

Using an Interactive
PowerPoint to Teach
IT'S MY CHOICE...
EAT RIGHT! BE ACTIVE!



A Nutrition Curriculum for Third Grade

IT'S MY CHOICE...EAT RIGHT! BE ACTIVE! INTERACTIVE CLASSROOM POWERPOINT

Presentation Instructions

The *It's My Choice...Eat Right! Be Active!* Interactive Classroom PowerPoint Presentation is provided for teachers and other educators who prefer to use a technology-based delivery in lieu of the tri-fold board. Graphics used in the presentation are the same as those used in the tri-fold board and the curriculum. It is important to note that to achieve all of the learning objectives for each lesson, the other participatory and hands-on student activities need to be presented.

Please note: Activity 1, the book reading, should be done using the featured book. The PowerPoint is used only for delivering Activity 2, the primary content of the lesson.

Tips for Using the *It's My Choice...Eat Right! Be Active!* Interactive PowerPoint Presentation

- Read through the entire lesson as written in the curriculum, so you are familiar with the content. Be sure to read the Background Information on pages 2 and 3 in each lesson.
- Preview the PowerPoint prior to teaching the lesson, so you are familiar with how the slides populate the page.
- Prepare the visuals and other support pieces that are still used in the lesson.
- Print all of the student handouts and family take-home sheets.
- Use the brief outline below which describes how the PowerPoint Presentation can be substituted for the tri-fold board.

**IT'S MY CHOICE...
EAT RIGHT! BE ACTIVE!**
A Nutrition Curriculum for Third Grade



University of California
Agriculture and Natural Resources

UC
CE

- ◆ It provides the amended supply list.
- ◆ Offers modified verbiage for delivering the lesson.
- ◆ Indicates when the slides should be used.
- ◆ Tells when to present the activity as written in the curriculum.

IT'S MY CHOICE...MYPLATE AND EXERCISE FOR HEALTH!

Lesson 1

Supplies:

- *It's My Choice...Eat Right! Be Active!* Lesson 1 Interactive Classroom PowerPoint Presentation - available from your Nutrition Educator
- MyPlate Pledge Sheets, page 42



Instructions:

- Present Activity 1, as written, reading aloud the featured book, *Picky Peggy*.
- Present Activity 2 using the PowerPoint presentation following the lesson outline on pages 6-10.
 1. Review Picky Peggy's Food Choices
 - ◆ Follow the lesson instructions as written in the curriculum.
 2. Explore MyPlate
 - ◆ Follow the lesson instructions using the slide presentation to show the visuals instead of the tri-fold board.
 3. Food Groups and Nutrients.
 - ◆ Follow the lesson instructions using the PowerPoint to show the visuals instead of the tri-fold board.
 - ◆ Bring up the words *Essential Nutrients* and discuss per lesson instructions. Follow with the discussion of each of the five food groups per lesson instructions.
 4. Water Another Essential Nutrient.
 - ◆ Bring up the slide and discuss per lesson instructions.
 5. Exercise for a Healthy Body.
 - ◆ Follow the lesson instructions and bring up the *Exercise 60 Minutes Every Day* slogan.
 6. Aerobic Exercise for Strong Heart and Lungs and Healthy Brains and Minds.
 - ◆ Working on the left side of the slide, populate the slide with the *Aerobic Exercise* icon.
 - ◆ Follow the lesson instructions as written in the curriculum.
 7. Exercise for Strong Muscles.
 - ◆ Populate the slide and follow lesson instructions.
 8. Exercise for Strong Bones.
 - ◆ Populate the slide and follow lesson instructions.

IT'S MY CHOICE...MYPLATE AND EXERCISE FOR HEALTH!

9. Less Seated Activities.
 - ◆ Populate the slide and follow lesson instructions.
10. Make a My Choice Pledge.
 - ◆ Pass out the *My Choice Pledge Sheets* following lesson instructions.
11. Review and Reflect.
 - ◆ Follow the lesson instructions referring to the final slide.

Lesson 1

Exercise 60 Minutes Every day


Aerobic Exercise




Exercise for Strong Muscles




Exercise for Strong Bones



Limit Seated Activities



**IT'S MY CHOICE...
EAT RIGHT! BE ACTIVE!**



Essential Nutrients

Fruit and Vegetable Groups
Vitamins and Minerals
Provides shiny hair, smooth skin, good eyesight, healing of cuts fighting of infections, and keeping the brain working.

Grains Group
Carbohydrates
Provides energy to work, play, and exercise.

Protein Group
Protein
Helps you grow and repair muscles, skin, bones, internal organs, and brains.

Dairy Group
Calcium
Helps build strong bones and teeth.

Water
Every part of our body needs water to operate properly.

Sometimes Foods



IT'S MY CHOICE...FRUITS AND VEGETABLES EVERY DAY!

