8.5, 3.8.6, 4.8.1, 4.8.2, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.6, 5.8.8, 6.8.1, 6.8.2, 6.8.3, 6.8.7, 6.8.8, 7.8.1, 7.8.2, 7.8.3, 7.8.5, 7.8.11, 8.8.1, 8.8.2
Grade Level	Lesson	Station	ODE Health Education (HE) Standards

Lesson 1: MyPlate Power Foods - **FOCUS ON WHOLE FRUIT**

<p style="text-align: center;">Concept</p> <p>This station explores the important health benefits of consistently consuming whole fruit foods within the diet as opposed to fruit juices and "fruit imposters."</p>			<p style="text-align: center;">Summary of Learning Targets</p> <ul style="list-style-type: none"> • Recognize that the MyPlate guide includes five food groups that are important for good health. • List the 7 different kinds of acceptable whole fruits options. Learn why to limit fruit juice intake. • Explain the difference between real fruit and "fruit imposters." • Discuss serving sizes. • Develop a strategy for including more servings of whole fruits in sancks, meals and desserts. • Weekly tracker to help track consumption of whole fruits.
Grade Level	Lesson	Station	ODE Health Education (HE) Standards
4th	1: Power Foods	Fruits	1.4.1, 1.4.3, 1.4.4, 2.4.2, 2.4.4, 3.4.1, 3.4.2, 4.4.1, 4.4.2, 5.4.1, 5.4.2, 5.4.3, 6.4.1, 6.4.2, 7.4.1, 7.4.2, 7.4.3, 8.4.1, 8.4.2
5th	1: Power Foods	Fruits	1.5.1, 1.5.3, 1.5.4, 2.5.2, 2.5.4, 3.5.1, 3.5.2, 4.5.1, 4.5.2, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 6.5.1, 6.5.2, 7.5.1, 7.5.2, 7.5.3, 8.5.1, 8.5.2
6th	1: Power Foods	Fruits	1.6.1, 1.6.4, 1.6.8, 1.6.13, 1.6.14, 1.6.53, 2.6.2, 2.6.4, 2.6.9, 2.6.13, 2.6.17, 2.6.18, 3.6.1, 3.6.2, 3.6.3, 3.6.4, 3.6.5, 3.6.6, 4.6.1, 4.6.2, 5.6.1, 5.6.2, 5.6.3, 5.6.4, 5.6.6, 5.6.8, 6.6.1, 6.6.2, 6.6.3, 6.6.7, 6.6.8, 7.6.1, 7.6.2, 7.6.3, 7.6.5, 7.6.10, 8.6.1, 8.6.2

7th	1: Power Foods	Fruits	1.7.1, 1.7.4, 1.7.8, 1.7.13, 1.7.14, 1.7.56, 2.7.2, 2.7.4, 2.7.9, 2.7.18, 3.7.1, 3.7.2, 3.7.3, 3.7.4, 3.7.5, 3.7.6, 4.7.1, 4.7.2, 4.7.6, 5.7.1, 5.7.2, 5.7.3, 5.7.4, 5.7.6, 5.7.8, 6.7.1, 6.7.2, 6.7.3, 6.7.7, 6.7.8, 7.7.1, 7.7.2, 7.7.3, 7.7.5, 7.7.11, 8.7.1, 8.7.2,
8th	1: Power Foods	Fruits	1.8.1, 1.8.4, 1.8.8, 1.8.13, 1.8.14, 1.8.59, 2.8.2, 2.8.4, 2.8.9, 2.8.18, 3.8.1, 3.8.2, 3.8.3, 3.8.4, 3.8.5, 3.8.6, 4.8.1, 4.8.2, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.6, 5.8.8, 6.8.1, 6.8.2, 6.8.3, 6.8.7, 6.8.8, 7.8.1, 7.8.2, 7.8.3, 7.8.5, 7.8.11, 8.8.1, 8.8.2
Grade Level	Lesson	Station	ODE Health Education (HE) Standards

