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This sample lesson is Activity Three in Section Four of *The Down Syndrome Nutrition Handbook* (pp. 292-298).

The purpose of this activity is two-fold:

- To be able to uncover the different food groups in a complex entrée, and
- Setting the stage for learning how to balance meals and snacks by food groups.

After a person understands how to group foods such as rice, yogurt, or kiwi fruit, the next question is obvious: "What do I do with a pizza?" This activity treats every combination food as an addition equation. For example, a pizza is the sum of its ingredients:

crust + tomato sauce + pepperoni + cheese + mushrooms = pepperoni pizza with mushrooms!

For students, this can be used in a math class as an adaptation to learning how to do addition. Students may grasp adding together ingredients—and learn the symbols for adding and the equal sign—by creating equations for their favorite foods. It can also be a part of a Health Class nutrition unit.

Each of the 13 activities in *The Down Syndrome Nutrition Handbook* use symbols and black and white photographs to teach key points to understanding basic nutrition concepts. In addition every activity has a lesson plan that includes:

- A description
- Nutrition objectives
- Instructions
- Materials needed
- And any supplementary activities or adaptations that may be helpful to individualize the activity.

The content of the activities are loosely based on learning standards for nutrition education curriculum from Kindergarten through High School. Many activities are appropriate for students with out disabilities with no modifications, though many teachers will choose to update the handouts for students in middle and high school.

Happy Learning!



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Healthy Lifestyle Coaching for All Ages & Stages

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Activity 3: What's a Combination Food?

DESCRIPTION:

Combination foods contain ingredients from more than one food group and are usually main dishes. Pizza, tacos, hamburgers, casseroles, and similar entrées are considered combination foods. To use the Food Guide Pyramid for determining macronutrient meal balance or food groups eaten in a day, it is important to know what is in a "combination food."

OBJECTIVES:

- Your child will name three foods from his favorite food list that are considered combination foods.
- Your child will select or name the food groups that are included in these three favorite foods.
- Your child will place food symbols, photos, labels or word cards in the appropriate food groups for a combination food on a pyramid. Your child will count the number of food groups represented in each combination food.
- Your child will build a "food equation" with food symbols, photos, or words to represent the food groups included in other combination foods.

MATERIALS NEEDED

- Photos, boxes, or symbols of many different types of combination foods (pizza, hamburger, lasagna, tacos, and so on)
- A blank food pyramid or one made with tape on the floor
- A bulletin board, tape to post symbols on the board, or "Post It Poster Board" to create food equations is helpful
- The handout with examples below

INSTRUCTIONS:

1. This is like playing a game of "food math." In order to understand what food groups are in combination foods, you must be able to identify the foods in an entrée. Make a list of some of your child's favorite combination foods.
2. Cut out pictures of the foods from magazines or print photos from the Internet or a program such as Picture This. (See Resources.) Page 298 may also be photocopied and the food items cut apart to complete the sample exercises on the following pages.
3. Find photos or make word cards for the main ingredients in a combination food (Pizza = bread + vegetable + meat + cheese).
4. Put the "food equation" together like a math problem.
5. Once you have the correct food equation, count the number of different food groups in each food. You may want to place the photo/symbol/word cards in an empty, color-coded pyramid to help your child visualize what this looks like.
6. This activity leads into planning balanced menus, which is done using a pyramid as an evaluation tool.

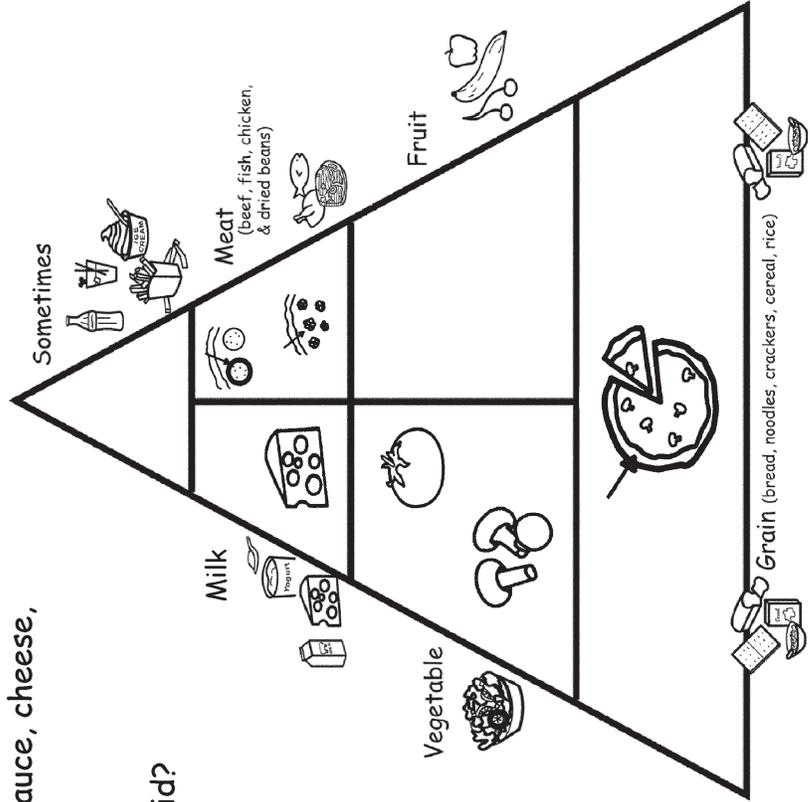
What Food Group is Pizza?

