Module:

Food and Nutrition

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Lesson:
Food and Shopping

GOALS
In this lesson you will:

• Learn about grocery stores and supermarkets in the U.S.
• Know units of measurement for food
• Understand how to read price labels and use unit prices
• Learn how to save money when buying food
• Know how to buy food with an EBT card
• Know about food banks

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### NEW WORDS

<table>
<thead>
<tr>
<th>Words</th>
<th>Meanings</th>
</tr>
</thead>
<tbody>
<tr>
<td>grocery store or supermarket</td>
<td>a large store that sells food and other things for your house</td>
</tr>
<tr>
<td>department</td>
<td>a place in the grocery store; for example, the meat department sells meat</td>
</tr>
<tr>
<td>fresh</td>
<td>food that is new, not old</td>
</tr>
<tr>
<td>dozen</td>
<td>12 of something; for example, you can buy a dozen eggs (12 eggs)</td>
</tr>
<tr>
<td>aisle</td>
<td>a place to walk in the store, with a sign to show what food is there</td>
</tr>
<tr>
<td>unit of measurement</td>
<td>words that show how big something is, like pounds, liters, or ounces</td>
</tr>
<tr>
<td>unit price</td>
<td>the money you pay for one thing</td>
</tr>
<tr>
<td>per</td>
<td>for each one; for example, soup is $1.59 per can</td>
</tr>
<tr>
<td>check out</td>
<td>pay for the things you buy at a store</td>
</tr>
<tr>
<td>ring up</td>
<td>the cashier adds up how much to pay for your food</td>
</tr>
<tr>
<td>coupon</td>
<td>a paper that lets you pay less money</td>
</tr>
<tr>
<td>club card</td>
<td>a card for the store that lets you pay less money</td>
</tr>
<tr>
<td>EBT card</td>
<td>a card from the government that helps you pay for food and other things</td>
</tr>
<tr>
<td>food bank</td>
<td>a place you can get free food</td>
</tr>
</tbody>
</table>
IN YOUR COUNTRY
- What kind of food do you like?
- Where did you buy food in your country?
- Where do you buy food now?

GROCERY STORES AND SUPERMARKETS
Most people in the U.S. buy food at stores called **grocery stores**.
They are also called **supermarkets**.
Safeway, QFC, Trader Joe’s, and Grocery Outlet are grocery stores.
Large stores like Fred Meyer, Wal-Mart, and Target also sell groceries.

Talk:
- What grocery stores do you go to?
- What stores are expensive?
- What stores have good prices?
Grocery stores have different foods in different departments. Match the departments with things you find there.

1. alcohol section  a) fresh fruits and vegetables
2. bakery  b) beer, wine, etc.
3. dairy department  c) fresh bread, cake, etc.
4. deli  d) food that is ready to eat, cut meats, etc.
5. frozen foods section  e) beef, chicken, pork, etc.
6. health & beauty department  f) fish, shrimp, etc.
7. meat department  g) milk, yogurt, cheese, butter, eggs, etc.
8. produce department  h) shampoo, toothpaste, first aid products, etc.
9. seafood department  i) ice cream, frozen foods, frozen vegetables, etc.
Selam’s Shopping List

On the way home from work, Selam stops at the grocery store. This is her shopping list:

- 6 bananas
- 2 lb. of flour
- 1 gallon of milk
- 1 can of beans
- 5 lbs. of potatoes
- 3 boxes of pasta
- a dozen eggs
- a birthday cake

What does she buy from the produce department?

What does she buy from the dairy department?

What does she buy from the bakery?

Answers: bananas and potatoes; milk and eggs; cake
ACTIVITY: Store Aisles

Grocery stores have **aisles**.
The aisles have **signs** to tell you what foods are there.

Look at the sign.

What is the aisle number? What foods are in this aisle?

Selam is shopping. She can’t find milk.

She asks a worker, “Where is the milk?”

The worker says, “Aisle 1.”
Look at these pictures. Ask a partner where foods are. Take turns.

Example:

**A:** Where is the coffee?

**B:** Aisle 5.
UNITs OF MeASUREMENT

Look at Selam’s shopping list again.

☐ 6 bananas
☐ 2 lb. of flour
☐ 1 gallon of milk
☐ 1 can of beans
☐ 5 lbs. of potatoes
☐ 3 boxes of pasta
☐ a dozen eggs
☐ a birthday cake

> How many bananas does she need?
> How many potatoes does she need?

Answers

She needs 6 bananas.