Lesson 1: MyPlate Power Foods - VARY YOUR VEGETABLES

<p style="text-align: center;">Concept</p> <p>This station explores the important health benefits of consistently varying vegetable intake within the diet by providing activities to learn the vegetables subgroups.</p>	<p style="text-align: center;">Summary of Learning Targets</p> <ul style="list-style-type: none"> • Recognize that the MyPlate guide includes five food groups that are important for good health. • List the 5 different subgroups of vegetable options and appropriate serving sizes. • Utilize the MyPlate subgroup classifications as a guide when choosing vegetables with different beneficial and nutritional properties. • Identify strategies or actions for including more servings of vegetables in one's diet. • Weekly tracker to help track consumption of eaten vegetables. • Plant and grow a vegetable.
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Grade Level	Lesson	Station	ODE Health Education (HE) Standards
4th	1: Power Foods	Vegetables	1.4.1, 1.4.3, 1.4.4, 2.4.2, 2.4.4, 3.4.1, 3.4.2, 4.4.1, 4.4.2, 5.4.1, 5.4.2, 5.4.3, 6.4.1, 6.4.2, 7.4.1, 7.4.2, 7.4.3, 8.4.1, 8.4.2
5th	1: Power Foods	Vegetables	1.5.1, 1.5.3, 1.5.4, 2.5.2, 2.5.4, 3.5.1, 3.5.2, 4.5.1, 4.5.2, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 6.5.1, 6.5.2, 7.5.1, 7.5.2, 7.5.3, 8.5.1, 8.5.2
6th	1: Power Foods	Vegetables	1.6.1, 1.6.4, 1.6.8, 1.6.13, 1.6.14, 1.6.53, 2.6.2, 2.6.4, 2.6.9, 2.6.13, 2.6.17, 2.6.18, 3.6.1, 3.6.2, 3.6.3, 3.6.4, 3.6.5, 3.6.6, 4.6.1, 4.6.2, 5.6.1, 5.6.2, 5.6.3, 5.6.4, 5.6.6, 5.6.8, 6.6.1, 6.6.2, 6.6.3, 6.6.7, 6.6.8, 7.6.1, 7.6.2, 7.6.3, 7.6.5, 7.6.10, 8.6.1, 8.6.2
7th	1: Power Foods	Vegetables	1.7.1, 1.7.4, 1.7.8, 1.7.13, 1.7.14, 1.7.56, 2.7.2, 2.7.4, 2.7.9, 2.7.18, 3.7.1, 3.7.2, 3.7.3, 3.7.4, 3.7.5, 3.7.6, 4.7.1, 4.7.2, 4.7.6, 5.7.1, 5.7.2, 5.7.3, 5.7.4, 5.7.6, 5.7.8, 6.7.1, 6.7.2, 6.7.3, 6.7.7, 6.7.8, 7.7.1, 7.7.2, 7.7.3, 7.7.5, 7.7.11, 8.7.1, 8.7.2,
8th	1: Power Foods	Vegetables	1.8.1, 1.8.4, 1.8.8, 1.8.13, 1.8.14, 1.8.59, 2.8.2, 2.8.4, 2.8.9, 2.8.18, 3.8.1, 3.8.2, 3.8.3, 3.8.4, 3.8.5, 3.8.6, 4.8.1, 4.8.2, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.6, 5.8.8, 6.8.1, 6.8.2, 6.8.3, 6.8.7, 6.8.8, 7.8.1, 7.8.2, 7.8.3, 7.8.5, 7.8.11, 8.8.1, 8.8.2
Grade Level	Lesson	Station	ODE Health Education (HE) Standards

Lesson 2: MyPlate Build Foods - POWER UP WITH PROTEIN

<p style="text-align: center;">Concept</p> <p>This section provides students with opportunities to learn and complete activities related to how physical activity and regular consumption of protein support both growth and healthy, active lifestyles.</p>	<p style="text-align: center;">Summary of Learning Targets</p> <ul style="list-style-type: none"> • Recognize that the MyPlate guide includes five food groups that are important for good health. • Identify the vast variety of animal and plant sources of protein. • Explain why the protein group is named after a nutrient (protein) as opposed to a food (meat). • Distinguish protein's key nutrients needed for good health and appropriate daily serving sizes. • Recognize the importance of eating protein with every meal and snack to better regulate appetite and blood sugar. • Understand that protein plays a role in growth, development, building and repair of body cells and tissues. • Describe why physical activity is also an important component of building bones, skeletal muscles and strengthening the heart muscle. • Discover a variety of activities that count as physical activity. • Develop a strategy to include more protein and more movement into every day.
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Grade Level	Lesson	Station	ODE Health Education (HE) Standards
4th	2: Build Foods	Power Up with Protein	1.4.1, 1.4.3, 1.4.4, 2.4.2, 2.4.4, 3.4.1, 3.4.2, 4.4.1, 4.4.2, 5.4.1, 5.4.2, 5.4.3, 6.4.1, 6.4.2, 7.4.1, 7.4.2, 7.4.3, 8.4.1, 8.4.2
5th	2: Build Foods	Power Up with Protein	1.5.1, 1.5.3, 1.5.4, 1.5.5, 2.5.1, 2.5.2, 2.5.4, 3.5.1, 3.5.2, 4.5.1, 4.5.2, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 6.5.1, 6.5.2, 7.5.1, 7.5.2, 7.5.3, 8.5.1, 8.5.2,
6th	2: Build Foods	Power Up with Protein	1.6.1, 1.6.4, 1.6.5, 1.6.7, 1.6.8, 1.6.12, 1.6.13, 1.6.14, 1.6.53, 2.6.1, 2.6.2, 2.6.4, 2.6.9, 2.6.10, 2.6.13, 2.6.17, 2.6.18, 3.6.1, 3.6.2, 3.6.3, 3.6.4, 3.6.5, 3.6.6, 4.6.1, 4.6.2, 5.6.1, 5.6.2, 5.6.3, 5.6.4, 5.6.6, 5.6.8, 6.6.1, 6.6.2, 6.6.3, 6.6.8, 7.6.1, 7.6.2, 7.6.3, 7.6.5, 7.6.8, 7.6.10, 8.6.1, 8.6.2
7th	2: Build Foods	Power Up with Protein	1.7.1, 1.7.4, 1.7.5, 1.7.8, 1.7.12, 1.7.13, 1.7.14, 1.7.56, 2.7.2, 2.7.4, 2.7.9, 2.7.10, 2.7.18, 3.7.1, 3.7.2, 3.7.3, 3.7.4, 3.7.5, 3.7.6, 4.7.1, 4.7.2, 5.7.1, 5.7.2, 5.7.3, 5.7.4, 5.7.6, 5.7.8, 6.7.1, 6.7.2, 6.7.3, 6.7.8, 7.7.1, 7.7.2, 7.7.3, 7.7.5, 7.7.8, 7.7.11, 8.7.1, 8.7.2

