

Nourish/Nutrition



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- # Learning Goals:
- Quantitative Reasoning
 - Personal Qualities



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The Plan

- DAY ONE = INTRODUCTION
 - Some Nutrition Basics
- DAY TWO = SUGAR IS BAD
 - Analyze Drinks for Health
- DAY THREE = CAFFEINE DANGERS
- DAY FOUR = PLAN OF ACTION
 - Create A “Mini-Project” around what we have learned and do it



DAY ONE - NUTRITION BASICS



Day 1: Six Essential Nutrients

Measure: Nourish

Outcomes:

- Students will recognize the role that nutrition plays in health
- Students will be able to identify key aspects of a healthy eating plan

Discussion: It is important to understand why certain foods are considered healthy. Your body requires six essential nutrients which must be obtained from your diet.

They are as follows:

- Vitamins
- Minerals
- Water
- Carbohydrates
- Fat
- Protein

Activity: Working in pairs, select one of the nutrients to research. You can explore resources on the ACLM's page on the Big Picture Living website for more information (<https://www.bpliving.org/aclm-resources>).

Consider why this nutrient is important. What role does it play in your body? How do you consume this nutrient? Where is it found? Create an advertisement for this nutrient and share it on social media. Remember to tag @BPLiving in your post.

Reflection: In your **Big Picture Living journal**, consider what you learned today about essential nutrients. What small changes can you make in your diet to include these nutrients?

www.BPLiving.org **Source:** ACLM's The Teen Lifestyle Medicine Handbook

What's on Your Plate?

Measure: Nourish

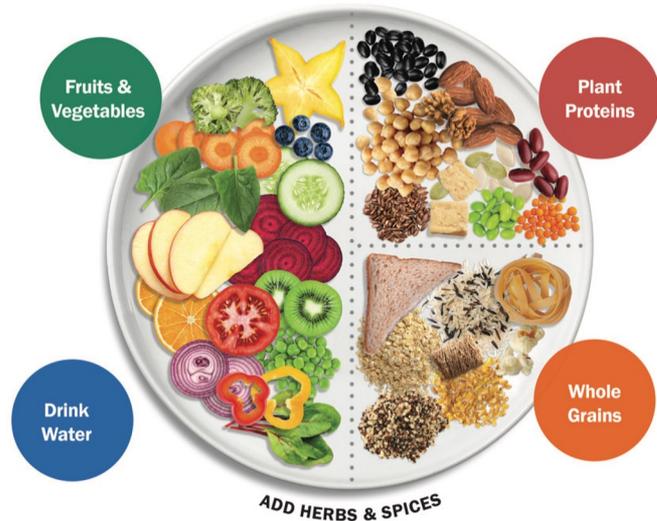
Outcomes:

- Students will recognize the role that nutrition plays in health
- Students will be able to identify WFPB diets

Discussion: The whole food, plant-based (WFPB) plate was designed to illustrate the optimal nutrition and to serve as a tool to compare to your own plate. Consider the division of the plate and how it compares to your normal meals. What is different? Consider how you might change your daily eating habits to incorporate more whole grains or fresh vegetables. What are the obstacles to reaching this goal?

Activity: Working in alone, compare what you eat and a healthy WFPB plate. Fold a paper in half and draw to large circle to make a plate on each half. On one half, recreate the WFPB plate. On the other side draw what you ate last night. What similarities do you see there? What is different?

Reflection: In your **Big Picture Living journal**, think of three food/ingredient swaps that you can make this week to build your WFPB plate.



Dinner Conversations

Measure: Nourish

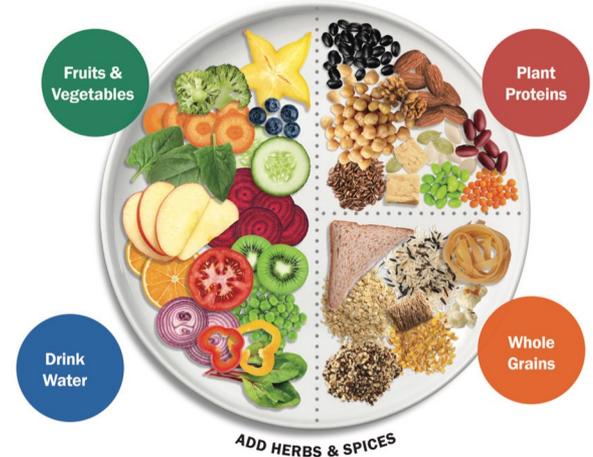
Outcomes:

- Students will recognize the role that nutrition plays in health
- Students will be able to encourage others to improve their eating habits

Watch: Maria and Angel interview Dr. Marsha-Gail Davis. In this clip, Dr. D is asked about how students and change the eating habits of their family members: <https://youtu.be/n4BQ9UQi-lk>

Discussion: One of the obstacles teenagers face in changing their eating habits is access and social influences. Consider what Dr. D. says in the interview on strategies to encourage your family to eat more plant-based.

Activity: Select one night a week to cook a plant-based meal. Consider cooking with another person in your household. Explore the ACLM meal guide on the Big Picture Living site, <https://www.bpliving.org/acm-resources>, for recipes and options. Snap a photo of your meal and share on social media. Remember to tag @BPLiving.



Reflection: In your **Big Picture Living journal**, reflect on your cooking adventure.

Who did you cook with in your household? Did you learn something new? Did you teach something new?

www.BPLiving.org Source: ACLM's The Teen Lifestyle Medicine Handbook

Week 4: A Plant-Based Spin

Measure: Nourish

Outcomes:

- Students will recognize the role that nutrition plays in health
- Students will be able to cook a plant-based meal

Watch: Tirza, from the Big Picture Living Skunk Works team, put her creative spin on a plant-based, low sugar treat. Watch her video here: <https://youtu.be/Gh1QKtm1tNQ>

Discussion: This month we learned about the six essential nutrients and maintaining a whole food, plant-based diet, now it is time to put it in action. Select one of your favorite recipes - maybe lasagna or chicken salad or tacos - how can you change the recipe to adhere to the WFPB diet?

