

A Healthy Lifestyle Food

Month: Feb.

Week #: 21

Day: Th. - F Time: 30 min.

Smart Eating Food Target

Life Tree Learning Systems ©

Objectives/Aims

The students will: be able to explain the Food Target and apply it to their diet and eating habits.

Materials

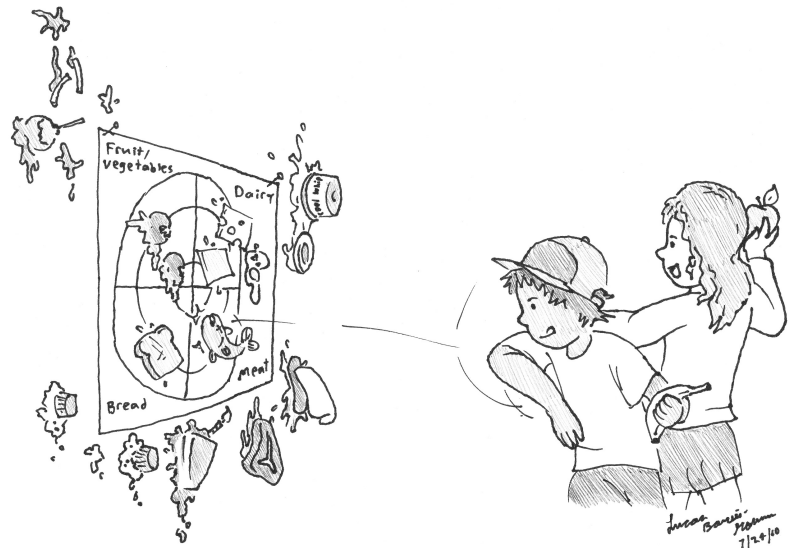
see 'References' for web site to download Smart Eating Food Poster (activity can be done without it)

Illustration

Covert Bailey says, "Aim for the bulls eye!" and you'll be right on Target! What does that have to do with smart eating?

Background

What constitutes 'healthy food' is dependent on one's culture, values, physiology and current scientific research. For many people, one's diet is almost as personal a topic as one's religious beliefs. It is important that students understand this and be tolerant and nonjudgmental of others' eating habits. Ultimately, they need to understand that their diet is a personal choice, but an extremely important one that affects both their emotional and physical health.



The Food Target, as developed by Covert Bailey, adds a whole different dimension to the way one looks at food when compared to the USDA Food Pyramid. The quality of the food is now just as important, if not more important than the quantity. For example, plain popcorn (a 'Bread and Cereal' on the Food Target) is a healthy snack hitting in the 'bulls-eye' area of the target. Add fatty butter and lots of salt, and it moves out from the center becoming a much less healthy food.

TARGET PRINCIPLES (According to Covert Bailey from the website: <http://www.rondagates.com/covert/articles/about.html>)

People often ask us, "Why do you have a target for your logo?"

The four quadrants of the target represent the 4 food groups: milk, meat, fruits and vegetables, and the breads and cereals group.

The foods are arranged on the target so that the "best" foods are in the center. "Best" meaning lowest in fat and sugar and highest in fiber. So as Covert says, "aim for the bulls eye!" and you'll be right on Target!

The 4 rules of Target Eating that will never ever change!

Eat a diet that is:

- 1 Low in fat
- 2 Low in sugar
- 3 High in fiber
- 4 Balanced and varied

Group Activity

1. Ask for a volunteer who brought a sack lunch with them. At this juncture, remind the students that 'healthy food' is dependent on one's culture, values, physiology and current scientific research. For many people, one's diet is almost as personal a topic as one's religious beliefs, so we need to be respectful of their eating habits.
2. Draw a blank Food Target on the board. Then, examine each item to determine the food type (i. e. vegetable, fruit, carbohydrate, etc.) and where it would be placed on the target (as to the amount of fats, salts, sugars etc.).
3. Show the students the Smart Eating Food Target poster. Ask them to compare what the volunteer ate to what Covert Bailey recommends. Repeat this process with several students.