8th	2: Build Foods	Power Up with Protein	1.8.1, 1.8.4, 1.8.5, 1.8.8, 1.8.12, 1.8.13, 1.8.59, 2.8.1, 2.8.2, 2.8.4, 2.8.9, 2.8.10, 2.8.17, 2.8.18, 3.8.1, 3.8.2, 3.8.3, 3.8.4, 3.8.5, 3.8.6, 4.8.1, 4.8.2, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.6, 5.8.8, 6.8.1, 6.8.2, 6.8.3, 6.8.7, 6.8.8, 7.8.1, 7.8.2, 7.8.3, 7.8.5, 7.8.8, 7.8.11, 8.8.1, 8.8.2
Grade Level	Lesson	Station	ODE Health Education (HE) Standards

Lesson 2: MyPlate Build Foods - Pass The MILK, YOGURT AND CHEESE, Please!

<p style="text-align: center;">Concept</p> <p>This station provides students with opportunities to learn and complete activities related to how physical activity and regular consumption of dairy and other calcium rich foods support both growth and healthy, active lifestyles.</p>	<p style="text-align: center;">Summary of Learning Targets</p> <ul style="list-style-type: none"> • Recognize that the MyPlate guide includes five food groups that are important for good health. • Determine dairy's key nutrients needed for good health and the appropriate daily serving amounts. • Choose what dairy foods can be incorporated into meals and snacks in order to achieve correct number of servings. • Describe the role dairy foods, and other calcium rich foods, play in building a strong skeleton. • Understand the importance of preventing low bone density through the diet. • Describe how physical activity is also an important component of building strong and healthy bones needed for a life time. • Develop a strategy to include more dairy and more movement into every day.
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Grade Level	Lesson	Station	ODE Health Education (HE) Standards
4th	2: Build Foods	Milk, Yogurt, & Cheese	1.4.1, 1.4.3, 1.4.4, 2.4.2, 2.4.4, 3.4.1, 3.4.2, 4.4.1, 4.4.2, 5.4.1, 5.4.2, 5.4.3, 6.4.1, 6.4.2, 7.4.1, 7.4.2, 7.4.3, 8.4.1, 8.4.2
5th	2: Build Foods	Milk, Yogurt, & Cheese	1.5.1, 1.5.3, 1.5.4, 1.5.5, 2.5.1, 2.5.2, 2.5.4, 3.5.1, 3.5.2, 4.5.1, 4.5.2, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 6.5.1, 6.5.2, 7.5.1, 7.5.2, 7.5.3, 8.5.1, 8.5.2,
6th	2: Build Foods	Milk, Yogurt, & Cheese	1.6.1, 1.6.4, 1.6.5, 1.6.7, 1.6.8, 1.6.12, 1.6.13, 1.6.14, 1.6.53, 2.6.1, 2.6.2, 2.6.4, 2.6.9, 2.6.10, 2.6.13, 2.6.17, 2.6.18, 3.6.1, 3.6.2, 3.6.3, 3.6.4, 3.6.5, 3.6.6, 4.6.1, 4.6.2, 5.6.1, 5.6.2, 5.6.3, 5.6.4, 5.6.6, 5.6.8, 6.6.1, 6.6.2, 6.6.3, 6.6.7, 6.6.8, 7.6.1, 7.6.2, 7.6.3, 7.6.5, 7.6.8, 7.6.10, 8.6.1, 8.6.2

7th	2: Build Foods	Milk, Yogurt, & Cheese	1.7.1, 1.7.4, 1.7.5, 1.7.8, 1.7.12, 1.7.13, 1.7.14, 1.7.56, 2.7.2, 2.7.4, 2.7.9, 2.7.10, 2.7.18, 3.7.1, 3.7.2, 3.7.3, 3.7.4, 3.7.5, 3.7.6, 4.7.1, 4.7.2, 5.7.1, 5.7.2, 5.7.3, 5.7.4, 5.7.6, 5.7.8, 6.7.1, 6.7.2, 6.7.3, 6.7.7, 6.7.8, 7.7.1, 7.7.2, 7.7.3, 7.7.5, 7.7.8, 7.7.11, 8.7.1, 8.7.2
8th	2: Build Foods	Milk, Yogurt, & Cheese	1.8.1, 1.8.4, 1.8.5, 1.8.8, 1.8.12, 1.8.13, 1.8.14, 1.8.59, 2.8.1, 2.8.2, 2.8.4, 2.8.9, 2.8.10, 2.8.17, 2.8.18, 3.8.1, 3.8.2, 3.8.3, 3.8.4, 3.8.5, 3.8.6, 4.8.1, 4.8.2, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.6, 5.8.8, 6.8.1, 6.8.2, 6.8.3, 6.8.7, 6.8.8, 7.8.1, 7.8.2, 7.8.3, 7.8.5, 7.8.8, 7.8.11, 8.8.1, 8.8.2
Grade Level	Lesson	Station	ODE Health Education (HE) Standards

