

MODULE 4 - SELECTING OPTIMAL FOODS

Terminal Objective #4: In real-world settings such as the grocery store, the learner will select foods that support and improve cardiovascular health.

Enabling Objectives	Assessment	Absorb Activity	Do Activity	Connect Activity
<p>While shopping for recipe items in a grocery store, the learner will determine which types of foods are best for heart health from a variety of options.</p>	<p>Responses to performance activity in real-world scenario</p>	<ul style="list-style-type: none"> • How do you make healthy choices at the supermarket? Watch these clips: -Stay on the perimeter of the store for most of your shopping. • Extended resources: -Grocery Shopping Tips -Shopping on a Budget 	<p>Image/Item selection activity: Which of the images below show a whole foods approach to cooking and eating? Select the whole food or click the image.</p> <ul style="list-style-type: none"> -Quinoa Salad -Fresh Vegetables -Commercial Pasta -Olive Oil -Beans -White Bread -Meat Alternatives -Cabbage -Radishes -Roasted Vegetables 	<p>Performance activity in real-world scenarios: Supermarket Scavenge Hunt Activity. Shop for your chosen lunch recipe ingredients in the grocery store. Shop the perimeter of the store for most of your ingredients, and if you need to buy a processed food (can of tomatoes, pasta, or burger buns) read labels and pick the best choice. Lunch Recipe Choices:</p> <ol style="list-style-type: none"> 1. Less 'Egg' Salad Sandwich 2. Indian Samosa Burger 3. Portobello Mushroom Burgers
<p>Rank a variety of foods by their calorie density in order to maximize nutrient density.</p>	<p>Responses to performance activity in real-world scenario</p>	<ul style="list-style-type: none"> • Watch short film: Engine Two Kitchen Rescue • Be informed about simple processed food vs. hyper-processed food -Cut the C. R. A. P. 	<p>Performance activity in real-world scenario. Learners will examine process foods (reading labels and ingredients lists) and remove items that are unhealthy.</p>	

<p>Compare food labels to determine the best processed food choice.</p>	<p>Responses to performance activity in real-world scenario</p>	<ul style="list-style-type: none">• View instructor-led slide presentation on tips for reading food labels• Understanding Food Labels <p>-Watch the clip on understanding food labels</p> <p>-Read the article by Jeff Novick on making sense of food labels</p> <p>-More on how to read a food label the right way</p>	<p>Performance activity in real-world scenario. Image selection activity: Nutrition Facts Label Comparison. Click the box below the best product choice in each category:</p> <ol style="list-style-type: none">1.Pasta Sauce Product 1/22.Hummus Product 1/23.Pizza Crust Product 1/24.Ketchup Product 1/25.Burger Buns Product 1/26.Cracker 1/27.Tortilla 1/2
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