Group Discussion Questions

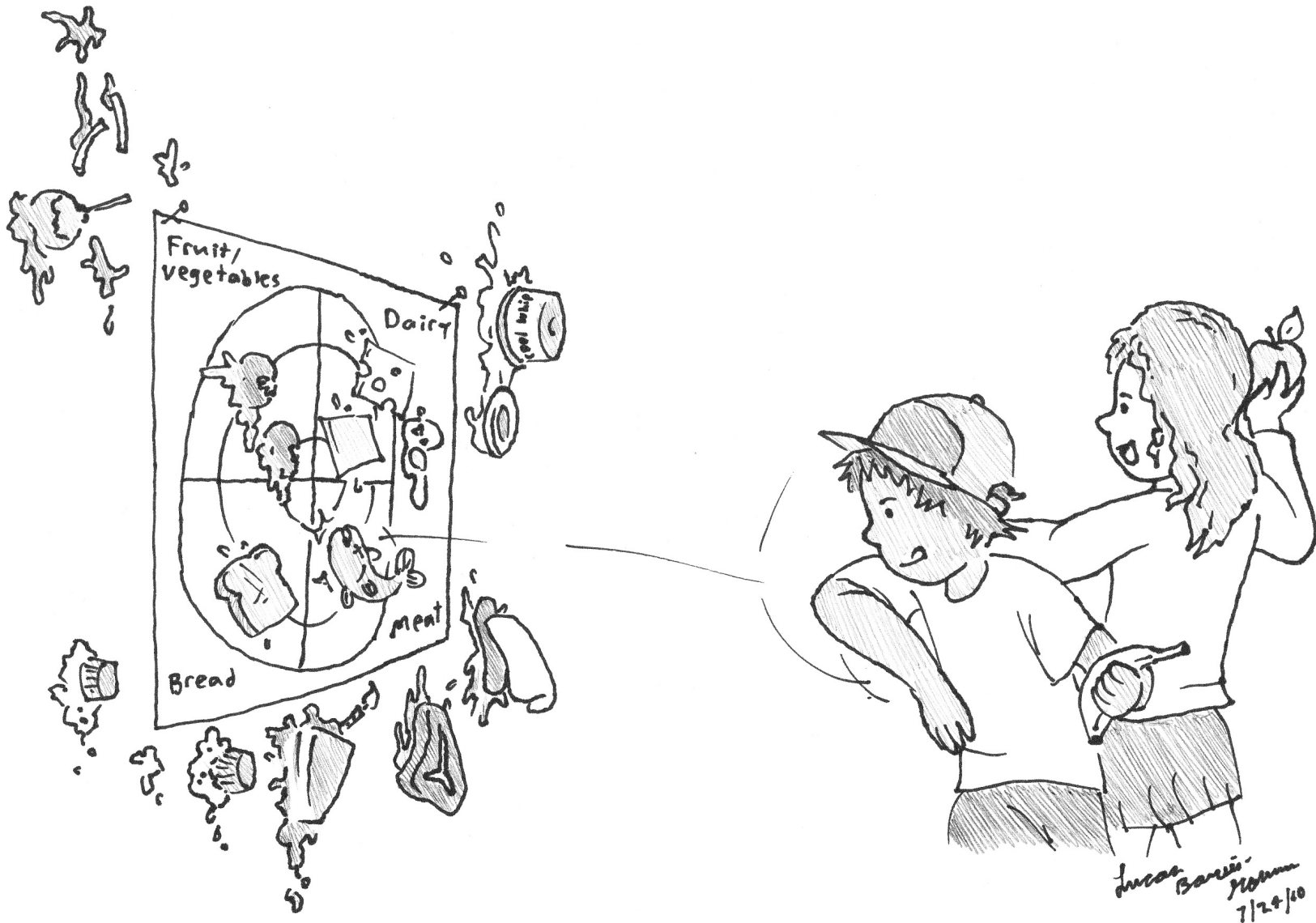
1. What are the different food groups?
A: Refer to the poster.
2. What does the center of the target represent?
A: Healthy food.
3. What is healthy food?
A: Low in fat, low in sugar, high in fiber.
4. What do the outside rings represent?
A: Less healthy food.
5. What is junk food?
A: Highly processed food with many food additives (e.g. sugar, dyes, fat) and many positive nutrients and fiber removed.
6. Think about what you eat each day and then answer these questions inside your head: According to the Food Target, do you eat a healthy diet? What do you need to add or delete in order to make it healthier?
7. Why is a healthy diet important?
A: It affects one's emotional and physical health.

Variations/Extensions

1. Have the students make their own blank Food Target and then fill in what they had for their last three meals, including snacks.
2. The Food Target can be extended to include organic foods.
3. Make up a menu for the next three meals that would hit near the center of the target.

Conclusion

Say, "The quality of the food you eat is just as important, if not more important, than the type of food that you eat. Junk food is, at the very least, 'empty calories,' and at its worst, food that can make you fat or sick."



**Covert Bailey says, "Aim for the bulls eye!" and you'll be right on target!
What does that have to do with smart eating?**