Lesson 3: Winning the Balance Game - FOCUS ON FATS

Summary of Learning Targets

- Recognize that fats/oils are nutrients that are essential for a functional body and a healthy diet.
- Identify the health risks of overconsumption, particularly trans and saturated fats and their role in increasing risk for chronic diseases.
- List what foods and fats are often eaten in access.
- Determine which food sources contain healthy fats and which sources contain less healthy fats.
- Describe what empty calorie foods are.
- Recognize how eating a moderate intake of healthy fats can help sustain energy throughout the day.
- Understand the importance of developing healthy eating habits in childhood in order to impact a lifetime of good health.

Concept

This station provides students the ability to learn and complete activities related to healthy and less healthy fats and how this nutrient impacts chronic disease risk.

Grade Level	Lesson	Station	ODE Health Education (HE) Standards
4th	3: Winning the Balance Game	Fats	1.4.1, 1.4.3, 1.4.4, 2.4.2, 2.4.4, 3.4.1, 3.4.2, 4.4.1, 4.4.2, 5.4.1, 5.4.2, 5.4.3, 6.4.1, 6.4.2, 7.4.1, 7.4.2, 7.4.3, 8.4.1, 8.4.2
5th	3: Winning the Balance Game	Fats	1.5.1, 1.5.3, 1.5.4, 2.5.1, 2.5.2, 2.5.4, 3.5.1, 3.5.2, 4.5.1, 4.5.2, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 6.5.1, 6.5.2, 7.5.1, 7.5.2, 7.5.3, 8.5.1, 8.5.2

6th	3: Winning the Balance Game	Fats	1.6.1, 1.6.4, 1.6.8, 1.6.13, 1.6.14, 1.6.53, 2.6.1, 2.6.2, 2.6.4, 2.6.9, 2.6.10, 2.6.13, 2.6.18, 3.6.1, 3.6.2, 3.6.4, 3.6.5, 3.6.6, 4.6.1, 4.6.2, 5.6.1, 5.6.2, 5.6.3, 5.6.4, 5.6.6, 5.6.8, 6.6.1, 6.6.2, 6.6.3, 6.6.7, 6.6.8, 7.6.1, 7.6.2, 7.6.3, 7.6.5, 7.6.10, 8.6.1, 8.6.2
7th	3: Winning the Balance Game	Fats	1.7.1, 1.7.4, 1.7.8, 1.7.13, 1.7.14, 1.7.56, 2.7.1, 2.7.2, 2.7.4, 2.7.9, 2.7.10, 2.7.18, 3.7.1, 3.7.2, 3.7.4, 3.7.5, 3.7.6, 4.7.1, 4.7.2, 5.7.1, 5.7.2, 5.7.3, 5.7.4, 5.7.6, 5.7.8, 6.7.1, 6.7.2, 6.7.3, 6.7.7, 6.7.8, 7.7.1, 7.7.2, 7.7.3, 7.7.5, 7.7.11, 8.7.1, 8.7.2
8th	3: Winning the Balance Game	Fats	1.8.1, 1.8.4, 1.8.8, 1.8.13, 1.8.14, 1.8.59, 2.8.1, 2.8.2, 2.8.4, 2.8.9, 2.8.10, 2.8.18, 3.8.1, 3.8.2, 3.8.4, 3.8.5, 3.8.6, 4.8.1, 4.8.2, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.6, 5.8.8, 6.8.1, 6.8.2, 6.8.3, 6.8.7, 6.8.8, 7.8.1, 7.8.2, 7.8.3, 7.8.5, 7.8.11, 8.8.1, 8.8.2
Grade Level	Lesson	Station	ODE Health Education (HE) Standards

Lesson 3: Winning the Balance Game - **SUGARS**

<p>Concepts</p> <p>This station provides students with activities to understand the detrimental effects of too much sugar consumption, the ability to read beverage nutrition labels and how to make informed and healthier decisions regarding sugar intake.</p>			<p>Summary of Learning Targets</p> <ul style="list-style-type: none"> • Explain the difference between naturally occurring sugars and added sugars. • Determine what kind of beverages contain added sugars. • Identify hidden sources and quantities of sugars found in beverages. • Define empty calorie foods. • Explain why eating or drinking too much sugar contributes to poor health. • Recognize how eating a diet low in added sugars can help sustain energy throughout the day. • State the recommended daily intake of added sugar. • Understand food labels and become familiar with the different forms used to label sugar. • Use nutrition labels to compare the sugar and nutrient content in a variety of beverages and use this information to make informed choices about intake. • Understand the importance of developing healthy eating habits in childhood in order to impact a lifetime of good health.
Grade Level	Lesson	Station	ODE Health Education (HE) Standards
4th	3: Winning the Balance Game	Sugars	1.4.1, 1.4.3, 1.4.4, 2.4.2, 2.4.4, 3.4.1, 3.4.2, 4.4.1, 4.4.2, 5.4.1, 5.4.2, 5.4.3, 7.4.1, 7.4.2, 7.4.3, 8.4.1, 8.4.2
5th	3: Winning the Balance Game	Sugars	1.5.1, 1.5.3, 1.5.4, 2.5.1, 2.5.2, 2.5.4, 3.5.1, 3.5.2, 4.5.1, 4.5.2, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 7.5.1, 7.5.2, 7.5.3, 8.5.1, 8.5.2

