

Be a Food Groupie

4th grade

60 minute Classroom Program \$7 Per Child

Everyone eats—but why? This program explains the purpose of food and eating and consequently why all food choices are NOT created equally. Equip yourself with “smart-food-know-how” on choosing whole grains, reading food labels, and avoiding portion distortion. Through multiple “interactivities” and demonstrations, kids will have a great time increasing their food I.Q’s.

Two hour Field Trip Experience includes:

Classroom Program, Fun-tastic Exhibit Floor, and Interactive Brain Theater

BE A FOOD GROUPIE meets the following Mississippi State Health Competencies:

Mississippi State Health Competencies

Competency 1:

Comprehend concepts related to health promotion and disease prevention to enhance health. (PH, N) NHES 1

Sub-Competencies:

- Identify the relationship between health behaviors and individual well-being.
- Identify and discuss serving sizes as recommended by the Food and Drug Administration (FDA).

Competency 3:

Demonstrate the ability to access valid health information and products and services to enhance health. (CH) NHES 3

Sub-Competencies:

- Distinguish between fact and opinion in health information.

Competency 5:

Demonstrate the ability to use decision-making skills to enhance health. (N, PH, H) NHES 5

Sub-Competencies:

- Identify factors that influence decision-making.
- Apply a decision-making process to address personal health issues and problems.

(continued)

State Health Competencies (continued)

Competency 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (PH) NHES 7

Sub-Competencies:

- Compare various factors influencing health.

Competency 8: Understand the importance of demonstrating the ability to advocate for personal, family, and community health. (PH, F) NHES

Sub-Competencies:

- Demonstrate healthy choices outside the school environment.

Mississippi Department of Education Contemporary Health (K-8) Content Strands/Topics:

Personal Health and Consumer Health (PH) (CH)

Mental Health (M)

Family/Social Health (F)

Human Growth and Development (H)

Disease Prevention and Control (D)

Nutrition and Fitness (N)

Substance Abuse Prevention (SA)

Community and Environmental Health (C)

Safety and First Aid (S)

National Health Education Standards (NHES)