Lesson 2

Supplies:

- *It's My Choice...Eat Right! Be Active!* Lesson 2 Interactive Classroom PowerPoint Presentation - available from your Nutrition Educator
- Constructed Rainbow Garden Poster, page 29
- Blue/purple, red, yellow/orange, green and white pieces of paper
- Paper circles in the above color
- Tape



Instructions:

- Present Activity 1, as written, reading aloud the featured book, *The Ugly Vegetables*.
- Present Activity 2 using the PowerPoint presentation following the lesson outline on pages 6-8.
 1. Review MyPlate.
 - ◆ Follow the lesson instructions, except use the slide presentation to bring up the slide of the *MyPlate* and the *Essential Nutrients* information on the ride side.
 2. Introduction to Phytonutrients.
 - ◆ Bring up the column heading on the left side of the slide and follow the lesson instructions as written in the curriculum.

3. Fruit and Vegetables Colors Game.
 - ◆ Follow the lesson instructions using the slide presentation to show the visuals instead of the tri-fold board. Follow the lesson instructions for student activities.
4. Plant a Rainbow Garden.
 - ◆ Follow the lesson instructions.
5. Review and Reflect.
 - ◆ Follow the instructions in the curriculum.

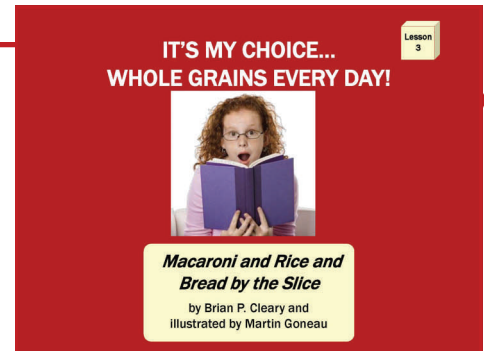
IT'S MY CHOICE... WHOLE GRAINS EVERY DAY!

Supplies:

- *It's My Choice...Eat Right! Be Active!* Lesson 3 Interactive Classroom PowerPoint Presentation - available from your Nutrition Educator
- Samples of whole grains, see curriculum
- Recloseable plastic bags
- Grains Group chart, page 25
- Sticky dots - green, yellow, and red
- Plastic fork
- Chart Paper
- Markers

Instructions:

- Present Activity 1, as written, reading aloud the featured book, *Macaroni and Rice and Bread by the Slice*.
- Present Activity 2 using the PowerPoint presentation following the lesson outline on pages 6-8.
 1. Review the book, *Macaroni and Rice and Bread by the Slice*.
 - ◆ Bring up the first portion of the PowerPoint showing *MyPlate* in the center of the slide and the *Essential Nutrients* on the right side.
 - ◆ Follow the lesson instructions in the curriculum.
 2. Grains and Seeds from the Cereal Plant.
 - ◆ Follow the lesson instructions in the curriculum.
 3. Two Types of Grains.
 - ◆ Bring up the whole grain graphic on the left side of the board. Populate the slide revealing the bran, germ, and endosperm following the lesson instructions.
 4. Comparing Whole and Refined Grains.
 - ◆ Follow the lesson instructions and activities in the curriculum.
 5. Name the Grains Group Foods.
 - ◆ Follow the lesson instructions and activities in the curriculum.
 6. Choose to Make Half of Your Grains Group Foods Whole Grains.
 - ◆ Bring up the slogan, *Make Half Your Grains Whole Grains!*
 - ◆ Follow the lesson instructions and activities in the curriculum.



IT'S MY CHOICE... WHOLE GRAINS EVERY DAY!

Lesson 3

7. Plan Meals with Whole Grains.
 - ◆ Follow the instructions and activities as written in the curriculum.
8. Review and Reflect.
 - ◆ Follow the instructions in the curriculum.
 - ◆ Review the four things we need to be healthy that appear on the right side of the completed slides.

Lesson 3

IT'S MY CHOICE... EAT RIGHT! BE ACTIVE! Whole Grains

Benefits of Whole Grains

Provides fiber and lots of vitamins and minerals.

Bran

Provides other important vitamins and minerals.

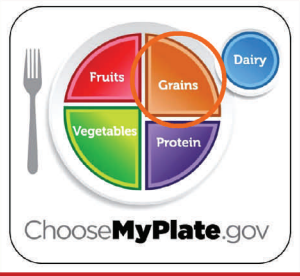
Germ

Provides lots of carbohydrates and some vitamins and minerals.

Endosperm

Sometimes Foods

Make Half Your Grains Whole Grains!



ChooseMyPlate.gov

Essential Nutrients

Fruit and Vegetable Groups
Vitamins and Minerals
Provides shiny hair, smooth skin, good eyesight, healing of cuts fighting of infections, and keeping the brain working.

Grains Group
Carbohydrates
Provides energy to work, play, and exercise.

