



**FITNESS CURRICULUM  
LESSON PLAN 6**



## Lesson 6- Natural vs. Processed Food

Primary Subject: Health

Objectives:

- Understand the difference between natural and processed foods
- Understand how certain foods effect our energy levels

Materials:

- Worksheet with two columns: one labeled "foods that give us energy", and the other "foods that zap our energy"
  - need 2 copies of this worksheet for each student
- .Ziplock bags filled with pictures of different food items such as:
  - leafy greens, nuts, chicken, salmon, eggs, bananas, apples, low fat yogurt, hummus, beans, avocado, peanut butter, candy, lucky charms, white bread, fruit roll up, rice krispie treat, potato chips, soda, cupcakes, fruit juice
  - one for every couple of students

Introduction:

Anticipatory Set :

- As a class, come up with definitions for natural and processed foods
- Have students write down one example of a natural food and one example of a processed food. Share as a class

### NATURAL FOODS

- Come directly from an animal, tree or plant
- Not many ingredients
- No chemicals or additives:
- No nutrients have been lost to processing.

### PROCESSED FOODS

- Labeled with a long list of ingredients
- Often pre-cooked
- Contains additives and chemicals
- Hard to tell what the food is made of and where it comes from
- Frequently heavily advertised

Major Instructional Sequence:

- Procedure
  - Give each student a bag filled with pictures of different food items, and a work sheet with two columns: one for foods that give us energy, and one for foods that zap our energy.
  - Ask students to sort food items in the bag into these two categories, and write down results on the worksheet.
- Ask the students:
  - How did you make your decisions?



- Do you see any similarities among the items in each category
  - **Foods that give you energy:** leafy greens, nuts, chicken, salmon, eggs, whole grains, bananas, apple, low fat yogurt, hummus, beans, avocado, peanut butter
  - **Foods that zap your energy:** candy, lucky charms, white bread, fruit roll up, rice krispie treat, potato chips, soda, cupcakes, fruit juice

Concluding Sequence:

1. What do you do that you need energy for?
2. Does this mean you can never eat foods that zap your energy?
  - No, but you shouldn't JUST eat these foods. You should find a balance.

Background:

Students need to understand the difference between processed and natural foods. This lesson will show them that eating some processed foods is acceptable but a healthy diet should consist of mostly natural foods.

Vocabulary:

Processed: A series of chemical operations done to something in order to change or preserve it.

Natural: Existing in or caused by nature; not made or caused by humans.