Lots of foods have more than one food group in them. Things like Pizza, tacos, hamburgers, and spaghetti all have more than one food group. How do you know what food groups you ate? You pick it apart!



Pizza is made of the crust, tomato sauce, cheese, pepperoni, mushroom, and sausage.

How does this fit in the Food pyramid?

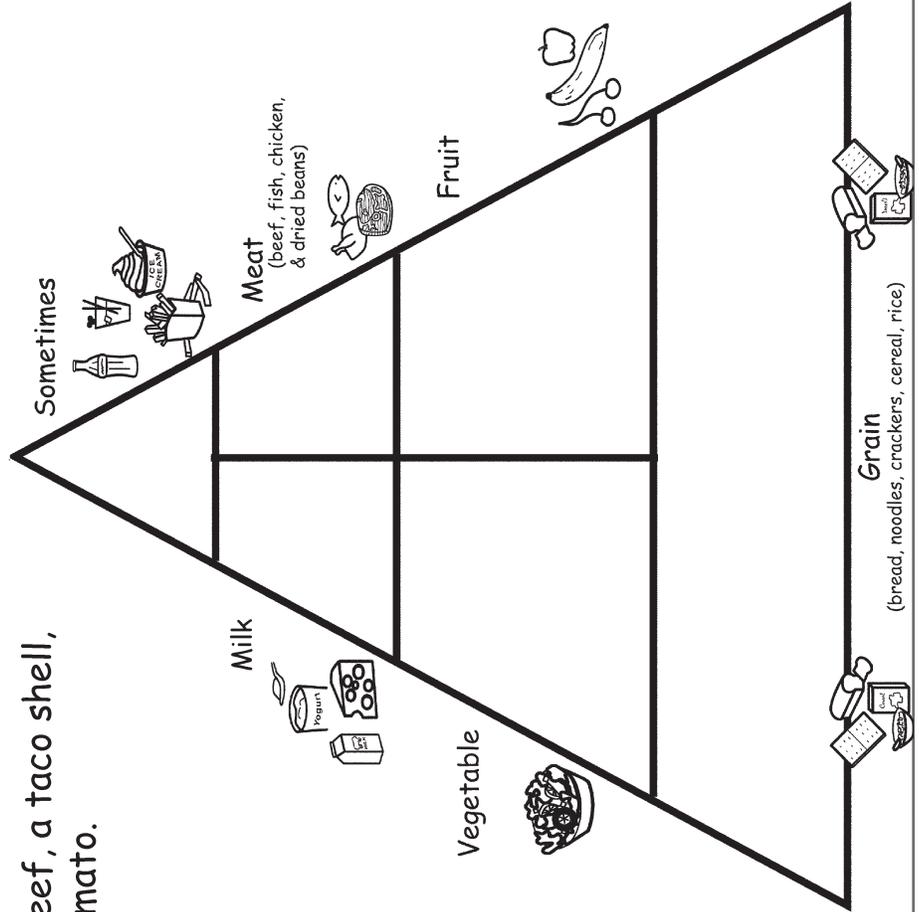


What Food Group is a Taco?

Taco is another combination food. Put the foods from this food equation in the pyramid. How many food groups are in a taco?

Taco = beef + taco shell + lettuce + cheese + tomato

A taco is made of beef, a taco shell, lettuce, cheese, and tomato.