Protein Group
Protein
Helps you grow and repair muscles, skin, bones, internal organs, and brains.

Dairy Group
Calcium
Helps build strong bones and teeth.

Water
Every part of our body needs water to operate properly.

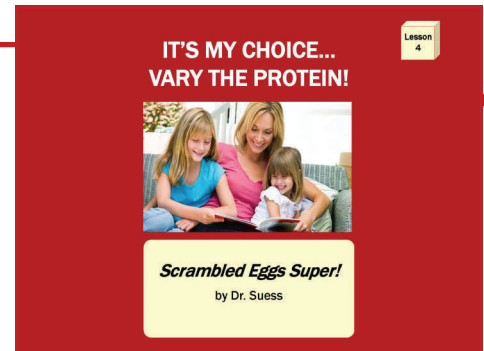
IT'S MY CHOICE... VARY THE PROTEIN!

Supplies:

- *It's My Choice...Eat Right! Be Active!* Lesson 4 Interactive Classroom PowerPoint Presentation - available from your Nutrition Educator
- 1 or more hard boiled eggs
- 1 or more raw eggs
- Chart paper
- Markers
- Protein Provides Building Blocks for the Body chart, page 23
- Protein Foods chart, page 24

Instructions:

- Present Activity 1, as written, reading aloud the featured book, *Scrambled Eggs Super!*.
- Present Activity 2 using the PowerPoint presentation following the lesson outline on pages 6-9.
 1. An Eggsperiment!
 - ◆ Follow the lesson instructions in the curriculum.
 2. The Protein Group on MyPlate.
 - ◆ Bring up the first portion of the PowerPoint showing *MyPlate* and the right sidebar on *Essential Nutrients*.
 - ◆ Follow the lesson instructions as written in the curriculum.
 3. Protein Provides the Building Blocks for the Body.
 - ◆ Follow the lesson instructions; show the students the *Protein Provides the Building Blocks for the Body* chart and bring up the slide.
 4. Animal and Plant Sources of Protein.
 - ◆ Bring up the first portion on the left side of the PowerPoint showing *Sources of Protein, Animals and Plants* and follow the instructions and activities as written in the curriculum.
 5. Vary Your Protein.
 - ◆ Bring up the portion of the slide that says, *Vary Your Protein*.
 - ◆ Follow the instructions in the curriculum.



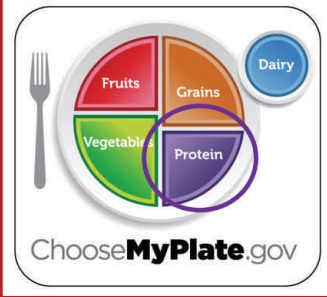
IT'S MY CHOICE... VARY THE PROTEIN!

Lesson 4

- ◆ Summarize by bringing up the three slide bullets: *Choose protein foods from both animal and plant sources; Choose seafood at least once a week; and Choose nuts, seeds, and nut butters as snacks or add to other foods.*
6. Review and Reflect.
- ◆ Follow the instructions in the curriculum.

Lesson 4

IT'S MY CHOICE... EAT RIGHT! BE ACTIVE! VARY THE PROTEIN



ChooseMyPlate.gov

Sources of Protein

- Animals
- Plants

Vary Your Protein

- Choose protein foods from both animal and plant sources.
- Choose seafood at least once a week.
- Choose nuts, seeds, and nut butters as snacks or added to other foods.

Essential Nutrients

**Fruit and Vegetable Groups
Vitamins and Minerals**
Provides shiny hair, smooth skin, good eyesight, healing of cuts, fighting of infections, and keeping the brain working.

**Grains Group
Carbohydrates**
Provides energy to work, play, and exercise.

**Protein Group
Protein**
Helps you grow and repair muscles, skin, bones, internal organs, and brains.

**Dairy Group
Calcium**
Helps build strong bones and teeth.

Water
Every part of our body needs water to operate properly.

Sometimes Foods

**Protein Provides Building Blocks
for the Body!**

Lesson
5

IT'S MY CHOICE... CHOOSING HEALTHY BEVERAGES!

Supplies:

- *It's My Choice...Eat Right! Be Active!* Lesson 5 Interactive Classroom PowerPoint Presentation - available from your Nutrition Educator
- Chart paper
- Markers

Instructions:

- Present Activity 1, as written, reading aloud the featured book, *Alicia's Fruity Drinks*.
- Present Activity 2 using the PowerPoint presentation following the lesson outline on pages 6-8.

