Background

With the many health problems along with being sedentary, it is very important that youth learn how to practice a healthy lifestyle. The earlier they learn how to make wise food choices and how to engage in physical activity, the longer they are likely to practice them. It is becoming more and more common for people to eat fast, processed, and prepackaged foods. These foods typically are higher in fat, calories, and sodium. Sodium is associated with high blood pressure and should be limited. Saturated fat is found in many of the fast food choices and is unhealthy. Over time this can lead to clogged arteries which can lead to heart disease. Along with an increase in calories, many people have become less active. Therefore, it is important to become aware of the nutritional value of foods commonly eaten as well as learn how to make smart nutritional choices.

This lesson has a segment on nutrition and an activity with a Frisbee. Review the information about Exercise on page 23 in Jumping for Health. Using the Leaders’ Guide to Volley Vitals and Vittles, read the background information is found on page 10.

Introduction

Ask how many times a week they eat out, eat processed foods or prepackaged foods? Have a conversation about the nutritional content of these foods (refer to the Volley Vitals and Vittles Leader Guide, page 10).

What to Do

Divide into small groups and allow youth to compare calories, total fat grams, saturated fat grams, sodium, vitamin C, and vitamin A in various menu selections that you have provided. Examples of meals are on the following page of this lesson plan. Have the groups write the results on the board for the class to compare. Allow youth to make suggestions of more nutritious choices.
Conduct the activity on page 11 as a demonstration. Then review the MyPyramid with the group.

Chicken sandwich (breaded and fried) all the way
Large fries
16 ounce soda (regular)

Quarter-pounder with cheese
Large fries
16 ounce soda (regular)

Fish Sandwich (breaded and fried)
Large fries
16 ounce soda (regular)

Small hamburger with usual condiments
Small fires
12 ounce soda (regular)

Chicken filet sandwich (grilled)
Side salad with ranch dressing
16 ounce diet soda

Small hamburger with the usual condiments
Side salad with Italian dressing
Ice cream cone
Water

Physical activity can help burn off some of the excess calories consumed in fast food.

Demonstrate how to hold and throw a Frisbee then allow youth to practice using instructions on page 6. Demonstrate how to catch a Frisbee and allow youth to practice throwing and catching with a partner, instructions on page 9. Play Frisbee Hustle using instructions on page 14. If time allows, play Frisbee Golf using instructions on page 29 of Frisbee Fun and Food

TALK IT OVER
What happens to our bodies when we eat food? What is the benefit to eating a variety of healthy foods? Did you find the menu analysis surprising? How might this affect your fast food choices?