6th	3: Winning the Balance Game	Sugars	1.6.1, 1.6.4, 1.6.8, 1.6.13, 1.6.14, 1.6.53, 2.6.1, 2.6.2, 2.6.4, 2.6.9, 2.6.10, 2.6.13, 2.6.18, 3.6.1, 3.6.2, 3.6.4, 3.6.5, 3.6.6, 4.6.1, 4.6.2, 5.6.1, 5.6.2, 5.6.3, 5.6.4, 5.6.6, 5.6.8, 6.6.2, 7.6.2, 7.6.5, 7.6.10, 8.6.1, 8.6.2
7th	3: Winning the Balance Game	Sugars	1.7.1, 1.7.4, 1.7.8, 1.7.13, 1.7.14, 1.7.56, 2.7.1, 2.7.2, 2.7.4, 2.7.9, 2.7.10, 2.7.18, 3.7.1, 3.7.2, 3.7.4, 3.7.5, 3.7.6, 4.7.1, 4.7.2, 5.7.1, 5.7.2, 5.7.3, 5.7.4, 5.7.6, 5.7.8, 6.7.2, 7.7.1, 7.7.2, 7.7.3, 7.7.5, 7.7.11, 8.7.1, 8.7.2
8th	3: Winning the Balance Game	Sugars	1.8.1, 1.8.4, 1.8.8, 1.8.13, 1.8.14, 1.8.59, 2.8.1, 2.8.2, 2.8.4, 2.8.9, 2.8.10, 2.8.18, 3.8.1, 3.8.2, 3.8.4, 3.8.5, 3.8.6, 4.8.1, 4.8.2, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.6, 5.8.8, 6.8.2, 7.8.1, 7.8.2, 7.8.3, 7.8.5, 7.8.11, 8.8.1, 8.8.2
Grade Level	Lesson	Station	ODE Health Education (HE) Standards

Lesson 3: Winning the Balance Game -**AD BUSTER!**

<p style="text-align: center;">Concepts</p> <p>This station provides activities to increase the awareness needed to recognize the misleading techniques and claims Food Ads use to convey less healthy food items as healthier choices.</p>			<p style="text-align: center;">Summary of Learning Targets</p> <ul style="list-style-type: none"> • Compare the sugar and nutrient content in a variety of beverages and use this information to make informed choices about beverage intake. • List key words that Food Ads often use to make their foods appear more nutritious than in reality. • Define empty calorie foods. • Analyze food labels to make informed decisions. • Understand that Food Ads often use emotion and feelings to grab the viewers' attention. • Develop media literacy skills by employing critical thinking when evaluating hypothetical food and beverage advertisements. • Develop a strategy for choosing a balanced diet with adequate foods from the five major food groups.
Grade Level	Lesson	Station	ODE Health Education (HE) Standards
4th	3: Winning the Balance Game	Evaluating Food Ads	1.4.1, 1.4.3, 1.4.4, 2.4.1, 2.4.2, 2.4.3, 2.4.4, 3.4.1, 3.4.2, 4.4.1, 4.4.2, 5.4.1, 5.4.2, 5.4.3, 6.4.1, 6.4.2, 7.4.1, 7.4.2, 7.4.3, 8.4.1, 8.4.2
5th	3: Winning the Balance Game	Evaluating Food Ads	1.5.1, 1.5.3, 1.5.4, 2.5.1, 2.5.2, 2.5.3, 2.5.4, 3.5.1, 3.5.2, 4.5.1, 4.5.2, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 6.5.1, 6.5.2, 7.5.1, 7.5.2, 7.5.3, 8.5.1, 8.5.2

6th	3: Winning the Balance Game	Evaluating Food Ads	1.6.1, 1.6.4, 1.6.8, 1.6.13, 1.6.14, 1.6.53, 2.6.1, 2.6.2, 2.6.3, 2.6.4, 2.6.9, 2.6.10, 2.6.13, 2.6.18, 3.6.1, 3.6.2, 3.6.4, 3.6.5, 3.6.6, 4.6.1, 4.6.2, 5.6.1, 5.6.2, 5.6.3, 5.6.4, 5.6.6, 5.6.8, 6.6.1, 6.6.2, 6.6.3, 6.6.8, 7.6.1, 7.6.2, 7.6.3, 7.6.5, 7.6.10, 8.6.1, 8.6.2
7th	3: Winning the Balance Game	Evaluating Food Ads	1.7.1, 1.7.4, 1.7.8, 1.7.13, 1.7.14, 1.7.56, 2.7.1, 2.7.2, 2.7.3, 2.7.4, 2.7.9, 2.7.10, 2.7.13, 2.7.18, 3.7.1, 3.7.2, 3.7.4, 3.7.5, 3.7.6, 4.7.1, 4.7.2, 5.7.1, 5.7.2, 5.7.3, 5.7.4, 5.7.6, 5.7.8, 6.7.1, 6.7.2, 6.7.3, 6.7.7, 6.7.8, 7.7.1, 7.7.2, 7.7.3, 7.7.5, 7.7.11, 8.7.1, 8.7.2
8th	3: Winning the Balance Game	Evaluating Food Ads	1.8.1, 1.8.4, 1.8.8, 1.8.13, 1.8.14, 1.8.59, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 2.8.9, 2.8.10, 2.8.18, 3.8.1, 3.8.2, 3.8.4, 3.8.5, 3.8.6, 4.8.1, 4.8.2, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.6, 5.8.8, 6.8.1, 6.8.2, 6.8.3, 6.8.7, 6.8.8, 7.8.1, 7.8.2, 7.8.3, 7.8.5, 7.8.11, 8.8.1, 8.8.2
Grade Level	Lesson	Station	ODE Health Education (HE) Standards

