Food for Thought

Materials and Resources

Printed Materials


Supplies

- Basic art supplies
- Old magazines and newspapers (food section)
- Grocery store fliers

Internet Resources

Teacher Guide

- Guidebook for Student Projects in Data Analysis
  www.amstat.org/chapters/nevada/k12postercompetition/NVASA%20Data%20Project%20Guide%20v0907.pdf*
  A guide for K–12 teachers in the creation of projects that incorporate data analysis. Topics include:
  - Asking the Question
  - Collecting the Data
  - Organizing and Analyzing the Data
  - Completing the Project
  - Assessing the Project

Nutrition Data Trackers

- Activity Calorie Counter
  www.primusweb.com/fitnesspartner/calculat.htm*
  How to count calories
- Calorie Control Council’s Enhanced Calorie Calculator
  www.caloriescount.org/calculator.html*
  Calorie calculator
- Choose My Plate
  www.choosemyplate.gov*
  USDA’s Web site containing information on food groups, the revised 2010 nutritional guidelines, specific food nutrition information, creating a personalized plan or menu, analyzing one’s diet, and teacher and student nutrition resources.
- Smartphone calorie counter applications:
  - MyFitnessPal
  - fatsecret
- USDA MyPyramid Tracker
  www.mypyramidtracker.gov/default.htm*
  An online dietary and physical activity assessment tool to keep track of and assess food intake and physical activity. Analyzes the nutrient content of the foods you enter for one day and compares it with dietary guidelines, nutrient intakes, food pyramid recommendations. Will also analyze and graph your eating over time. Does not require an e-mail address to register.
Polling Resources

- Poll Everywhere
  [www.polleverywhere.com](http://www.polleverywhere.com)*
  Quick response polling site. Participants can use Twitter*, text messaging, web-enabled phones, or the Web to respond.
- Polldaddy
  [http://polldaddy.com](http://polldaddy.com)*
  Online survey – to collect nutrition survey information and/or cafeteria feedback
- Survey Monkey
  [www.surveymonkey.com](http://www.surveymonkey.com)*
  Online survey – to collect nutrition survey information and/or cafeteria feedback

Online Thinking Tools (optional use)

- Intel Education *Showing Evidence*
  [www.intel.com/education/showingevidence](http://www.intel.com/education/showingevidence)
  Argumentation tool

Nutrition Information

- Fast Food Facts
  [www.foodfacts.info](http://www.foodfacts.info)*
  Nutritional information on fast food
- FDA’s Food Safety & Nutrition Information for Kids and Teens
  [www.fda.gov/Food/ResourcesForYou/Consumers/KidsTeens/default.htm](http://www.fda.gov/Food/ResourcesForYou/Consumers/KidsTeens/default.htm)*
  Nutritional information
- Nutrition Dictionary
  [www.foodfit.com/healthy/nutritiondictionary.asp](http://www.foodfit.com/healthy/nutritiondictionary.asp)*
  Definition of nutrition terms
- TeensHealth from Nemours
  "What's the right weight for my height?"
  [http://kidshealth.org/teen/food_fitness/dieting/weight_height.html](http://kidshealth.org/teen/food_fitness/dieting/weight_height.html)*
  Includes BMI calculator
- What’s in a Food Label
  [www.healthchecksystems.com/label.htm](http://www.healthchecksystems.com/label.htm)*
  Shows information about what is on food labels
- WIN: Weight-control Information Network
  Take Charge of Your Health: A Guide for Teenagers
  Understanding healthy foods, serving sizes, food labels

Technology—Hardware

- Internet-connected computers for research, data input, analysis, and presentations
- Projection system for lessons and presentations
- Optional: Student cell phones for recording observations, surveys, food intake, exercise, and photos of food
- Optional: Digital camera for photos of cafeteria and student lunches

Technology—Software

- Spreadsheet for entering and analyzing data
- Presentation software for presenting cafeteria recommendations