Activity: Working in teams, select one recipe. Create a list of ingredients and research substitutions. Maybe you will make a cashew tofu ricotta for the lasagna, or replace the taco meat with jackfruit. Create, cook and share your recipe with others. Remember to tag @BPLiving on social media.

Reflection: In your **Big Picture Living journal**, consider what you've learned this month about plant-based eating? What was hard? What surprised you?

Small Changes for Big Impact



BIG PICTURE Living

Engaging in our health is an act of

resilience, resistance & restoration

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This is the change I can make in ME

to get us ALL to a powerful WE

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Download the Call to Action from the Website.
Fill it out snap a photo and share on social
#BigPictureLivingChallenge

Follow Big Picture Living on Social Media

Instagram: @bp_living

Facebook: @BPLiving

Twitter: @bp_living

YouTube: Big Picture Learning

TikTok: @bp_living

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About the 6 Measures



Nourish

Recharge



Social



Chill

Caution

Move



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Food is Medicine.

Choose predominantly whole, plant-based foods that are rich in fiber and nutrient dense. Vegetables, fruit, beans, lentils, whole grains, nuts and seeds

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DAY TWO - SUGAR IS BAD



- SOME SWEET MATH
(SUGAR CALCULATOR)
- SCIENCE LAB
- NATURAL v UNNATURAL S
- SUGAR SUBSTITUTES



DAY TWO - SUGAR IS BAD



- SOME SWEET MATH (SUGAR CALCULATOR)

Grams = Weight

Milliliters = Volume

Teaspoon = Volume

4 grams = 1 teaspoon

Women - 6 teaspoons

Men - 9 teaspoons

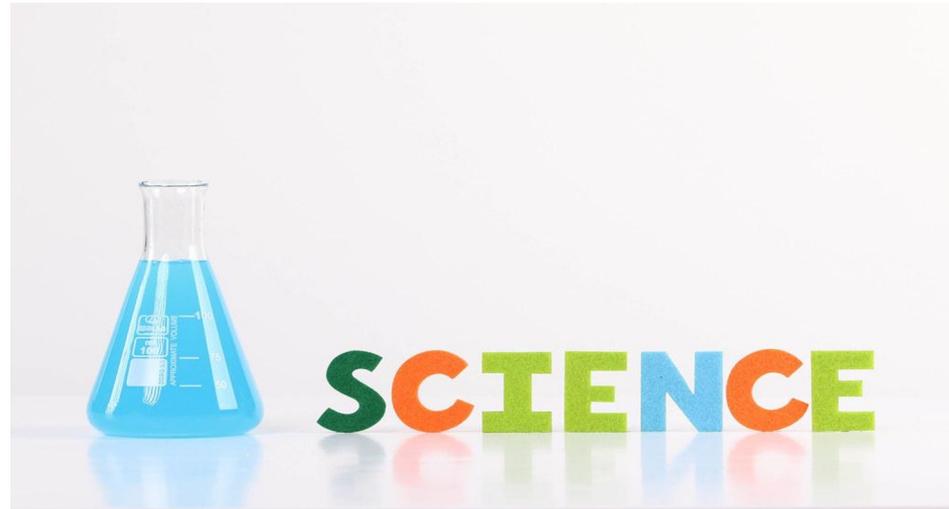
There's no nutritional need or benefit that comes from eating added sugar.



DAY TWO - SUGAR IS BAD



- Science Lab
Analyze What You Drink



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DAY TWO - SUGAR IS BAD



- NATURAL v UNNATURAL SUGAR

https://www.youtube.com/watch?v=kWWTpe86ja4&ab_channel=TheDoctors

- WHAT HAPPENS WHEN YOU EAT TOO MUCH SUGAR

https://www.youtube.com/watch?v=0iMGVbzsD5c&ab_channel=TechInsider

DAY TWO - SUGAR IS BAD



- SUGAR SUBSTITUTES

https://www.youtube.com/watch?v=F7x_2f7uQyc&t=315s&ab_channel=MarkHyman%2CMD



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DAY TWO - SUGAR IS BAD



- QUITTING ADDED SUGAR

https://www.youtube.com/watch?v=0fbxmdPX-IA&ab_channel=TechInsider



0
tsp
Added Sugar

Consuming less added sugar helps prevent obesity, diabetes, and heart disease.

2 1/2
tsp
Added Sugar

WARNING: Consuming added sugar can lead to obesity, diabetes, and heart disease.

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DAY THREE - CAFFEINE DANGERS



DAY THREE- CAFFEINE DANGERS



- CAFFEINE INFO
- How Caffeine Keeps us Awake

https://www.youtube.com/watch?v=foLf5Bi9qXs&ab_channel=TED-Ed

- What Caffeine Does to Us

https://www.youtube.com/watch?v=QBK4SNSjnmY&ab_channel=TechInsider

DAY THREE- CAFFEINE DANGERS



- CAFFEINE MATH

Use this equation to figure out how much caffeine you should limit yourself to each day:

(your weight in pounds) x 1.1 =

DAY FOUR - HAVE A PLAN



- PROJECT PROPOSAL
 - Five Days Normal - record your intake
 - Record the amount of added sugar you eat
 - Five Days “health conscious” -- record your intake
 - drink only water or regular milk, nothing else at all.
 - Try not to eat things with added sugar, record the amount of added sugar you eat.
- EXTRA CREDIT -- MONITOR YOUR FAT INTAKE TOO