Lesson 3: Winning the Balance Game -
ARE YOU BALANCING YOUR PORTIONS?

<p style="text-align: center;">Concepts</p> <p>This station's activities increases discernment of serving sizes on food labels and uses standard measures to help visualize correct serving sizes.</p>			<p style="text-align: center;">Summary of Learning Targets</p> <ul style="list-style-type: none"> • Explain the difference between a "portion" and a "standard" serving of a food. • Measure out different serving sizes of different foods in order to tangibly see serving on a plate. • Understand the importance of portion control, especially when eating empty calorie foods. • Develop media literacy skills by employing critical thinking when evaluating hypothetical food and beverage advertisements. • Recognize that the MyPlate guide includes five food groups that are important for good health. • Identify portion sizes consistent with the serving sizes suggested by the MyPlate food guidance system. • Develop a strategy for choosing a balanced diet with adequate foods from the five major food groups and appropriate serving sizes needed.
Grade Level	Lesson	Station	ODE Health Education (HE) Standards
4th	3: Winning the Balance Game	Identifying Portion Sizes	1.4.1, 1.4.3, 1.4.4, 2.4.1, 2.4.2, 2.4.3, 2.4.4, 3.4.1, 3.4.2, 4.4.1, 4.4.2, 5.4.1, 5.4.2, 5.4.3, 6.4.1, 6.4.2, 7.4.1, 7.4.2, 7.4.3, 8.4.1, 8.4.2
5th	3: Winning the Balance Game	Identifying Portion Sizes	1.5.1, 1.5.3, 1.5.4, 2.5.1, 2.5.2, 2.5.3, 2.5.4, 3.5.1, 3.5.2, 4.5.1, 4.5.2, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 6.5.1, 6.5.2, 7.5.1, 7.5.2, 7.5.3, 8.5.1, 8.5.2

6th	3: Winning the Balance Game	Identifying Portion Sizes	1.6.1, 1.6.4, 1.6.8, 1.6.13, 1.6.14, 1.6.53, 2.6.1, 2.6.2, 2.6.3, 2.6.4, 2.6.9, 2.6.10, 2.6.13, 2.6.14, 2.6.18, 3.6.1, 3.6.2, 3.6.4, 3.6.5, 3.6.6, 4.6.1, 4.6.2, 5.6.1, 5.6.2, 5.6.3, 5.6.4, 5.6.6, 5.6.8, 6.6.1, 6.6.2, 6.6.3, 6.6.7, 6.6.8, 7.6.1, 7.6.2, 7.6.3, 7.6.5, 7.6.10, 8.6.1, 8.6.2
7th	3: Winning the Balance Game	Identifying Portion Sizes	1.7.1, 1.7.4, 1.7.8, 1.7.13, 1.7.14, 2.7.1, 2.7.2, 2.7.3, 2.7.4, 2.7.9, 2.7.10, 2.7.13, 2.7.14, 2.7.18, 3.7.1, 3.7.2, 3.7.4, 3.7.5, 3.7.6, 4.7.1, 4.7.2, 5.7.1, 5.7.2, 5.7.3, 5.7.4, 5.7.6, 5.7.8, 6.7.1, 6.7.2, 6.7.3, 6.7.7, 6.7.8, 7.7.1, 7.7.2, 7.7.3, 7.7.5, 7.7.11, 8.7.1, 8.7.2
8th	3: Winning the Balance Game	Identifying Portion Sizes	1.8.1, 1.8.4, 1.8.8, 1.8.13, 1.8.14, 1.8.59, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 2.8.9, 2.8.10, 2.8.18, 3.8.1, 3.8.2, 3.8.4, 3.8.5, 3.8.6, 4.8.1, 4.8.2, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.6, 5.8.8, 6.8.1, 6.8.2, 6.8.3, 6.8.7, 6.8.8, 7.8.1, 7.8.2, 7.8.3, 7.8.5, 7.8.11, 8.8.1, 8.8.2
Grade Level	Lesson	Station	ODE Health Education (HE) Standards

Lesson 4: Taking Charge of Your Choices - FITTING IN FAMILY & SHARED MEALS

Summary of Learning Targets

- Describe at least three advantages of shared meals with friends and family.
- Relate shared and families meals to overall health.
- Learn the important aspects of sharing a meal: cooking, eating, and talking together.
- Understand how planning meals ahead can help improve eating habits.
- Identify the characteristics of healthy meals and snacks, i.e. a variety of food groups, balanced portions, and moderation of fat, sugar and sodium intake.
- Implement the skills that lead to the attainment of healthy eating habits.
- Develop a strategy for choosing 3 balanced and complete meals.

