

Table 1. Suggested Nutrition Curriculum for 17 Weeks.

Week	Topic	Discussion	Possible Assignments
1	Behavior Change	Brainstorm: Name reasons people do not eat well.	Complete a personal barriers worksheet and goals worksheet.
2	Why We Need Food	Concept of energy balance, uses of food, abuse of food, consequences of food abuse (physical, psychological, social)	Begin Internet food log.
3	What Is in Food? Dietary Guidelines	Ingredients, amounts, recommendations (http://www.health.gov/dietaryguidelines/2010.asp)	Food journal regarding sleepiness, energy, emotional well-being, etc.
4	Caloric Expenditure	How we burn calories. How many calories do we <i>really</i> burn in a day? Teenagers? Adults?	Begin Internet physical activity log.
5	Caloric Balance	Simple equation of calories in versus calories out. Getting real!	Discuss various calorie detection devices (i.e., accelerometer, BodyBug).
6	Smart Nutrition 101	Getting what you need	ChooseMyPlate & The Food Pyramid
7	Carbohydrates, Proteins, and Fats	What are these and how much do teenagers need of each?	Discuss the breakdown of students’ food entered in their log.
8	Nutrition Labels	Learn how to read a nutrition label. Examine the details of a nutrition label.	Build a breakfast and lunch.
9	Nutrition Labels	Have various labels from all types of foods to display and have students compare.	Finish building meals and snacks.
10	Facts about Sugar	Reading labels to identify all the types of “sugar” in our foods.	Brainstorm sheet: What foods do you think contain some type of sugar in the first three ingredients?
11	Building a High-Energy Food Plan	Build a daily or weekly menu that provides nutritious variety and the appropriate calories.	Examine food logs and make necessary adjustments to create a higher-energy plan.
12	Fast Food	How is fast food different from what we get at home? Examine various fast-food websites.	Fast-food nutrition homework: Internet search.
13	Fueling for Exercise	Water, energy, protein misconceptions, carbohydrates.	Describe what you have heard regarding fueling for exercise.
14	Life Stages	How food is “social”.	Brainstorm the occasions we eat when we are celebrating or gathering with friends.
15	Weight Management	The struggles and the right way to tackle weight loss/gain. Discuss media and “fast fixes.”	Research advertisements that provide promises or guarantees.
16	Eating for a Lifetime, The Real World	Transitioning into college and/or the workplace. Where to turn for help if eating habits are taking the wrong path.	Discussion
17	Eating for a Lifetime, The Real World	Discuss behavioral changes that occur and strategies to overcome negative behaviors.	Identify personal or parental behaviors that are negative or positive.