We don’t know how many potatoes she needs. She will buy 5 pounds of potatoes. (lbs. means “pounds”)
**Units of measurement** tell us how much food is in a box or bag.

Foods like rice and pasta use *grams (g)*, *ounces (oz)*, or *pounds (lbs)*.

1 pound = 16 ounces = about 450 grams

Drinks like juice and milk use *liters (l)*, *fluid ounces (fl oz)*, *pints (pt)*, *quarts (qt)*, or *gallons (gal)*

1 gallon = 4 quarts = 8 pints

1 gallon = 128 fluid ounces = about 3.8 liters

Most foods show the units of measurement on the box.

Example: This ____ is ____ oz.
Look at these foods.

Circle the units of measurement.
ACTIVITY: Unit Price

Selam wants to buy yogurt. She needs to decide which one to buy.

1. Which is cheaper, 1 or 2?
2. Which is bigger, 1 or 2?
3. Which is a better price, 1 or 2?

Image: choosemyplate.gov
Answers

1. 2 is cheaper.
   
   1 is $1.62. 2 is $0.72.

2. 1 is bigger.
   
   1 is 32 oz. 2 is 6 oz.

3. 1 is a better price.
   
   1 is 5 cents per ounce. 2 is 12 cents per ounce.

Look at this price label again. Can you find all the information?

1. Name of the food

2. Size (units of measurement)

3. Price

4. Unit price

Image: choosemyplate.gov

**TIP:** If you do not know what food is a better price, check the unit price. The unit price tells you how much you pay for 1 ounce, 1 gallon, etc.
Selam finishes shopping. Now she can check out.

She goes to the registers. The cashier rings up her food.

- The total is $28.57

Selam has a coupon. She tells the cashier “I have a coupon.”

The coupon says Save $1.50 on organic Farm Fresh Eggs.

She gives the cashier the coupon.

- The total is $27.07

Selam has a club card for the store. She forgot her card at home. She tells the cashier her phone number. Pasta is on sale with the club card. She saves $1.00. Cake is on sale with the club card. She saves $2.50.

- The total is $23.57

Selam has an EBT card. She has $70 in food benefits. She uses her EBT card. She tells the cashier to use her food account. She enters her PIN number on the keypad.
The clerk gives her the receipt.
Selam is finished shopping!

1. How much money does Selam save?
   (a) $1.50
   (b) $2.50
   (c) $5.00

2. What does she do to save money?
   (a) She goes shopping
   (b) She uses coupons and a club card
   (c) She uses her EBT card

3. How much money is on her EBT card now?
   (a) $70
   (b) $23.57
   (c) $46.43

Answers
1. (c) Selam saves $5.00.
2. (b) She uses coupons and a club card.
3. (c) She has $46.43 in food benefits.
COUPONS
You can get coupons in store ads. Look at these coupons.

Talk:

▷ What can you buy?
▷ How much money can you save?

How to Use Coupons

- Tell the cashier. Say “I have a coupon.”
- Buy the same thing that is on the coupon.
- Cut coupons from store ads. Give paper coupons to the cashier.
- Some stores have coupons you can use on your phone.
• Coupons have an **expiration date**. Use the coupon before then.

▷ What is the expiration date on this coupon?

![Expiration date](image)

**CLUB CARDS**

Many grocery stores have club cards.

You sign up for the card at the store.

They ask for your name, phone number, address, and birthday.

Some stores might ask for other information.

- Use your club card before you pay.
- Give your club card to the cashier.
- If you forget your club card, tell the cashier your phone number or type your phone number on the keypad.
- Stores have different club cards. You can’t use a Safeway card at Fred Meyer.
EBT CARDS

Selam used an EBT card to pay for her groceries.

If you don’t have money to buy food, you can get food benefits in Washington State.

You need to:

• Live in Washington State
• Make less than 200% of the Federal Poverty Level
• Be a US citizen or legal resident

Here is an EBT card for Washington:

![EBT Card Image]

ACTIVITY: True or False?

1. TRUE / FALSE  Anyone can get an EBT card.
2. TRUE / FALSE  You can use an EBT card to buy bread.
3. TRUE / FALSE  You can use an EBT card to buy food on the internet.
4. TRUE / FALSE  You can use an EBT card to buy medicine.
5. TRUE / FALSE  If you have extra money on your EBT card, you can spend it next month.
Answers

1. FALSE  You need to apply for benefits to get an EBT card.
2. TRUE   You can buy food and plants that will grow food.
3. TRUE   You can buy groceries online from Amazon, or for pickup from Wal-Mart.
4. FALSE  You can’t use food benefits to buy medicine, alcohol or tobacco, animals, soap, or cooked foods.
5. TRUE   You get money each month. If you don’t spend all the money, you can use it next month.

