



GRADE 4

Farm to School Lesson

Topic:	Our Personal Food System – Eating Away from Home (suggested month: February)
Monthly Essential Question:	How can we eat healthy when we eat away from home?
Content Areas Addressed:	Science, Health

Standards Addressed:

- Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text . (CCSS.ELA-LITERACY.RI.4.1)
- Determine the meaning of general academic and domain-specific words or phrases in a text relevant to a grade 4 topic or subject area . (CCSS.ELA-LITERACY.RI.4.4)
- Write opinion pieces on topics or texts, supporting a point of view with reasons and information. (CCSS.ELA-LITERACY.W.4.1.b)
- Engage effectively in a range of collaborative discussion (one-on-one, in groups, and teacher-led) with diverse partners on *grade 4 topics and texts*, building on others’ ideas and expressing their own clearly. (CCSS.ELA-LITERACY.SL.4.1b, c, d)
- Identify how family, school and community environments influence personal health, and ways to be healthy during childhood. (A.4.2-3)
- Support their argument with logical conclusions. Ask additional questions that might help focus or further an investigation. (C.4.7-8)
- Identify community organizations that advocate for healthy individuals, families, schools, and communities. (G.4.3)

Key Terms: SMART Goals

Materials Needed:

Tips for Eating Healthy When Eating Out (1 copy) Blank paper

Writing utensil

Sampling food and supplies

Introduction: (5 min) *Introduce essential question—“How can we eat healthy when we eat away from home? Raise your hand if you have eaten somewhere other than your house or school this month. Raise your hand if you’ve eaten away from home sometime this week. It has become more and more common to eat away from home for many reasons. We talked in an earlier lesson about making food choices. When we go out to eat, we tend to have more choices than we do at home. Sometimes having so many choices can make eating even more difficult. What are some things you consider when you are choosing a meal away from home? (Cost, preferences, time, healthfulness). There are lots of tips available to help you keep these factors in mind when you are eating away from home. In fact, there are entire books about how to eat out. Today we are going to look at some of these tips and create one SMART goal to keep in mind the next time we eat away from home.

Development: (20 min) *”Let’s watch a video” https://www.youtube.com/watch?v=3ky73SfwNOI&list=PLWyMTadJPB0-zjBHY_sn55d3XEWOzg4wo&index=14 “Let’s read these ‘Tips for Eating Healthy When Eating Out’ from nutrition experts.” Have students take out a piece of blank paper. “On your sheet of paper, create a Bingo board with 9 boxes. To become more familiar with these tips, choose 9 tips from the list and write those numbers on your Bingo board.” Play Bingo by calling out the numbers and tips. Students should cross out tips called until they have 3 in a row. “Now that we are more familiar with some tips that may help us make better choices when we’re eating away from home, it’s time to think about setting a goal for our choices. Setting realistic SMART goals help us to set ourselves up for success. For example, if I set the goal that I was never again going to eat French fries when I was eating away from home, I know I would not be successful. That is not a realistic goal for myself. But maybe I could set a goal that said, ‘Once a month when I go out to eat I will eat a salad or side of fruit instead of French fries.’ To help make your goals more realistic, we will be making SMART goals.” Write on board S-specific, M-measurable, A-attainable, R-relevant, T-time-bound. “In my goal, I was specific to the foods I mentioned. The goal is measurable and time-bound when I say ‘once a month.’ I know it’s attainable because it’s possible for me and it’s relevant to eating away from home. We are going to spend the rest of our time working on writing one SMART goal for eating away from home. You are going to do this on our own because it needs to be specific to your eating situation. Use the back of your Bingo paper to write your goal.” Help students with more examples if needed. Give students time to work.

Sampling & Closure: (5 min) Conduct local fruit or veggie tasting. Instruct each student to take a ‘polite bite’ (eat at least one bite and only say polite things). *Review essential question. “Today we talked about eating away from home and used the SMART goal technique to make a realistic goal about healthy eating choices. The SMART goal technique is another tool to help you be your healthiest self. You could use it to set a goal about your schoolwork or for a sport or activity you want to continue to improve in. Setting a SMART goal about physical activity could help you reach the expert recommendations for getting in 60 minutes of activity every day. Remember, having tools to use as you become more independent will help you be your healthiest self inside and out!”

Tips for Eating Healthy When Eating Out

1. Ask for water or order fat-free or low-fat milk, unsweetened tea or other drinks without added sugars for a beverage.
2. Ask for whole-wheat bread for sandwiches.
3. Start your meal with a veggie salad to help control hunger.
4. Ask for salad dressing to be served on the side.
5. Choose main dishes that include vegetables (stir fries, kebobs, or pasta with a tomato sauce).
6. Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
7. Choose a “small” or “medium” portion for main courses, beverages, and appetizers.
8. Order an item from the menu instead of heading for the “all-you-can-eat” buffet.
9. Order an appetizer-sized portion or side dish instead of an entrée.
10. Share a main dish with a friend.
11. Take leftovers home in a “doggy bag.”
12. When your food is delivered, set aside or pack half of it to go immediately.
13. Resign from the “clean your plate club” – when you’ve eaten enough, leave the rest.
14. Order foods that do not have creamy sauces or gravies.
15. Add little or no butter to your food.
16. Choose fruits for dessert most often.

Healthy Eating Out BINGO Card—Example

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