## Processed Food Breakdown

## Target Grade Level: 9-12th Grade

## Full Lesson Plan: <https://www.iowaagliteracy.org/Article/Processed-Food-Breakdown>

This document is meant for you, the teacher, to use to convert the lesson plan into a virtual learning module for your students. You can use the steps outlined below to create different elements of a Google Classroom lesson or other online learning module. You can also send the steps directly to your students in a PDF, present them in a virtual meeting, or plug them into any other virtual learning platform you use. Find more virtual lessons here: [Virtual Learning.](https://www.iowaagliteracy.org/Tools-Resources/Other/Virtual-Learning)

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| Engage | Write a short response to each of the following questions.   * Why do we process food? * How is food processed? * What is in processed foods? * Why is it important to read food labels? |
| Explore | Next, “To Process or Not” (page 2) and *The Lowdown on Nutrition Labels* (page 7) in this magazine.   * [*Iowa Ag Today – Food & Nutrition*](https://www.iowaagliteracy.org/page/file?path=Files%2Fwebsite%2Fiowa-ag-today%2FIALF_AT_MD_issue3-online.pdf) |
| Explain | After reading the article, revise your answers to the previous questions and record them on the Processed Foods Breakdown worksheet.   * [Processed Food Breakdown Worksheet](https://docs.google.com/document/d/1PV2b7KsAh4cAC2_bo41EB_sHeL0CLqG5Cybs5OhBDQQ/copy?usp=sharing) |
| Elaborate | Your next task is to build a healthy meal with only processed foods. Your meal must include at least four of these processed food types - canned, frozen, refrigerated, dried, boxed or bagged, and drinks. Use the pantry, frozen, fresh, and bakery sections of the [HyVee Aisles website](https://www.hy-vee.com/aisles-online) to select foods. Click on each item to view the nutrition facts and ingredients. When selecting foods from the fresh section of the website, be sure to only choose processed foods that have been altered in some way before packaging. For example, baby carrots are considered a processed food because they are cut and peeled before packaging. Whole carrots are not a processed food.  Record the links to and information about your choices on the Processed Food Breakdown worksheet. |
| Evaluate | Finally, answer the summary questions on your worksheet. |