FOOD BANKS

You can get free food at a food bank.

Food banks are not stores.

Food banks are usually at a church or community center.

Food banks help people who live near them.

You should bring your ID and a paper (like a bill or letter from DSHS) with your address.

You should go early. Sometimes many people need free food.

Ask your case manager or use the internet to find a food bank.
Lesson:

Specialty Foods and Diets

GOALS

In this lesson you will:

• Learn about special diets
• Learn about organic vs non-organic food
• Understand allergies
• Have ideas about where to buy specialty food
• Know about farmer’s markets and community gardens

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<th>Words</th>
<th>Meanings</th>
</tr>
</thead>
<tbody>
<tr>
<td>diet</td>
<td>what you eat</td>
</tr>
<tr>
<td>specialty diet</td>
<td>eating special food for health or religious reasons</td>
</tr>
<tr>
<td>vegetarian diet</td>
<td>eat no meat</td>
</tr>
<tr>
<td>vegan diet</td>
<td>eat nothing from animals</td>
</tr>
<tr>
<td>Halal food</td>
<td>food allowed for Muslims</td>
</tr>
<tr>
<td>Kosher food</td>
<td>food allowed for Jews</td>
</tr>
<tr>
<td>food allergy</td>
<td>bad reaction to food</td>
</tr>
<tr>
<td>food intolerance</td>
<td>unpleasant reaction to food</td>
</tr>
<tr>
<td>rash</td>
<td>bumpy, itchy red skin</td>
</tr>
<tr>
<td>produce</td>
<td>fruits and vegetables</td>
</tr>
<tr>
<td>organic</td>
<td>food that has no chemicals added</td>
</tr>
<tr>
<td>certified</td>
<td>approved by the Government</td>
</tr>
<tr>
<td>pesticide</td>
<td>a chemical that keeps insects away from plants that grow food</td>
</tr>
<tr>
<td>fertilizer</td>
<td>chemical that helps plants grow</td>
</tr>
<tr>
<td>groceries</td>
<td>the food you buy</td>
</tr>
<tr>
<td>farmers’ market</td>
<td>market where farmers bring food to sell</td>
</tr>
<tr>
<td>community garden</td>
<td>shared garden space to grow food</td>
</tr>
<tr>
<td>annual fee</td>
<td>money you pay every year</td>
</tr>
</tbody>
</table>

IN YOUR COUNTRY

- Where did you buy food?
- What did you eat every day?
- What foods did you never eat?
- What did you eat on holidays?
WHAT IS A SPECIALTY DIET?

Your **diet** is the food that you eat.

Many people eat only some foods.

This is called a **specialty diet**.

Sometimes people have a **food allergy**.

Some people eat a specialty diet because of their religion.

Some people only eat some foods because they think that is good or right.

**ACTIVITY: Fill in the Blank**

Fill in the blank with the correct word.

<table>
<thead>
<tr>
<th>halal</th>
<th>low-fat</th>
<th>vegetarian</th>
</tr>
</thead>
<tbody>
<tr>
<td>gluten-free</td>
<td>kosher</td>
<td>vegan</td>
</tr>
</tbody>
</table>

1. A __vegetarian____diet is when someone doesn’t eat meat (no beef, chicken, or fish).

2. A ____________diet has no grains, like wheat, rye, and barley.

3. A ____________diet has no animal products. (no beef, chicken, fish, eggs, cheese or milk from animals).

4. __________food is okay for Muslims. It follows Islamic rules.

5. A ____________diet has no fatty foods.

6. __________ food is okay for Jewish people. It follows Jewish rules.
ALLERGIES
An allergy is a bad reaction to a food.

Many people have food allergies.

Eight foods make up 90% of food allergies:
milk, eggs, peanuts, tree nuts (for example, almonds and cashews),
shellfish (for example, crab and shrimp), seafood, soy, and wheat.

Some allergies are not bad, like a skin rash.
Other allergies are dangerous, like when you cannot breathe.

There is also food intolerance.
Some food makes you feel bad.
It gives you a stomachache or indigestion.
If you have problems with food, you can eat different foods.
For example, you can buy gluten-free bread at a grocery store.
It is important to watch how you and your children feel when you
eat new foods in this country.
Your body may react differently to foods in the U.S. than in your
home country.
STORY: CING’S SON HAS A BAD REACTION

Cing’s son went to a friend’s house after school. When he comes home, he has a bad stomachache.

