

Be a Food Groupie

5th 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:

- Describe how participation in physical activity affects the body.
- Distinguish between healthy and unhealthy snacks.

Competency 2:

Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. NHES 2

Sub-Competencies:

- Analyze ways in which the media influences buying decisions regarding health products, medicine, and food.

Competency 3:

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

Sub-Competencies:

- Identify and discuss the use and impact of health products (e.g., sunscreen, toothpaste).

(continued)

State Health Competencies (continued)

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

Sub-Competencies:

- Explore the characteristics of habits and how habits affect personal health.

Competency 6: Demonstrate the ability to use goal-setting skills to enhance health. (N, PH, H) NHES 6

Sub-Competencies:

- Identify health goals and evaluate strategies/skills for attaining personal health goals.

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

Sub-Competencies:

- Examine health and fitness assessments and their role in developing a plan for lifelong fitness.

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

Sub-Competencies:

- Develop strategies to encourage and influence others in making healthy choices (e.g., healthy food choices, abstaining from alcohol, tobacco, and illegal drug use).

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

Personal Health and Consumer Health (PH,CH) Nutrition and Fitness (N)

Mental Health (M) Substance Abuse Prevention (SA)

Family/Social Health (F) Community and Environmental Health (C)

Human Growth and Development (H) Safety and First Aid (S)

Disease Prevention and Control (D) National Health Education Standards (NHES)