

Table of Contents

Introduction to Case Studies

Introduction Video
Interview with The Mayor - Graphic Comic
Review of Metabolic News Articles
 National News: Increasing Weight and Young People: Are we Headed for
 Disaster?
 Town Delays Building New Fast Food Restaurant
 Nutrition Factory Op-Ed
 Budget Cuts Make Nutrition and Physical Education Difficult to Provide
Newspaper Review Quiz
Neighborhood interviews
 The Brickstones
 The Villages
 The Heights
Neighborhood interview Quiz

Case Study #1 - Macronutrients

Pre-lesson Quiz
Introducing the Problem - Garcia Letter
Introduction to Macronutrients - Video
Carbs, Proteins, and Fats - Mindmap Video
Fiber - Video
Fiber Recap
Macronutrient Quiz
Sugar! - Video
Refined vs Natural Infographic
Energy Balance Beam
Traffic Light Eating - Video
Traffic Light Eating Recap
Solving the Problem - Online Activity
Case Study 1 Wrap-Up
Quiz

In the Nutrition Factory For Case Study #1

Materials For Instructors:

- Fat and Your Diet - Lesson Plan
- Traffic Light Eating - Activity
- List of Traffic Light Foods
- School Lunch Survey - Activity

Supplemental Activities for Students Who Wish to Go Deeper:

- Carbs in Depth
- Fats in Depth
- Fiber in Depth
- Protein in Depth

Mini-Intervention

- A Week of Healthy Lunches
- Photo or Video Essay
- Meet the Expert

Slide Presentation PDFs and Graphics

- Carbs Presentation - Slides
- Fiber Presentation - Slides
- Traffic Light Eating Presentation - Slides

Materials For Students:

- Fat and Your Diet - Lesson
- Traffic Light Eating - Activity
- List of Traffic Light Foods
- School Lunch Survey - Activity

Supplemental Activities for Students Who Wish to Go Deeper:

- Carbs in Depth
- Fats in Depth
- Fiber in Depth
- Protein in Depth

Mini-Interventions/Group Projects:

- A Week of Healthy Lunches
- Photo or Video Essay
- Meet the Expert

Case Study #2 - Micronutrients & Fitness

Pre-lesson Quiz

Introducing the Problem

About Micronutrients

Micronutrients

Micronutrients Recap

Micronutrients Quiz

Food Labels - Prezi/Video

Food Labels Recap

Food Labels Quiz

Fitness

Fitness Quiz

Final Quiz

Metabolic Magic Minute Podcast

In the Nutrition Factory For Case Study #2

Materials For Instructors:

- Five a Day the Color Way - Lesson Plan
- Food Label Fun - Lesson Plan
- Food Allergy - Lesson Plan
- Food Intolerance - Lesson Plan

Supplemental Activities for Students Who Wish to Go Deeper:

- Micronutrients in Depth
- Micronutrients Table

Mini-Intervention/Group Projects:

- Dinners to Go
- Food Fair
- Healthy Living Brochure
- Healthy Cookbook for Kids in the Know
- Partners in Food and Fitness
- Photo or Video Essay
- Meet the Expert

Slide Presentation PDFs and Graphics

- Food Labels Presentation - Slides
- Micronutrients Presentation - Slides
- Nutrient Deficiency Presentation - Slides
- 100% Juice Label - Graphic
- Benefits of Physical Activity - Graphic
- Physical Fitness Infographic - Graphic
- Phytonutrients - Graphic
- Salty - Graphic

Materials For Students:

- Five a Day the Color Way - Lesson
- Food Label Fun - Lesson
- Food Allergy - Lesson
- Food Intolerance - Lesson

Supplemental Activities for Students Who Wish to Go Deeper:

- Micronutrients in Depth
- Micronutrients Table

Mini-Intervention/Group Projects:

- Dinners to Go
- Food Fair
- Healthy Living Brochure
- Healthy Cookbook for Kids in the Know
- Partners in Food and Fitness
- Photo or Video Essay
- Meet the Expert

Case Study #3 - Creating Healthy Habits

Pre-lesson Quiz

Creating Healthy Habits - Comic

Building Exercise Habits - Comic and Video

Fitness and Brain Health Quiz
Nutrition and Brain Health - Prezi/Video
Healthy Snacking - Video
The Truth About Fast Food
Hidden Salt, Hidden Sugar
Hidden Salt, Hidden Sugar Quiz
But It Tastes So Good
But It Tastes So Good Quiz
Healthy Meal Substitutions
Healthy Meal Substitutions Quiz
Nutrition and Brain Health Recap
Nutrition and Brain Health Quiz
Conclusion/Epilogue
Case Study #3 Final Quiz
Goal-Setting Activity
Quizzes and Wrap-up

In the Nutrition Factory For Case Study #3

Materials for Teachers:

- Energy Balance Beam - Lesson Plan
- Let's Get Physical - Lesson Plan
- Fact or Fiction Trivia - Activity
- Mindful Eating - Activity
- Goal Setting Sheet Examples
- Goal Setting Sheet Blank
- Diabetes - Lesson Plan

Supplemental Activities for Students Who Wish to Go Deeper:

- Nutrition and Brain Health in Depth

Mini-Intervention/Group Projects:

- Healthy Living Brochure
- Healthy Cookbook for Kids in the Know
- Partners in Food and Fitness
- All-Out Ad Campaign
- Fitness Theatrics
- Photo or Video Essay
- Meet the Expert

Slide Presentation PDFs and Graphics

- Nutrition and Brain Health Presentation - Slides

Materials For Students:

- Energy Balance Beam - Lesson
- Let's Get Physical - Lesson
- Fact or Fiction Trivia - Activity
- Mindful Eating - Activity
- Goal Setting Sheet Examples
- Goal Setting Sheet Blank
- Diabetes - Lesson

Supplemental Activities for Students Who Wish to Go Deeper:

- Nutrition and Brain Health in Depth

Mini-Intervention/Group Projects:

- Healthy Living Brochure
- Healthy Cookbook for Kids in the Know
- Partners in Food and Fitness
- All-Out Ad Campaign
- Fitness Theatrics
- Photo or Video Essay
- Meet the Expert

Case Study #4 - Community Garden Projects

Introduction

Pre-lesson Quiz

Food Justice - Text, Story, Vocab

Food Justice Quiz

Community Garden Mini-Documentary

Brainstorming and Planning with Mind Maps

The Story of My Food

The Story of My Food Recap

The Story of My Food Quiz

Epilogue: Community Garden Project

In the Nutrition Factory for Case Study #4

Materials For Instructors:

- Story of My Food - Lesson Plan
- Food and Culture - Lesson Plan
- Breakfast Around the World - Activity

Supplemental Activities for Students Who Wish to Go Deeper:

- Food and Culture In Depth

Mini-Intervention/Group Projects:

- All-Out Ad Campaign
- Fitness Theatrics
- Map Quest
- Closing the Loop
- Photo or Video Essay
- Meet the Expert

Slide Presentation PDFs and Graphics

- Story of My Food Presentation - Slides

Materials For Students:

- Story of My Food - Lesson
- Breakfast Around the World - Activity

Supplemental Activities for Students Who Wish to Go Deeper:

- Food and Culture In Depth

Mini-Intervention/Group Projects:

- All-Out Ad Campaign
 - Fitness Theatrics
 - Map Quest
 - Closing the Loop
 - Photo or Video Essay
 - Meet the Expert
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