Cing asks what he ate.

He says, “A peanut butter sandwich.”

Cing checks her son’s temperature.

It is normal.

After an hour, her son has red bumps on his arm.

Talk

▷ What’s wrong with Cing’s son?
▷ What should Cing do?

ORGANIC FOOD

What is organic food?

In many countries, organic means food is from a farm.

In the US, organic means food that does not use chemical pesticides or fertilizers.
Organic food is certified by the government.

The label says **USDA Organic**.

Organic food is usually more expensive.

It is not always healthier.

Organic milk and tomatoes are healthier.

Thin-skinned produce, such as potatoes, apples, and strawberries, are healthier.

Organic food is better for the earth and safer for the environment.

**TIP:** Wash all produce before you eat it, organic or non-organic. **First,** wash your hands. **Then,** wash the produce.
FARMERS’ MARKETS

Many cities in the US have farmers’ markets.

You can buy fresh fruit and vegetables from the farmers.

You can also buy flowers and other food products.

Many fruits and vegetables at a farmers’ market are organic.

Farmers’ markets usually have good prices.

The produce is fresher because it comes from the farm.

You can use your EBT card at a farmers’ market.

COMMUNITY GARDENS

Many people come from countries where they grow their food.

You can grow some food even in the city.

For example, you can grow herbs in your kitchen window.

You can grow fruits and vegetables on your balcony or in the yard.
In many communities, you can join a **community garden**.

In Seattle, a community garden is called a “P-patch.”

You can grow your food in a community garden.

Each person has a small place to garden themselves.

You need to pay an annual fee to participate.

You can search the internet or ask at your community center about community gardens.
ACTIVITY: Choose Which One

Work with a partner and decide what each sentence describes.

A. Farmers’ market
B. Community garden
C. Organic Food

1. You can buy seeds from a garden store and grow food.
2. You can use your EBT card.
3. You can share a garden with your neighbors.
4. Farmers bring food directly there to sell.
5. No chemical pesticides are used.
6. You need to pay an annual fee to participate.
7. It can cost more at the grocery store.

Answers

1. B 5. C
3. B 7. C
4. A
WHERE CAN I FIND FOOD FROM MY COUNTRY?

Do you miss the food from your home country?

In big cities, you can find a restaurant or community center that serves your home country food.

You can make your traditional food at home.

You can buy spices and other ingredients from your home country at a specialty store.

For example, an Indian store may sell spices from many different countries.

Here is a website you can search for lists of specialty grocery stores.

Open the website and look for Washington state.
Often you can find similar ingredients at your local grocery store.

For special days, many families drive to another city to buy their favorite spice or fruit.

Families may also need to purchase meat for a special holiday. Meat can be bought fresh directly from farms.

Ask people in your community where they buy meat.
WRAP-UP
Match the word with the picture.

community garden

vegetarian

allergy

farmers’ market

organic

gluten-free
Lesson:

Nutrition

GOALS
In this lesson you will:

• Learn about food groups
• Know how to read a nutrition label
• Learn about junk food and fast food
• Learn about food that is good for kids

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# NEW WORDS

<table>
<thead>
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<th>Words</th>
<th>Meanings</th>
</tr>
</thead>
<tbody>
<tr>
<td>food group</td>
<td>different kinds of foods</td>
</tr>
<tr>
<td>grain</td>
<td>food made from wheat, rice, etc.</td>
</tr>
<tr>
<td>whole grain</td>
<td>grains that are in one piece, not broken; they are usually brown, not white</td>
</tr>
<tr>
<td>protein</td>
<td>a nutrient that helps your muscles</td>
</tr>
<tr>
<td>dairy</td>
<td>milk and food made from milk</td>
</tr>
<tr>
<td>calcium</td>
<td>a nutrient that helps your bones</td>
</tr>
<tr>
<td>nutrition label</td>
<td>information about the nutrients in food</td>
</tr>
<tr>
<td>serving</td>
<td>how much of a food a person usually eats</td>
</tr>
<tr>
<td>container</td>
<td>a box, bag, etc.</td>
</tr>
<tr>
<td>calories</td>
<td>the energy in a food</td>
</tr>
<tr>
<td>nutrients</td>
<td>parts of food, like protein, carbohydrates, or vitamins</td>
</tr>
<tr>
<td>cholesterol</td>
<td>a kind of fat, usually not healthy</td>
</tr>
<tr>
<td>sodium</td>
<td>salt</td>
</tr>
<tr>
<td>carbohydrates</td>
<td>nutrients that give you energy</td>
</tr>
<tr>
<td>vitamins and minerals</td>
<td>nutrients that your body needs in very small amounts</td>
</tr>
<tr>
<td>percent</td>
<td>an amount out of 100</td>
</tr>
<tr>
<td>junk</td>
<td>something not good, like trash or garbage</td>
</tr>
<tr>
<td>snack</td>
<td>food that is not breakfast, lunch, or dinner</td>
</tr>
</tbody>
</table>
WHAT DO YOU EAT?

