

The Superfood Okra 9th Grade Health



Overview

This lesson will challenge students to make healthier eating choices by using okra instead of other things.

Time needed: 2-3 class periods with option to do additional work outside of class.

Standards:

- HE H.S.5: Students will demonstrate the ability to use decision-making skills to enhance health.
Description: Students will use decision-making skills to identify, apply, and maintain health enhancing behaviors. High school students will apply comprehensive decision-making processes in a variety of situations to enable them to collaborate with others to improve their quality of lives now and in the future.
 - e. Analyze the potential short-term and long-term impact of each decision on self and others.
Examples: Analyze the consequences of the excessive eating of unhealthy foods. Analyze the consequences of using illegal drugs for oneself, for one's family, and for the community.
 - f. Justify the health-enhancing choices when making decisions.

Objectives:

- Students will understand the influence of a healthy diet on current and future health.
- Students will evaluate okra and a variety of other vegetables and how they can positively impact their health.
- Students will find healthy ways to prepare okra that would be attractive to teens and young adults.
- Students will present their completed recipes to the class to be judged on taste, appearance, and overall desire to eat that item again.

Materials:

- Article - <https://medium.com/write-in-the-flow/okra-a-superfood-9a7734b7001b>
- More Superfoods to consider - <https://guidedoc.com/best-superfoods-list>
- Variety of fruits and vegetables from list above including okra
- [Okachos](#) ingredients
- Plates and utensils for tasting
- Printed taste test forms. [Here](#) or [here](#).



Outline:

- Engage: Students will try to name all the fruits and vegetables at the front of the room.
- Explore: Students will explore the health benefits of superfoods, also known as functional foods.
- Explain: Teacher will explain the key concepts of healthy eating, myPlate meals, and how to increase your intake of fruits and vegetables.
- Extend: Students will find recipes that are appealing for teens that would be good substitutions for common unhealthy meals or snacks and cook those recipes for the entire class.

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Lesson Plan:

- Engage: Students will be given a variety of fresh fruits and vegetables.
- Students will try naming all fruits and vegetables and share what dishes are made with them. (They may have to do a quick internet search for this.)
- Explore: Let the students explore the article on okra and the other article on superfoods. They will be choosing one of these fruits or vegetables to research recipes.
- Explain: Teacher will explain functional or superfoods to students. Teacher will explain that students will be creating recipes that would encourage more teens to eat these superfoods by finding recipes that will replace an unhealthy snack with one that contains a superfood..
- Extend: Students will research recipes that use superfoods and cook that recipe for the class. The whole class will get the chance to taste each recipe and rate the recipes based on taste, appearance, and their desire to eat that dish again.
- Evaluate: Students will evaluate the success of their project based on the data from the taste test forms.



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