Complete the Food Equation

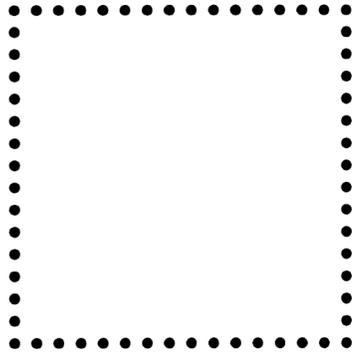
Now you try to complete the food equation for some combination foods. Each box needs a food.

Can you finish the food equation for a hamburger?

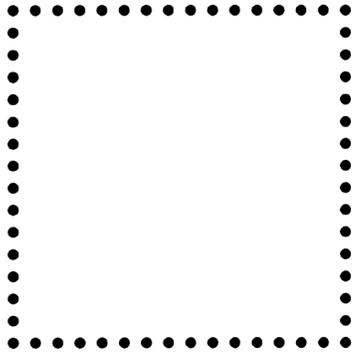
hamburger



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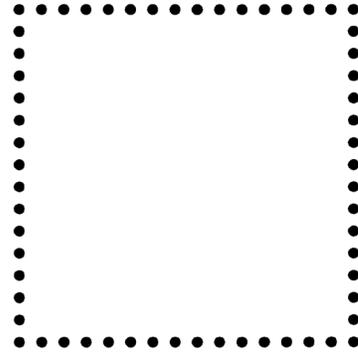


Can you finish the food equation for a cheeseburger?

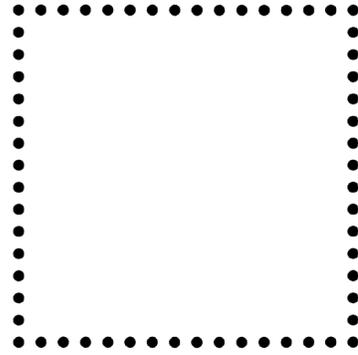
cheeseburger



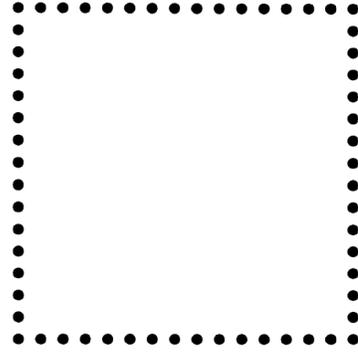
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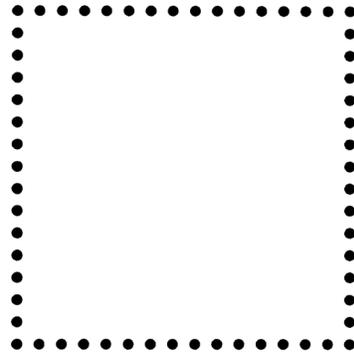
Casseroles are always made of more than one food group, which means they are a combination food. Lasagna is a casserole.

Can you make the food equation for Lasagna?

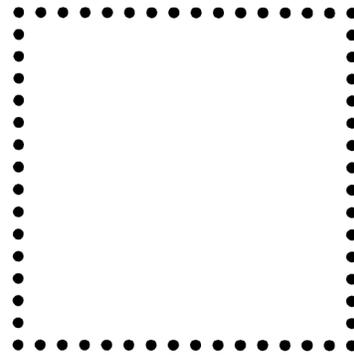
Lasagna



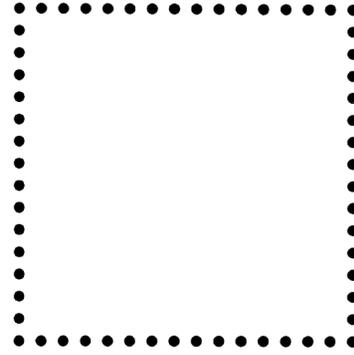
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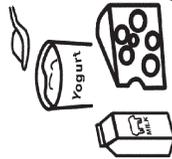
Now that you have made some food equations, choose one equation and put it on the pyramid.

How many food groups is in this combination food?

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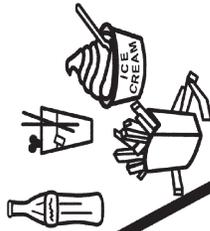
Milk



Vegetable



Sometimes



Meat

(beef, fish, chicken, & dried beans)



Fruit



Grain

(bread, noodles, crackers, cereal, rice)



beef	
taco shell	
lettuce	
cheese	
tomato	

hamburger bun	
hamburger patty	
hamburger bun	
hamburger patty	
cheese	

noodles	
cheese	
spaghetti sauce	