- Do you usually eat healthy food?
- What foods are healthy?
- How do you know they are healthy?

FOOD GROUPS

People need many foods to be healthy.
Different kinds of foods are called **food groups**.
They help your body in different ways.

**Grains**
Grains give you energy.
Pasta, bread, and rice are made with grains.

**Vegetables**
Vegetables are good for your heart, eyes, skin, and teeth.
Carrots, cucumbers and broccoli are vegetables.
Fruits
Fruits are good for your heart, eyes, skin, and teeth.

Oranges, apples, bananas are fruit.

Protein
Protein is good for your muscles.
Fish, chicken, lentils, and nuts are healthy protein.
Red meat, like steak and hamburgers, is less healthy.

Dairy
Dairy products are good for your bones. They give you calcium.

Milk, cheese, yogurt are dairy products.

Talk
▷ Which food groups do you eat every day?
▷ What food groups do you never eat?
Look at this picture. It is a good idea to have food of each group on your plate for a healthy meal.

- What food groups do you need more?
- What food groups do you need less?

![MyPlate](image)

**Your Plate**

Draw a picture of something you like to eat for dinner.

How much of the food is fruit and vegetables?

How much is grains?

Protein? Dairy?
**NUTRITION LABELS**

Food in the store has a **nutrition label**. The nutrition label tells you what is in the food. It helps you know if a food is healthy.

This is a nutrition label from frozen pasta.

![Nutrition Facts](fda.gov)

**Serving Information**

The **serving size** is how much you usually eat. It is not how much you should eat.

There are 4 servings in this **container**. If you eat all the pasta, it is 4 servings.

- If you eat half the pasta, how many servings do you eat? _______
Calories

**Calories** tell you how much energy is in a food. The pasta has 280 calories in 1 serving.

Most people should eat about 2,000 calories every day.

▷ If you eat all the pasta, how many calories do you eat? ______

Nutrients

Fat, **cholesterol, sodium, carbohydrates**, and protein are all parts of food. Some are good for you. Some are not healthy.

Vitamin D, calcium, iron, and potassium are **vitamins** and **minerals**. Your body needs them to be healthy.

What should you eat more? What should you eat less?

<table>
<thead>
<tr>
<th>fat</th>
<th>sugars</th>
<th>calcium</th>
</tr>
</thead>
<tbody>
<tr>
<td>cholesterol</td>
<td>protein</td>
<td>iron</td>
</tr>
<tr>
<td>sodium</td>
<td>vitamin D</td>
<td>potassium</td>
</tr>
<tr>
<td>fiber</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Eat More  ⇆</th>
<th>Eat Less  ↘</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>fat</td>
</tr>
</tbody>
</table>
Answers

↑ Eat **more**: fiber, vitamin D, calcium, iron, and potassium.

↓ Eat **less**: fat, cholesterol, sodium, and sugars.

% Daily Value

The **percent (%)** daily value guide shows how much of each nutrient there is in 1 serving of food.

- 5 % or less is low—the food does not have a lot of that nutrient
- 20% or more is high—the food has a lot of that nutrient

The daily value is how much a person should eat in one day.

A child or small person needs less. A big person needs more.

### Nutrition Facts

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories</th>
<th>280</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per serving</td>
<td>280</td>
<td>12%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>9g</td>
<td>12%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>4.5g</td>
<td>23%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>35mg</td>
<td>12%</td>
</tr>
<tr>
<td>Sodium</td>
<td>850mg</td>
<td>37%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>34g</td>
<td>12%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>14%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>6g</td>
<td>6%</td>
</tr>
<tr>
<td>Added Sugars</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>15g</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0mcg</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>320mg</td>
<td>25%</td>
</tr>
<tr>
<td>Iron</td>
<td>15mg</td>
<td>8%</td>
</tr>
<tr>
<td>Potassium</td>
<td>510mg</td>
<td>10%</td>
</tr>
</tbody>
</table>

* The % Daily Value (%DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Which nutrients are high (20% or more)?

