

# Growing Fields:

## Your Future in Food

A Career-Focused Initiative of Raising Nebraska

### Educational Standards

- PE.5.3.4 Communicates the importance of health-related fitness components and nutrition for physical activity.
- PE.5.3.4.c Analyzes the impact of food choices for physical activity, youth sports, and personal health.

### National Health Standards:

- 1.8.1 Analyze the relationship between healthy behaviors and personal health.
- 5.5.5 Choose a healthy option when making a decision.
- 5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.

## Activity 1: Building a Strong & Healthy 'Machine'

Building and maintaining a healthy body is a lot like building a car.

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- Q: If I wanted to build a strong car, what would I need to start?  
A: I would need a sturdy frame made out of strong metal.

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- Q: What is the 'frame' for your body?  
A: Your bones--your skeleton--give your body shape and protect your organs.  
Calcium in the Dairy group helps to build strong bones and teeth.

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- Q: What foods are in the Dairy Group?  
A: Milk, yogurt and cheese are in the Dairy Group. You should eat three portions from the Dairy Group every day. And, try to choose low-fat and fat-free milk or yogurt more often.

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- Q: What foods do Nebraska farmers produce to help us get dairy?  
A: Nebraska dairies produce milk to drink and to make into cheese and yogurt.

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- Q: Once a strong frame is built, what is the next thing needed to build a good car?  
A: Parts are needed: engine, tires, steering wheel, etc.

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- Q: Once you have a strong skeleton, what is the next thing added to finish building a body?  
A: Muscles and organs like heart, lungs, brain, skin...  
The protein group provides the building blocks to grow strong muscles and healthy organs.

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- Q: What foods are in the Protein Group?  
A: Beef, pork, poultry, eggs, fish and dried beans are in the Protein Group.  
You should eat two 2 ½ - 3 ounce portions from the Protein group twice a day.  
When you choose protein foods, try to eat different kinds so you get a variety.



## Activity 1: Building a Strong & Healthy 'Machine' (continued)

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### Q: What do Nebraska farmers produce to help us get protein?

A: Nebraska Farmers raise:

- Beef for steaks, roasts and ground meats
  - Pork for ham, chops, bacon, sausages and other ground meats
  - Poultry/chickens for eggs and meat
  - Sheep and goats
  - Fish
  - Dried beans
  - Soybeans
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### Q: Once a strong car is built, what is needed to make it run right?

A: Chemicals like oil, brake fluid, anti-freeze ...

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### Q: What does our body need to keep everything working correctly?

A: We need vitamins and minerals. For example:

- Vitamin A from carrots helps our eyes and skin.
  - Vitamin C helps protect our bodies from serious illnesses.
  - Iron helps our blood carry oxygen throughout the body.
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We get vitamins and minerals from all of the food groups but the groups that give us the kinds of vitamins that really protect our bodies and keep us from getting very sick are the Fruit and Vegetable groups.

Fruits and vegetables are so important that you should fill half of your plate with foods from these groups:

- Eat three portions from the Fruit Group every day. Focus on eating whole fruit instead of juice.
  - Eat five portions from the Vegetable Group. Vary your vegetables so you get different kinds of vitamins and minerals.
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### Q: What do Nebraska farmers raise to help us get fruits and vegetables?

A: **Fruits**

- Tree fruits – apples, pears, peaches
- Berries
- Melons

**Vegetables**

- Potatoes
- Tomatoes
- Peppers
- Cucumbers
- Pumpkins
- Squash
- Onions
- Cabbage
- Sweet Corn

## Activity 1: Building a Strong & Healthy 'Machine' (continued)

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**Q: Finally, once we have built a strong car, what do we need to add before we can drive it away?**

A: Gas...fuel.

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**Q: Your body needs energy, too. What food group gives you energy?**

A: You get energy from different foods but the group that gives you energy that is the easiest for your body to use is the Grain Group. You should eat from the Grain Group 4-6 times every day. Half of the foods you eat from the Grain Group should be made from 'whole' grains.

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**Q: What foods are in the Grain Group?**

A: Any foods made from grains like wheat:

- Baked goods like breads and pancakes/waffles
- Pasta like spaghetti, noodles and macaroni
- Foods made from rice, barley, oats, corn, etc.

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**Q: What do Nebraska farmers raise to help us get foods made from grains?**

A: Wheat, Corn, Popcorn, Grain Sorghum, Proso millet

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## Activity 2: 'Menu Mystery'

**REVIEW:** We need many different kinds of foods every day to keep our bodies strong and healthy: (Show appropriate food models to demonstration portion size)

- Dairy -- 3 portions daily
  - Protein -- 2 portions daily
  - Fruit -- 3 portions daily
  - Vegetables -- 5 portions daily
  - Grains -- 4-6 portions daily
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**Q:** If we need to eat all of these foods in one day, what is a good rule to keep in mind when choosing foods at mealtime?

A: Include one food from every group in most meals.

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### PRACTICE 1:

Use the **Digital Dining Table** to demonstrate selecting a meal that contains a food from every group.

- Touch and drag food images from the left side of screen onto the plate.
  - To check for accuracy, click 'next'. Icons will appear to indicate the correct food group for each image.
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### PRACTICE 2:

**'What's Missing?' Worksheet**

- To test learner mastery of the concept, review sample menus on the 'What's Missing' worksheet to identify missing food groups.

Activity 2: 'Menu Mystery' (continued)

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## PRACTICE 3:

### 'Deal a Meal' Card Game

- To encourage students to recognize and choose foods from different groups, play several rounds of 'Deal a Meal':

**OBJECT OF THE GAME:** To acquire one card from each food group.

**RULES:** Play like 'Go Fish'

The first player to hold one food from every group wins.

### VARIATIONS:

Round 1: To get acquainted with the game, have learners practice getting one card from every group.

Round 2: Have learners practice drawing cards to create a breakfast.

Round 3: Have learners practice drawing cards to create a noon meal.

Round 4: Have learners practice drawing cards to create an evening meal.

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Q: Even if we eat one food from every group at every meal, we still can't fit all of the foods into three meals. What else should we do to get all the foods we need?

- A:
- Eat more than one food per meal...such as both a salad and a vegetable.
  - **Choose healthy foods at snack time to get the extras.**