

Healthy Eating Habits- Lesson Plan EDCI 337

Created by: Charlie McCullough



Overview

In this week's topic we will be exploring healthy eating habits and creating a balanced meal plan to incorporate the needs of our day to day lives. Why is this important? Food is the fuel that we put into our bodies to be able to function and live our lives to the fullest. Knowing the right foods to consume in order to be able to sustain a happy and healthy life is super important.

Lesson Objectives

By the end of this lesson you will have a healthy and nourishing meal plan containing well balanced meals as well as more knowledge on foods you should be incorporating in your day to day lives. Start by reading the articles provided to learn more about creating meal plans, essential healthy foods, and foods to make your energy last throughout the day.

Read:

Read: (tips for starting a meal plan)

<https://www.hsph.harvard.edu/nutritionsource/meal-prep/#:~:text=The%20more%20veggies%20%E2%80%94%20and%20the,French%20fries%20don't%20count.&text=Choose%20fish>

[%2C%20poultry%2C%20beans%2C,cuts%2C%20and%20other%20processed%20meats.&te xt=Eat%20a%20variety%20of%20whole,pasta%2C%20and%20brown%20rice\).](#)

Read: (foods you should be incorporating in your diet)

<https://health.ucdavis.edu/blog/good-food/top-15-healthy-foods-you-should-be-eating/2019/04>

Read: (eating for energy)

https://www.hss.edu/article_eating-for-energy.asp

Learning Activity

For this activity, you will be creating a meal plan for a day's worth of meals (assuming you have an unlimited budget). It is important to incorporate the information from the articles above in your meal plans, for example, use some of the suggested foods from the second reading.

Things that should be included in this meal plan:

- 3 full meals (breakfast, lunch and dinner, dessert optional)
- A description of a typical day in your life (school, sports, extra curricular activities) just so that whoever is analysing your meal plan has a sense of what you as an individual might be prioritising in your everyday diet.
- Each meal should have a relatively straightforward recipe.

You have the freedom to use any platform of your choosing to create this meal plan however because it is only for one day try and make it relatively detailed, i.e. include the specific foods you will be making including a brief description of how to make it.

Example:

Lunch → Quinoa Salad Recipe

For the Dressing:

- 1/4 cup **olive oil**
- 1 clove minced garlic
- 2 tablespoons **lemon juice** *1 large lemon*
- 1 tablespoon **golden balsamic vinegar or champagne vinegar**

- 1 teaspoon **pure maple syrup or honey**
- Kosher salt and black pepper *to taste*

For the Salad:

- 2 cups cold cooked quinoa
- 2 cups fresh spinach leaves *chopped*
- 1 cup chopped cucumber
- 1 cup halved grape or cherry tomatoes
- 1 **large avocado** *pitted, peeled, and chopped*
- 2 green onions *sliced*

Prep:

First, make the dressing. In a small bowl or jar, whisk together the olive oil, garlic, lemon juice, vinegar, maple syrup or honey, salt and pepper. Set aside.

In a large bowl, combine quinoa, spinach, cucumber, tomatoes, avocado, and green onions.

Drizzle salad with dressing and gently stir until salad is coated with the dressing. Season with salt and pepper, to taste. Serve.

Source: <https://www.twopeasandtheirpod.com/easy-quinoa-salad/>

Reflection

Reflect on the process of making this small meal plan. Include one or more of the reflection questions below in your reflection.

1. How difficult was it to come up with 3 balanced meals for 1 whole day?
2. Could you see yourself trying out this meal plan?
3. After reading the articles above, did it change your mindset on anything specific related to food? Did you learn something new?

To Do This Week

1. Read the 3 readings above.
2. Complete your 1 day meal plan including the reflection and hand it in using the format of your choice.

References

Lichty, Maria. "Easy Quinoa Salad Recipe." *Two Peas & Their Pod*, 20 May 2019,
www.twopeasandtheirpod.com/easy-quinoa-salad/

"Meal Prep Guide." *The Nutrition Source*, 2 Oct. 2020,
[www.hsph.harvard.edu/nutritionsource/meal-prep/#:~:text=The%20more%20veggies%20%E2%80%94%20and%20the,French%20fries%20don't%20count.&text=Choose%20fish%2C%20poultry%2C%20beans%2C,cuts%2C%20and%20other%20processed%20meats.&text=Eat%20a%20variety%20of%20whole,pasta%2C%20and%20brown%20rice\)](http://www.hsph.harvard.edu/nutritionsource/meal-prep/#:~:text=The%20more%20veggies%20%E2%80%94%20and%20the,French%20fries%20don't%20count.&text=Choose%20fish%2C%20poultry%2C%20beans%2C,cuts%2C%20and%20other%20processed%20meats.&text=Eat%20a%20variety%20of%20whole,pasta%2C%20and%20brown%20rice)

Medicine, Good Food Is Good. "Top 15 Healthy Foods You Should Be Eating." *Good-Food*,
<https://health.ucdavis.edu/blog/good-food/top-15-healthy-foods-you-should-be-eating/2019/04>

"The Do's and Don'ts of Eating for Energy." *Hospital for Special Surgery*,
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