Which nutrients are low (5% or less)?

*Image: fda.gov*
Answers
It is high in saturated fat, sodium, and calcium.
It is low in added sugars and vitamin D.

Is this food healthy?
• Good: It is high in calcium. It has no added sugars.
• Bad: It is high in saturated fat and very high in sodium.
• This food is not very healthy because it has a lot of fat and sodium.
ACTIVITY: Nutrition Label Practice

Look at these nutrition labels. Talk:

- How many servings are in the container?
- How many calories are in one serving?
- Which nutrients are high or low in this food?
- Do you think the food is healthy or not?
CALORIES
In one day, one person eats about 2,000 calories.
If you eat too many calories, you will gain weight.
If you eat fewer calories than normal, you will lose weight.
Some foods have a lot of calories. Don’t eat too much.
Some foods do not have many calories. You can eat more of them.

▷ What has more calories? The chocolate cake or the broccoli?

Answer
They are the same. Both have about 100 calories.
Broccoli has more fiber, vitamins, and minerals. It is healthy.
Cake has more fat and sugar. It is not healthy.
ACTIVITY: How Many Calories?
Look at these foods.
How many calories do you think they have?
Do you think they are healthy or unhealthy?

1. a large muffin
2. a plate of pasta
3. a chicken salad, no dressing
4. potato chips
Answers

1. a large muffin – about 600 calories
   high in sugar and fat
2. a plate of pasta – about 300 calories
   high in sodium, vitamins, and minerals
3. a chicken salad, no dressing – about 250 calories
   high in protein and fiber
4. potato chips – about 300 calories
   high in sodium and fat

If you add dressing, cheese, and croutons to the salad?

...It’s about 700 calories, high in sodium and fat.
JUNK FOOD
Junk means trash or garbage. In the U.S., it is easy to buy junk food.

Junk food…

- is high in calories
- is high in sodium, sugar, or fat
- does not have many good nutrients, like dietary fiber, vitamins, and minerals
- tastes very good, but is not healthy

Talk

▷ What foods are junk food?
▷ Do you eat junk food? How often?

Avoiding Junk Food

- If you eat a snack, choose a healthy food. Eat fruits, vegetables, and nuts.
- Don’t drink much soda, like Coke or Pepsi. A can of soda has 39 grams of sugar (about 10 teaspoons).
• Help your kids eat healthy foods. Many snacks for kids are high in sugar or sodium.

WRAP-UP

Talk

➢ What are food groups?
➢ What information is on a nutrition label?
➢ What are 3 nutrients that are healthy?
➢ What are 3 nutrients you should try to eat less?
Lesson:
Food and Healthy Living

GOALS
In this lesson you will:

- Understand what a healthy lifestyle is
- Know the difference between healthy and unhealthy food
- Know about eating healthy
- Understand how to read a recipe
- Know how to eat healthy food at restaurants

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NEW WORDS

<table>
<thead>
<tr>
<th>Words</th>
<th>Meanings</th>
</tr>
</thead>
<tbody>
<tr>
<td>diet</td>
<td>what you eat</td>
</tr>
<tr>
<td>lifestyle</td>
<td>how you live</td>
</tr>
<tr>
<td>balanced</td>
<td>equal amounts</td>
</tr>
<tr>
<td>healthy</td>
<td>good for your health</td>
</tr>
<tr>
<td>unhealthy</td>
<td>bad for your health</td>
</tr>
<tr>
<td>junk food</td>
<td>unhealthy food</td>
</tr>
<tr>
<td>processed food</td>
<td>food that has many chemicals and ingredients</td>
</tr>
<tr>
<td>nutritious</td>
<td>food that is good for you</td>
</tr>
<tr>
<td>recipe</td>
<td>how to make food</td>
</tr>
<tr>
<td>ingredients</td>
<td>a list of foods that make another food</td>
</tr>
<tr>
<td>instructions</td>
<td>steps that explain how to do something</td>
</tr>
<tr>
<td>yield</td>
<td>how much food the recipe makes</td>
</tr>
<tr>
<td>cook time</td>
<td>how much time does it need to cook</td>
</tr>
<tr>
<td>measurement</td>
<td>how much of each ingredient</td>
</tr>
<tr>
<td>eat out</td>
<td>eat at a restaurant</td>
</tr>
<tr>
<td>menu</td>
<td>the list of food a restaurant serves</td>
</tr>
</tbody>
</table>

IN YOUR COUNTRY

- Do you think you eat healthy?
- Did you eat healthy in your country?
- How often did you eat at restaurants in your country?
- How is your diet different in the U.S.?
WHAT IS A HEALTHY LIFESTYLE?
Health is important for you and for your family.

