

"MEET WHAT YOU EAT"

by

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"Meet What You Eat" is a 16 mm sound and color animated film which has been made available for classroom use at no charge by Swift & Company. It is basically designed for grades 4 through 10 and provides for an introduction to nutrition, stressing the Basic Four Food Groups plus one more—the role of snacks in the diet. The film is entertaining as well as instructional and the animated character voices include Herschel Bernardi, Allen Seuss, and Julie Bennett. It also stresses the importance of careful meal selection and the role of key nutrients in the diet.

In addition to the film, a lesson plan is provided including spirit masters to allow the teacher to duplicate specific activities. The four activities are:

ACTIVITY MASTER 1

In this activity, pupils are asked to record the foods they eat each day. The data they collect will later be analyzed according to the information they learn about nutrition.

ACTIVITY MASTER 2

There are more than 35 nutrients necessary to maintain a healthy body; keeping a record of our daily intake of each is an extremely complicated process. Consequently, nutritionists have simplified the problem by grouping foods into the Basic Four Food Groups plus a catch-all group of foods high in calories and

low in nutrients called the Other Foods Group. Activity Master 2 introduces these groups.

ACTIVITY MASTER 3

This activity master introduces pupils to the nutrients behind the Basic Four. Depending on your pupils' abilities, you may want to go more deeply into specific nutrients and why each is essential (see Additional Activity 2). This master also introduces pupils to calories as a measure of energy, and compares nutrient-rich foods to calorie-rich foods.

ACTIVITY MASTER 4

Recent studies have demonstrated the incidence of over-weight adolescents in our country has increased enough to be considered a national health program. Excess weight in adolescence is likely to linger on into adult life. Weight problem or not, many pre-teens and teenagers exhibit a high level of interest in body conformation and in changing their bodies to more nearly match their ideals. Activity Master 4 gives pupils a basic understanding of calorie intake and output as it applies to weight control and body configuration.

In addition to the specific activities, other exercises are suggested.

Copies of the film are available through:

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