

NUTRITIOUS ALTERNATIVES



AGE RANGE

10–13

OVERVIEW

Nutritious doesn't have to mean tasteless! After reviewing their country's dietary guidelines, students will develop modifications to their diet that will help them eat more nutritiously while still enjoying what they consume. Students will consider their favourite types of foods and brainstorm how to make substitutions and/or add ingredients so they can more easily build a balanced diet!

TIMING

45–60 minutes

OBJECTIVES

Students will:

- Understand the connection between nutritious food choices and noncommunicable diseases
- Assess the nutritional value of their favourite foods according to national dietary guidelines
- Evaluate how nutritional guidelines and/or tips can be applied to their favourite foods
- Develop new ways to make their favourite meals, snacks, and/or desserts more nutritious

MATERIALS NEEDED

- Pencils, one per student
- Device with the ability to project, one for the volunteer(s)*
- Favourite Foods** handout, one per student
- Quick & Easy Nutritional Tips**, one electronic copy projected*
- Favourite Foods, Remix** handout, one per student

VOLUNTEER PREP

For more information about the Future Well Kids programme, please email
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