How can you stay healthy in the U.S?

Everything is very different here.

For example, people eat at restaurants often.

They walk less and spend more time using TVs and computers.

ACTIVITY: Fill In the Blanks
Use the words below to fill in the blanks.

<table>
<thead>
<tr>
<th>active</th>
<th>hours</th>
<th>healthy</th>
<th>time</th>
</tr>
</thead>
<tbody>
<tr>
<td>diet</td>
<td>phone</td>
<td>sleep</td>
<td>health</td>
</tr>
</tbody>
</table>

Here are tips for a ____ healthy_____ lifestyle:

1. Spend _______ with family and friends. Call friends and family at home. Or find a community center close to you.

2. Stay _____. Go for a walk. Work in your garden. Limit screen time (social media, video games, TV).

3. Get enough ___________. Get at least 6 to 8 ________ of sleep every night. Turn off your ________ at least an hour before you go to sleep.

4. Eat a balanced _______. The food that you eat affects your physical and mental ___________.
HOW A BALANCED DIET HELPS YOU
A **balanced** diet is eating many healthy foods and not many unhealthy foods.

- Eat fruits, vegetables, and whole grains.
- Eat less foods that are high in sugar and fat.
- Eating healthy food is important.
- Did you eat a lot of fresh fruits, vegetables and other healthy foods in your home country?

In the U.S, it’s easy to buy **junk** food and **fast food**. It’s cheap.

It is very easy to gain weight when eat unhealthy.

Eating healthy helps you feel better and gives you more energy. When you feel better, you think better and work better.

It can also help you feel good and sleep better.

**ACTIVITY: Healthy vs Unhealthy Foods**
Work with a partner. Talk about the foods in the picture.

What foods are healthy? What foods are unhealthy?

ACTIVITY: True or False?

1. T / F Eat fresh food more than processed food.
2. T / F It is good to add extra salt to your food.
3. T / F Don’t eat whole grains.
4. T / F Eating healthy is good for your brain.
5. T / F It is better to eat a bag of chips than a bag of nuts.
Answers

1. TRUE. Fresh foods are healthier than processed foods.
2. FALSE. You should not eat too much salt. Salt can give you high blood pressure and heart problems.
3. FALSE. Whole grains are healthy. Whole-wheat bread and brown rice are healthier than white rice and white bread.
4. TRUE. Eating healthy is good for your whole body.
5. FALSE. Nuts are high in good fats. They have protein and give you energy. Chips are high in saturated fats. They have a lot of salt and do not give you much energy.

COOKING AT HOME

It is cheaper and healthier to make food at home
Processed foods like potato chips and cookies are not healthy.
Reading labels helps you choose the healthiest food to buy.

- Buy food low in saturated fats and sugar.
- Cook with fresh ingredients.
- Don’t buy processed food with ingredients you don’t know.
- Look for foods with fewer ingredients.
- Cook meat and vegetables in the oven. Do not fry them in oil.

TIP: You can find fresh produce at a farmers’ market. Or you can grow herbs and vegetables on your balcony, or join a community garden.
FOLLOWING A RECIPE

A recipe tells you how to make food. You can try making new food in America.

You don’t need a recipe to cook food from your home country.

You need a recipe to make new food in the U.S.

You can make recipes healthier. Use less salt and sugar, or use oil, not butter.

This is a recipe for rice:

**Ingredients:**
- 1 cup uncooked rice
- 2 cups water
- 1/2 teaspoon salt

**Cook Time:** 15-20 minutes  
**Makes:** 6 servings

**Instructions:**
- **Heat** the water and salt.
- **Add** the rice.
- **Cover** the pot and lower the heat.
- **Cook** white rice for 15-20 minutes. (Brown rice cooks for 35-40 minutes.)
- **Turn off** the heat and **fluff** with a fork.
ACTIVITY: Create a Recipe

Think about a food you can make.

Make a list of ingredients. What foods do you need? Then write the instructions. How do you make it?

