

Middle and High School Curriculum

NUTRITION 101

LESSON EIGHT WHOLE FOOD PRESENTATION

by Dr. Heather Manley, N.D.

student
notes





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NUTRITION 101

LESSON 8

Whole Food Presentation

STUDENT-FRIENDLY OBJECTIVES

Using either the free technological apps such as ***Fotobabble** and/or ***Educreations**, or the **Internet**, I will choose, research and present a Whole Food including a recipe containing the chosen Whole Food (see list below). I will then create an audiovisual and/or written report of my research.

IDEAS ON HOW TO GET STARTED

Whole Food Research

1. Using **Fotobabble**, and/or the **Internet**, I will research the Whole Food
2. Write a paragraph that answers the following questions about your Whole Food.
 - Why did you choose this food?
 - Where does it grow?
 - How do its nutrients benefit your body?

Whole Food Recipe

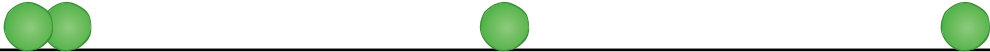
1. Using either **Educreations**, home recipe or the **Internet**; find a recipe for your Whole Food.
2. Be sure to:
 - Include the recipe's ingredients and instructions.
 - Record your opinion of the flavor of this recipe; you could also include others' opinions.

Combine the Whole Food Research and Recipe into one presentation or research document.

*Option: Students could share their cooked dishes with the class.

***Fotobabble** lets you capture moments in real-time and share with your audience (friends, family, fans and customers) via email, Facebook or Twitter. Sharing Talking Photos is faster than video, easier than typing, and more engaging and personalized than sending a picture alone.

Fotobabble link: <https://itunes.apple.com/us/app/fotobabble/id353078443?mt=8>



* **Educreations** turns your iPad into a recordable whiteboard. Creating a great video tutorial is as simple as touching, tapping and talking. Explain a math formula... Create an animated lesson... Add commentary to your photos... Diagram a sports play...

With voice recording, realistic digital ink, photos and text, and simple sharing through email, Facebook or Twitter, now you can broadcast your ideas from anywhere.

Educreations link:

<https://itunes.apple.com/us/app/educreations-interactive-whiteboard/id478617061?mt=8>

Suggested Whole Foods

(Please discuss with your teacher if you decide to choose an alternate)

tomato	cabbage	flax seeds
zucchini	hemp seeds	pumpkin seeds
salmon	aloe	sesame seeds
goji berry	blue green algae	blueberries - any berry
chia seeds	asparagus	spinach
maca root	agave	acai
green tea	red chard	spirulina
eggs	swiss chard	chlorella
olive oil	kale	almonds
red bell peppers	cacao	bananas
dark chocolate	pumpkin	raw honey
garlic	beets	seaweed - nori, dulse, kombu
onion	bok choy	quinoa
pine nuts	nutritional yeast	salmon
coconut sardines	broccoli	basil - any herb