Concept

This station provides students the ability to learn and complete activities that reveal the important social and health benefits of regularly sharing meals with others.

Grade Level	Lesson	Station	ODE Health Education (HE) Standards
4th	4: Taking Charge of Your Choices	Fitting in Family Meals	1.4.1, 1.4.2, 1.4.3, 1.4.4, 2.4.2, 2.4.4, 3.4.1, 3.4.2, 4.4.1, 4.4.2, 5.4.1, 5.4.2, 5.4.3, 7.4.1, 7.4.2, 7.4.3, 8.4.1, 8.4.2
5th	4: Taking Charge of Your Choices	Fitting in Family Meals	1.5.1, 1.5.2, 1.5.3, 1.5.4, 2.5.1, 2.5.2, 2.5.4, 3.5.1, 3.5.2, 4.5.1, 4.5.2, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 7.5.1, 7.5.2, 7.5.3, 8.5.1, 8.5.2

6th	4: Taking Charge of Your Choices	Fitting in Family Meals	1.6.1, 1.6.3, 1.6.4, 1.6.8, 1.6.13, 1.6.53, 2.6.1, 2.6.2, 2.6.4, 2.6.9, 2.6.10, 2.6.13, 2.6.14, 2.6.18, 3.6.1, 3.6.2, 3.6.4, 3.6.5, 3.6.6, 4.6.1, 4.6.2, 5.6.1, 5.6.2, 5.6.3, 5.6.4, 5.6.6, 5.6.8, 6.6.2, 7.6.1, 7.6.2, 7.6.3, 7.6.5, 7.6.10, 8.6.1, 8.6.2
7th	4: Taking Charge of Your Choices	Fitting in Family Meals	1.7.1, 1.7.3, 1.7.4, 1.7.8, 1.7.13, 1.7.56, 2.7.1, 2.7.2, 2.7.4, 2.7.9, 2.7.10, 2.7.15, 2.7.18, 3.7.1, 3.7.2, 3.7.4, 3.7.5, 3.7.6, 4.7.1, 4.7.2, 5.7.1, 5.7.2, 5.7.3, 5.7.4, 5.7.6, 5.7.8, 6.7.1, 6.7.2, 6.7.3, 6.7.7, 6.7.8, 7.7.1, 7.7.2, 7.7.3, 7.7.5, 7.7.11, 8.7.1, 8.7.2
8th	4: Taking Charge of Your Choices	Fitting in Family Meals	1.8.1, 1.8.3, 1.8.4, 1.8.8, 1.8.13, 1.8.59, 2.8.1, 2.8.2, 2.8.4, 2.8.9, 2.8.10, 2.8.15, 3.8.1, 3.8.2, 3.8.4, 3.8.5, 3.8.6, 4.8.1, 4.8.2, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.6, 5.8.8, 6.8.1, 6.8.2, 6.8.3, 6.8.7, 6.8.8, 7.8.1, 7.8.2, 7.8.3, 7.8.5, 7.8.11, 8.8.1, 8.8.2
Grade Level	Lesson	Station	ODE Health Education (HE) Standards

Lesson 4: Taking Charge of Your Choices - **SNACKING SUCCESS**

Concept

This station provides students with activities to better understand the importance eating nutritious and balanced snacks.

Summary of Learning Targets

- Identify the characteristics of healthy meals and snacks, i.e. a variety of food groups, balanced portions, and moderation in fat, sugar and sodium intake.
- Understand that healthy snacks mirror balanced meals, but in smaller quantities.
- List snacks that can be eaten on-the-go.
- Identify the best beverages for healthy snacks.
- Recognize the vast options for healthy snack foods that can be stocked in the kitchen.
- Plan at least three balanced snacks that have a fruit or vegetable and an item that is either a dairy, protein or whole grain food group.

Grade Level	Lesson	Station	ODE Health Education (HE) Standards
4th	4: Taking Charge of Your Choices	Snacking Success	1.4.1, 1.4.3, 2.4.2, 2.4.4, 3.4.1, 3.4.2, 4.4.1, 4.4.2, 5.4.1, 5.4.2, 5.4.3, 7.4.1, 7.4.2, 7.4.3, 8.4.1, 8.4.2
5th	4: Taking Charge of Your Choices	Snacking Success	1.5.1, 1.5.3, 2.5.1, 2.5.2, 2.5.4, 3.5.1, 3.5.2, 4.5.1, 4.5.2, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 7.5.1, 7.5.2, 7.5.3, 8.5.1, 8.5.2
6th	4: Taking Charge of Your Choices	Snacking Success	1.6.1, 1.6.4, 1.6.8, 1.6.13, 1.6.53, 2.6.1, 2.6.2, 2.6.4, 2.6.9, 2.6.13, 2.6.14, 2.6.18, 3.6.1, 3.6.2, 3.6.5, 3.6.6, 4.6.1, 4.6.2, 5.6.1, 5.6.2, 5.6.3, 5.6.4, 5.6.6, 5.6.8, 6.6.2, 7.6.1, 7.6.2, 7.6.3, 7.6.5, 7.6.10, 8.6.1, 8.6.2