Recipe for: ____________________________  Cook Time: _________

Makes: _________ servings

Ingredients: _________________________________

_________________________________________________________________

_________________________________________________________________

Instructions: _________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

Talk

Tell your recipe to a partner. Explain how to make it.
IS IT HEALTHY TO EAT AT RESTAURANTS?

What do you see in the picture?

When people are busy, they often eat out at restaurants.
Eating at a restaurant is less healthy than cooking food at home.
Fast food is very unhealthy.
It is high in fat, salt, sugar, and calories.
It uses chemicals to taste good.

Here are a few ideas for eating healthy when you eat out:
• choose grilled meat, not fried meat
• order a salad, not fries
• drink water, not soda

TIP: Restaurants in the U.S. give you a lot of food. You don’t have to finish all your food. Ask your server to pack up your leftovers and you can eat it for lunch tomorrow.
ACTIVITY: Selam Goes to Lunch

Selam is going out to lunch with a friend.

They are both trying to eat healthy, but they’re also very hungry. They choose a restaurant called Garden Fresh.

Garden Fresh

LUNCH MENU

SPECIAL OF THE DAY: Includes half-sandwich, salad, soda, and dessert. $7.95

<table>
<thead>
<tr>
<th>SALADS</th>
<th>SIDES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green salad</td>
<td>Bowl of soup</td>
</tr>
<tr>
<td>Sandwich - whole</td>
<td>Roll w butter</td>
</tr>
<tr>
<td>Sandwich - half</td>
<td>French fries</td>
</tr>
<tr>
<td>Salad &amp; ½ sandwich</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DRINKS</th>
<th>DESSERT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soda</td>
<td>Cookie</td>
</tr>
<tr>
<td>Mineral water</td>
<td>Ice Cream</td>
</tr>
<tr>
<td>Coffee</td>
<td></td>
</tr>
</tbody>
</table>

Talk

▷ What should Selam order?
▷ What shouldn’t Selam order?
▷ What are some healthy choices?
ACTIVITY: Eating Out or Eating at Home?

Look at the nutrition facts. Answer the questions.

McDonald’s Cheeseburger

<table>
<thead>
<tr>
<th></th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>300</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>110</td>
</tr>
<tr>
<td>Total Fat</td>
<td>12 g 18%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>6 g 30%</td>
</tr>
<tr>
<td>Sugars</td>
<td>7 g</td>
</tr>
<tr>
<td>Protein</td>
<td>15 g 30%</td>
</tr>
</tbody>
</table>

from fastfoodnutrition.org

Turkey Sandwich (from home)

<table>
<thead>
<tr>
<th></th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>350</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4.5 g 7%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g 0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>8 g</td>
</tr>
<tr>
<td>Protein</td>
<td>28.5 g 30%</td>
</tr>
</tbody>
</table>

from calorieking.com
Which is higher in calories?
Which has more Total Fat?
Which has more Saturated Fat?
How much sugar is in each food?
Which do you like more?

WRAP-UP: HOW HEALTHY AM I?
Answer the questions for yourself. Then, talk with a partner.

1. How often do you eat chocolate or sweets?
   - Every day (0 points)
   - 3-4 times per week (1 point)
   - 1-2 times per week (2 points)
   - Never (3 points)

2. How often do you eat green vegetables?
   - Never (0 points)
   - 1-2 times per week (1 point)
   - 3-4 times per week (2 points)
   - Every day (3 points)

3. How often do you drink coffee?
   - 3-4 cups per day (0 points)
   - 1-2 times per day (1 point)
   - 1-2 times per week (2 points)
   - Never (3 points)

4. How many hours of sleep do you get per night?
   - 1-5 hours per night (0 points)
   - More than 12 hours a night (1 point)
   - 5 or 6 hours per night (2 points)
   - 7-9 hours per night (3 points)

5. How often do you exercise?
   - Never (0 points)
1-2 times per month (1 point)
1-2 times per week (2 points)
At least 3 times per week (3 points)

Add up your points. Look at the chart below.

TOTAL POINTS: __________

<table>
<thead>
<tr>
<th>POINTS</th>
<th>ADVICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-4 points</td>
<td>Change your lifestyle to be healthier.</td>
</tr>
<tr>
<td>5-8 points</td>
<td>Think about your diet. Try more exercise.</td>
</tr>
<tr>
<td>9-12 points</td>
<td>You are mostly healthy.</td>
</tr>
<tr>
<td>13-15 points</td>
<td>Good job! You have a healthy life.</td>
</tr>
</tbody>
</table>

➢ What was your score? How healthy are you?
➢ How can you be healthier?