

Family Consumer Science

How the School Cafeteria Can Bridge the Gap



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Overview: This lesson will challenge students to evaluate the current school cafeteria foods and how they are meeting the nutritional needs of children and adolescents. Students will create enticing and healthy meals that utilize the superfood, kale. They are encouraged to speak to their cafeteria manager to gain deeper knowledge of healthy foods and the school nutrition program.

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

Standards:

- FCS-FNL-5. Students will explain the nutritional requirements of the stages of childhood.
 - Analyze the causes, treatment, and prevention of childhood obesity.
 - Evaluate the school nutrition program for meeting the nutritional needs at different stages of childhood. Determine and recommend any needed changes to the program.
 - Investigate nutrients that may pose problems in the diet and evaluate the use of dietary supplements in early childhood.
 - Identify children at nutritional risk.
- FCS-FNL-6. Students will explain the nutritional requirements of the adolescence diet.
 - Identify changes in body composition as a result of growth and development and explain the cause of increased nutritional risk for individuals in this age group.
 - Demonstrate an awareness of fluids, hydration, carbohydrates, and supplements on physical activity.
 - Explain the causes of obesity and evaluate popular weight loss diets within the context of an adequate and balanced diet.



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Objectives:

- Students will understand how nutritional needs change from childhood to adolescence.
- Students will evaluate the cafeteria menu for one week and determine how it aligns with myPlate guidelines.
- Students will find tasty recipes that utilize kale and meet the school nutrition guidelines.
- Students will lead a taste test in the school cafeteria of a kale recipe.

Materials:

- MyPlate Dietary Guidelines: <https://www.choosemyplate.gov/dietary-guidelines>
- Full School Lunch Requirements (see pg. 11 for meal requirements): <https://www.gpo.gov/fdsys/pkg/FR-2017-11-30/pdf/2017-25799.pdf>
- Quick Checklist for School Lunch Requirements: <https://fns-prod.azureedge.net/sites/default/files/dietaryspecs.pdf>
- National School Lunch Program Q and A: <https://fns-prod.azureedge.net/sites/default/files/cn/SP10-2012v9.pdf>
- Quick Calorie Standards: https://schoolnutrition.org/uploadedFiles/About_School_Meals/What_We_Do/Nutrition-Standards-for-School-Meals.pdf
- Georgia Organics Kickin' it with Kale website
- School lunch menu downloaded from school website.
- Invite the cafeteria manager from your school to speak to your class.



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Outline:

- Engage: Students will identify dietary requirements for children and adolescents from the myPlate dietary guidelines.
- Explore: Students will explore the USDA requirements for school lunches and how they vary for different age groups. They will notice the complexity of the requirements and then look at their school lunch menu for the month.
- Explain: Teacher will explain that students are being challenged to find or create recipes that include kale to add to the school lunch menu. Students will cook recipes and have a taste test in their school cafeteria.
- Extend: Students can examine the breakfast program to identify areas where fresh vegetables and fruits can be introduced.

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Lesson Plan:

- Engage: Begin by showing students the MyPlate dietary guidelines and the Full School Lunch Requirements, specifically page 11 that details the meal requirements for school lunch and school breakfast. Have students brainstorm what meals they have seen recently in the school cafeteria that follows these requirements.
- Explore: Let the students explore the Georgia Organics website on the Farm to School Month: Kickin' it with Kale. Have them look through the kale recipes and resources to brainstorm reasons why kale was selected. Students can list things they have eaten with kale in them. Have the school cafeteria manager come speak to the class on how they incorporate foods that appeal to the diverse group of people they feed daily. Allow time for a question and answered period.
- Explain: Teacher will explain that students are being asked to create or find recipes that would appeal to their peers or younger children in elementary or middle schools. They will have to show how their recipe meets the USDA School Nutrition guidelines and MyPlate dietary guidelines. Students will then cook the recipes.
- Evaluate: Students' recipes will be evaluated using the nutritional guidelines and input from the cafeteria manager. This can be added to a larger project grade or graded independently. This could also be made into a science project and graded as such.
- Extend: Students can select one recipe to provide as a taste test in the school cafeteria. They will let peers try and vote on whether they would like this item added to the school menu. The recipe and results will be shared with the cafeteria manager in hopes of adding the recipe to the school menu.