

Middle and High School Curriculum

NUTRITION 101

LESSON EIGHT WHOLE FOOD PRESENTATION

by Dr. Heather Manley, N.D.





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LESSON 8

Whole Food Presentation

INSTRUCTIONAL OBJECTIVES

Students will research chosen food and present to the class how this food is grown, where it is grown, how this food benefits our bodies. They will also bring in a recipe of their chosen food for the class.

STUDENT-FRIENDLY OBJECTIVES

Using a free technological app such as **Fotobabble** and/or **Educreations**, I will choose, research and present a Whole Food plus recipe and create an audiovisual and/or written report of my research.

DIRECT INSTRUCTIONS

Discuss quote.

"Tell me what you eat, and I will tell you what you are."

Anthelme Brillat-Savarin

What do you think this quote mean to you?

BEGIN PRESENTATIONS