1. Review MyPlate and the Essential Nutrients.
 - ◆ Bring up *MyPlate* in the center of the slide and the right sidebar with the *Essential Nutrients* information.
 - ◆ Follow the lesson instructions in the curriculum.
2. Introduction to Beverages.
 - ◆ Follow the lesson instructions as written in the curriculum.
 - ◆ Bring up *Why We Drink Beverages* on the left side of the slide.
3. Review Our Need for Water.
 - ◆ Follow the instructions as written in the curriculum.
 - ◆ Bring up *When Should We Drink Water* on the left side of the slide to summarize discussion.
4. Healthy Guide for Making Beverage Choices.
 - ◆ Follow the instructions as written in the curriculum.
 - ◆ Bring up *Guide to Healthy Beverages*.

Lesson 5

Why We Drink Beverages

- To hydrate our bodies – because we are thirsty.
- To feed our bodies – because we are hungry.

When Should We Drink Water?

- Drink it all day long.
- Drink it when we are thirsty.
- Drink it before, during, and after we play hard or exercise.
- Drink it with meals and snacks.

Guide to Healthy Beverages

- Choose from at least one of the five food groups.
- Choose ones that contain essential nutrients.
- Choose ones that are low in added fat.
- Choose ones that are low in added sugar.

IT'S MY CHOICE... EAT RIGHT! BE ACTIVE! HEALTHY BEVERAGES

Choose MyPlate.gov

Sometimes Foods

Choose Your Drink Wisely!

Essential Nutrients

Fruit and Vegetable Groups
Vitamins and Minerals
Provides shiny hair, smooth skin, good eyesight, healing of cuts, fighting of infections, and keeping the brain working.

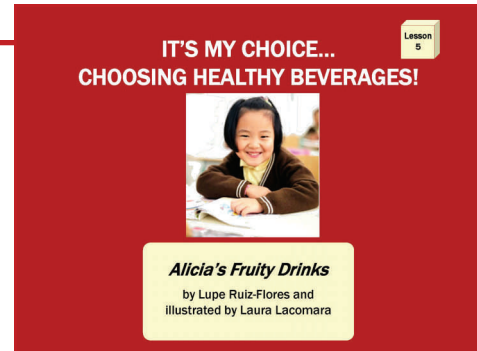
Grains Group
Carbohydrates
Provides energy to work, play, and exercise.

Protein Group
Protein
Helps you grow and repair muscles, skin, bones, internal organs, and brains.

Dairy Group
Calcium
Helps build strong bones and teeth.

Water
Every part of our body needs water to operate properly.

5. Beverages We Drink.
 - ◆ Follow the instructions as written in the curriculum.
6. Thumbs Up!
 - ◆ Follow the instructions as written in the curriculum.
7. Review and Reflect.
 - ◆ Bring up the slogan, *Choose Your Drink Wisely*.
 - ◆ Follow the instructions as written in the curriculum.



Using an Interactive PowerPoint to Teach IT'S MY CHOICE...EAT RIGHT! BE ACTIVE! A Nutrition Curriculum for Third Grade



University of California
Agriculture and Natural Resources



Developer:

Sharon K. Junge, *University of California Cooperative Extension, Emeritus*

Contributor:

Rosemary Carter, *University of California Cooperative Extension, Placer/Nevada Counties*

Layout and Design:

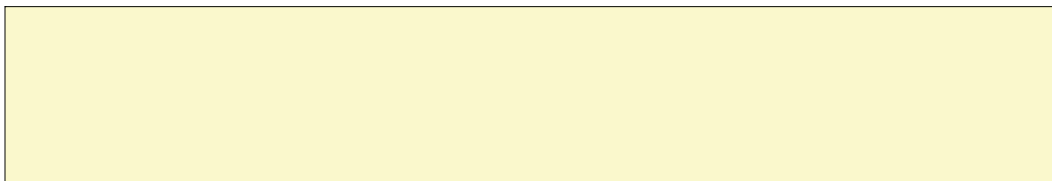
Annette Cosgrove, *University of California Cooperative Extension, Placer/Nevada Counties*

Interactive PowerPoint Contributions:

Jeff Tibayan, *University of California Cooperative Extension, San Mateo/San Francisco/Santa Clara Counties*

Olivia Kosten, *University of California Cooperative Extension, Placer/Nevada Counties*

Your Nutrition Educator's Contact Information



©2016 by the Regents of the University of California. All rights reserved. Permission is granted to reproduce this booklet for teachers implementing this curriculum with UCCE. No other part of this publication may be reproduced in whole or in part, or stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission of the author.

The University of California, Division of Agriculture and Natural Resources (UC ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, status as a protected veteran or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994 [USERRA]), as well as state military and naval service.

UC ANR policy prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment. UC ANR policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to any of its programs or activities.

UC ANR is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment and/or participation in any of its programs or activities without regard to race, color, religion, sex, national origin, disability, age or protected veteran status.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's equal employment opportunity policies may be directed to: Linda Marie Manton, Affirmative Action Contact and Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1318. Email: lmanton@ucanr.edu. Website: http://ucanr.edu/sites/anrslaff/Diversity/Affirmative_Action/.