



Nutrition Facts for Selected Writing Prompts

Use this information to evaluate student's responses to the writing prompts.

Legend
E = Expository
N = Narrative
P = Persuasive
K = Kindergarten
G = Grade Level

	EK1, 1A	NK1	EG2-3	NG2-3	EG3-4	NG4-6, 6A	EG5-6, 6A	PG6, GA
Whole Grain	Picture shows three whole grain kernel parts (germ, endosperm, bran)	Examples of whole grain breakfast foods: -choose 100% whole wheat bread, bagel -oatmeal -whole grain cereals (e.g. "Excellent source of whole grain" on label), -homemade pancakes/waffle using whole grain flour -brown rice -whole wheat tortillas	Examples of wording on labels include: -100% whole wheat (or other grain) as the first ingredient -"Excellent source of whole grain" -high fiber content is often but not always an indicator; compare similar products for the one highest in fiber. -health claim for eating high fiber foods -(Brown color is NOT an indicator of whole grain.)	Benefits of whole grain include: - more vitamins and minerals than in refined foods -fuller taste -often more fiber which keeps digestive tract healthy -helps you feel full -more balanced diet - possibly less sugar intake -meeting recommendations for MyPyramid whole grain intake ("Half your Grains Whole" or 3/day)	Displays might include: -picture of the anatomy of a whole grain -lists and pictures of common foods made from whole grains -statements to look for on labels to choose whole grains -poster showing differences between whole grain and refined foods -food samples	Benefits of whole grain include: - more vitamins and minerals than in refined foods -fuller taste -often more fiber which keeps digestive tract healthy -feeling fuller -more balanced diet - possibly less sugar intake -meeting MyPyramid recommendations for whole grain intake ("Half your Grains Whole" or 3+/day)	Presentation would include a labeled picture of a whole grain kernel - Benefits of whole grain include: - more vitamins and minerals than in refined foods -fuller taste -often more fiber which keeps digestive tract healthy -feeling fuller -more balanced diet - possibly less sugar intake -meeting recommendations for MyPyramid whole grain intake ("Half your Grains Whole" or 3+/day)	Presentations might include: -picture of the anatomy of a whole grain -lists and pictures of common foods made from whole grains -statements to look for on labels to choose whole grains -poster showing differences between whole grain and refined foods -food samples

<p>MyPyramid</p>	<p>Pictures could include any foods from the base of each food group.</p> <p>Pictures should not include foods high in added fats and sugars such as desserts, sweets, pop, fried foods, chips, fast food, etc.</p> <p>NOTE: We suggest a minor change in the writing prompt to read as:</p> <p>“Write or draw pictures to show 2 or more foods that are good for you.”</p>	<p>A healthy breakfast includes foods from at least <i>any three</i> food groups.</p> <p>- foods should be from the bottom or middle of the food group (therefore lower in added fats and sugar)</p>	<p>Instructions would include selecting foods from the base or middle of each food group</p> <p>- include one food item from <i>each</i> food group for meals such as lunch or dinner</p>	<p>Benefits of a healthy diet include:</p> <ul style="list-style-type: none"> - energy to think, move and play - vitamins and minerals that make for strong bones, shiny hair, healthy skin, sparkling eyes -proper growth and body functions -maintenance and repair of body tissues -keeps you healthy 	<p>Major differences between Pyramids include:</p> <ul style="list-style-type: none"> -MP portrays physical activity - Recommendation for whole grains - Uses measurements instead of number of servings -Based on age and activity level -MP does not show pictures of foods to eat less of (tip of old Pyramid) -Includes healthy oils -Similar shape -New name for meat group to “Meat and Bean Group” <p>NOTE: We suggest deleting the “Which one is your preference” portion of the question.</p>	<p>To select healthy foods:</p> <ul style="list-style-type: none"> -compare and read Nutrition Facts Panels -compare and contrast food labels of similar items, i.e. crackers, breads, yogurts, soups -select foods low in added fat and sugar, e.g. nonfat milk, 100% whole grain bread - choose foods from the base or middle of each food group - include one food item from each food group for meals such as lunch or dinner 	<p>Explanation of MyPyramid could include:</p> <ul style="list-style-type: none"> -choose foods from the base of each food group -make half your grains whole -eat a variety of vegetables especially orange and green ones several times per week -choose lean proteins -eat legumes several times per week -eat whole fruits and limit juices -choose nonfat or low-fat dairy foods -choose foods with heart healthy oils such as salmon and nuts -limit foods high in added fats and sugars -be active nearly every day for 60 minutes 	<p>Persuading one to eat healthy might include:</p> <ul style="list-style-type: none"> -sharing nutrition facts -sharing information on health benefits of whole foods -compare and contrast fat, sugar and salt contents of junk food vs. healthier foods -health benefits of healthier foods -health consequences of less healthier foods, e.g. poor energy level, reduced athletic and classroom performance, inability to concentrate, dental caries, etc.
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<p>Vegetables</p>	<p>Draw a picture of a root vegetable discussed in class</p>	<p>Plant labels could include:</p> <p>Reproductive parts: flower buds, flowers, fruit, seeds.</p> <p>Vegetative parts: Leaves, roots, leaf buds, stems</p> <p>Examples of each include: -Botanical fruit such as peaches, apples, cherries, berries, tomatoes, squash, cucumbers, eggplant, walnut, sunflower seeds, peanuts, grain kernels -Flowers buds such as broccoli florets plus head lettuce and cabbage are terminal buds. -Leaves such as leaf lettuce, spinach, collard greens (Onions are a fleshy leaf</p>	<p>-Buy nutrient dense foods instead of junk foods.</p> <p>-Orange and dark green vegetables provide vitamin A (carrots, sweet potatoes, winter squash, yams, pumpkin, dark leafy greens,) and some provide vitamin C (broccoli, spinach, asparagus, green bell peppers, bok choy, Chinese pea pods</p>	<p>Letter might explain health benefits of suggested food, such as:</p> <p>-less sugar -lower in saturated and trans fats (e.g. more baked rather than fried foods, leaner meat options) -higher in fiber (e.g. more whole grain breads/ buns) -higher in vitamins and minerals (e.g. fresh fruits and vegetables)</p>	<p>Plant labels could include: Fruit, flowers, leaf, stem, root.</p> <p>Examples of each include: -Fruit such as peaches, apples, tomatoes -Flowers such as broccoli, cauliflower -Leaves such as lettuce, spinach, collard greens. -Stems (transport nutrients) such as celery, rhubarb. -Roots (absorb nutrients from soil) such as potatoes, onions, jicama, carrots, beets. -Seeds (starts new plant) such as sunflower seeds.</p>	<p>Story could include the growth process starting with the seed, germination, leaf production, flowering, fruiting (if applicable), ending in seed production.</p> <p>Growing process involves water, air, light, nutrients.</p>	<p>Presentation could include: -nutrient content of vegetable -fiber content of vegetable -how to select and store the vegetable -ways to use the vegetable -how to possibly grow the vegetable yourself</p>	<p>Gardening benefits include: -socializing with friends -being physically active together -rewarding to eat what you have grown -food is fresh and high in nutrients -fun to be outside in fresh air -personal satisfaction for watching food grow -fun learning about plants' life cycles</p>
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