7th	4: Taking Charge of Your Choices	Snacking Success	1.7.1, 1.7.4, 1.7.8, 1.7.13, 1.7.56, 2.7.1, 2.7.2, 2.7.4, 2.7.9, 2.7.10, 2.7.18, 3.7.1, 3.7.2, 3.7.5, 3.7.6, 4.7.1, 4.7.2, 5.7.1, 5.7.2, 5.7.3, 5.7.4, 5.7.6, 5.7.8, 6.7.1, 6.7.2, 6.7.3, 6.7.8, 7.7.1, 7.7.2, 7.7.3, 7.7.5, 7.7.11, 8.7.1, 8.7.2
8th	4: Taking Charge of Your Choices	Snacking Success	1.8.1, 1.8.4, 1.8.8, 1.8.13, 1.8.59, 2.8.1, 2.8.2, 2.8.4, 2.8.9, 3.8.1, 3.8.2, 3.8.5, 3.8.6, 4.8.1, 4.8.2, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.6, 5.8.8, 6.8.1, 6.8.2, 6.8.3, 6.8.8, 7.8.1, 7.8.2, 7.8.3, 7.8.5, 7.8.11, 8.8.1, 8.8.2
Grade Level	Lesson	Station	ODE Health Education (HE) Standards

Lesson 4: Taking Charge of Your Choices - MAKING DINING DECISIONS & FOOD IN-A-BOX CAFÉ

Summary of Learning Targets

- Use principles gained from previous lessons and stations. Learn to make healthy choices at restaurants.
- Identify menu items that are cooked or prepared in healthy ways.
- Describe a strategy to avoid overeating.
- Locate nutrition information online about food items.
- Discern what foods are whole grain options.
- Discern foods high in unhealthy fats.
- List healthy beverages.
- Plan a meal with at least 4 different food groups.
- Plan a meal with specific nutrient criteria.

Concept

This station challenges students to incorporate the nutrition principles learned throughout all the lessons in order to make healthier food choices when eating out at restaurants.

Grade Level	Lesson	Station	ODE Health Education (HE) Standards
4th	4: Taking Charge of Your Choices	Dining Decisions	1.4.1, 1.4.3, 2.4.1, 2.4.2, 2.4.4, 3.4.1, 3.4.2, 4.4.1, 4.4.2, 5.4.1, 5.4.2, 5.4.3, 6.4.1, 6.4.2, 7.4.1, 7.4.2, 7.4.3, 8.4.1, 8.4.2
5th	4: Taking Charge of Your Choices	Dining Decisions	1.5.1, 1.5.3, 2.5.1, 2.5.2, 2.5.4, 3.5.1, 3.5.2, 4.5.1, 4.5.2, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 6.5.1, 6.5.2, 7.5.1, 7.5.2, 7.5.3, 8.5.1, 8.5.2
6th	4: Taking Charge of Your Choices	Dining Decisions	1.6.1, 1.6.4, 1.6.8, 1.6.13, 1.6.53, 2.6.1, 2.6.2, 2.6.4, 2.6.9, 2.6.10, 2.6.13, 2.6.14, 2.6.18, 3.6.1, 3.6.2, 3.6.5, 3.6.6, 4.6.1, 4.6.2, 5.6.1, 5.6.2, 5.6.3, 5.6.4, 5.6.6, 5.6.8, 6.6.1, 6.6.2, 6.6.3, 6.6.7, 6.6.8, 7.6.1, 7.6.2, 7.6.3, 7.6.5, 7.6.10, 8.6.1, 8.6.2
7th	4: Taking Charge of Your Choices	Dining Decisions	1.7.1, 1.7.4, 1.7.8, 1.7.13, 1.7.56, 2.7.1, 2.7.2, 2.7.3, 2.7.4, 2.7.9, 2.7.10, 2.7.18, 3.7.1, 3.7.2, 3.7.5, 3.7.6, 4.7.1, 4.7.2, 5.7.1, 5.7.2, 5.7.3, 5.7.4, 5.7.6, 5.7.8, 6.7.1, 6.7.2, 6.7.3, 6.7.7, 6.7.8, 7.7.1, 7.7.2, 7.7.3, 7.7.5, 7.7.11, 8.7.1, 8.7.2
8th	4: Taking Charge of Your Choices	Dining Decisions	1.8.1, 1.8.4, 1.8.8, 1.8.13, 1.8.59, 2.8.1, 2.8.2, 2.8.4, 2.8.9, 2.8.10, 3.8.1, 3.8.2, 3.8.5, 3.8.6, 4.8.1, 4.8.2, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.6, 5.8.8, 6.8.1, 6.8.2, 6.8.3, 6.8.7, 6.8.8, 7.8.1, 7.8.2, 7.8.3, 7.8.5, 7.8.11, 8.8.1, 8.8.2

Grade Level	Lesson	Station	ODE Health Education (HE) Standards
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