

November Agenda

In-school

Resources Utilized

- The USDA Food Pyramid
- Example of a Nutrition Facts label
- Activity Sheets to report work learned to date



Urban Imagination Network
Parent Development School-Based Workshop #3
November 2000

Focus: Harvesting of Food for Thought
A Taste of Nations

Introductions

Your favorite food as a child? Where did it come from?
Who ate together?

What is the connection between food and health?

The food pyramid: choosing a healthy diet

Write down what you ate in last two days and how it relates to food pyramid...

What foods do you eat every week?

How do necessary foods change over time?

Ask about people who are on special diets what they do to improve their health through good nutrition.

Why is it important to read food labels?

Food as way of remembering culture and values:

Thanksgiving as a harvest festival

Harvesting lessons of this fall's parent development program

What are the most important skills you have gained?

Write down ways you have taught your children these lessons/skills:

- Transportation (geography, map reading, etc.)
- Economics (budgeting, saving, computing interest, credit...)
- Food (culture, changes in technology, etc....)
- Reading strategies

Conclusion: A Taste of Nations

Turkey raffle