

Power Foods

Staying Healthy Skill: Choosing foods that are nutrient-rich—"power foods"—will help you to stay healthy

Life Skill: Organizing information: selects appropriate categories and transfers information between formats

Educational Standard: NM.K-12: Data Analysis and Probability Standard: analyze and organize data

Success Indicator: Shares information about choosing nutrient-rich foods.

Is candy a healthy choice? How about potato chips? What do you like to eat? In each food group there are foods that are more "powerful"—in other words, they have more nutrients for the number of calories you eat.

Get Smart!

These are considered nutrient-rich or "power foods". They are good choices for staying healthy. Candy and potato chips provide calories with very few nutrients. These are fun foods you can choose if your calories allow once you've met your nutrient needs from each food group.

Nutrient-rich power foods.



Circle the "power foods" in the puzzle below. Identify those "power foods" you especially like and list them under the appropriate food group.



Powering up at school

S V C E F S D A E R B T A E H W E L O H W Y F B S
 E E Y O T K B R O W N R I C E G N A R O K E P R P
 L A I C R I K I P Q G S A V N M E H L R E V E O I
 P Z S R E N E S I V W Y B X G F J B E B V W A C N
 P J Z U R L T F A E F T N Q Z X A J T S J C N C A
 A C T L J E V O E C D M E G K N F S U F U A U O C
 O T O Q E S B Y R E D U N W A E A V T U R Q T L H
 U J Q H L S T E S T B V I N E O X U J E L R B I M
 W O O L F C A R U A I D A B R V E F D L S Q U Q I
 Z V X F K H I G U L X L N I K L U P W T D Y T O M
 A B X O M I S X C G B R L U A D E C R I E M T V Z
 Y B H J M C B H V N O E A A O P C A I S E B E D S
 E K J U E K E Z T M D Y B I P R W W T X S R R K A
 K C S W E E T P O T O T O E S B G O Q F R T X T U
 R Q S J R N S L E Z T E R P E I R N R P E U U F G
 U P E I U B P F K O T S I R G R N C A N W N L G J
 T A O D P R D S O L T B R Q A C U S J E O A R E I
 I S T T X E N H L R I I B C W L J M X R L Z A B U
 L V A D F A F J I I E M N G X A I T Z G F N V Z Z
 E P M D R S I P J S C G M E S E E H C G N I R T S
 D D O S F T S G G A T E K I W I H M Z A U U K T N
 O A T M E A L G N T O A D T K B Q X Z C S X T G L
 D N O K Z C E R U B L C N H W S E P A N B W W S Q
 S M Q P K I J X P A S Q G S A W P C B L J P M R P
 T U T S G T U Y R I P F G U V M R N I Q J L S E B

Power Foods

I Like

- Apple
- Banana
- Beef Jerky
- Blueberries
- Broccoli
- Brown Rice
- Carrots
- Cheerios
- Corn Tortilla
- Deli Roast Beef
- Deli Turkey
- Eggs
- Kiwi
- Lean Ground Beef
- Nuts
- Oatmeal
- Orange
- Peanut Butter
- Pretzels
- Raisins
- Red Pepper Strips
- Skim Milk
- Skinless Chicken Breast
- Sliced Ham
- Spinach
- Strawberries
- String Cheese
- Sunflower Seeds
- Sweet Potatoes
- Tomatoes
- Tuna
- Whole Wheat Bread
- Yogurt

Food Groups

| Grains |
|----------------|
| |
| |
| |
| Fruits |
| |
| |
| |
| Vegetables |
| |
| |
| |
| Dairy |
| |
| |
| |
| Proteins/Meats |
| |
| |
| |

BRAINstorming



Share What You Did

- Which “power foods” do you like in each group?

Process What’s Important

- Why should you choose “power foods” first?

Real World Survival Tip

A restaurant menu offers many choices. What questions can you ask to determine the best “power food” choices for you? Write a Real World Survival Tip.

Show Your Smarts!

“Power foods” have more nutrients for the number of calories in every bite. Why do we need nutrients? Check out the chart. When you make a choice about what to eat, choose “power foods” first—colorful fruits and vegetables, lean meats/protein, lowfat dairy products and whole grain breads.

How can you share this information with others?

Consider one of the “Show Your Smarts” ideas below to show what you know in your final project activity.

Generalize To Your Life

- How can selecting “power foods” or nutrient-rich foods help you today and in the future?

Apply What You Learned

- Organize three meals, including at least one “power food” from each food group at each meal.

More Challenges

1. Go to the grocery store and find other “power foods” in each food group.
2. Record all the foods you ate in one week—“power foods” and fun foods. Your goal should be no more than one fun food each day.

Did You Know Nutritionists describe “power foods” as nutrient-rich. They suggest the healthiest eating for meals or snacks is to choose nutrient-rich foods first.

| Food Group | Key Nutrients | How It Helps You |
|--------------|---------------|--|
| Meat/Protein | Protein | Builds and repairs tissues (skin, muscles, organs) |
| | Iron | Increases resistance to disease and infection |
| | Zinc | Ability to learn and pay attention |
| | B-vitamins | Converts food to energy |
| Bread | Carbohydrates | Supply energy |
| | B vitamins | Converts food to energy |
| | Fiber | |
| Dairy | Calcium | Builds healthy bones |
| | Riboflavin | Builds strong teeth |
| | Vitamin D | |
| Vegetables | Vitamin A | Increases resistance to disease and infection |
| | Vitamin C | Builds healthy teeth and gums |
| | | Improves vision |
| Fruit | Vitamin C | Increases resistance to disease and infection |
| | Vitamin A | Builds healthy teeth and gums |
| | Potassium | Improves vision |

Word Smart

- Design a crossword puzzle that includes the “power foods” from each group.
- Write a story called, “The Kid Who Refused to Eat _____”

Math Smart

- What are the nutrients in lean ground beef (or one of your other “power foods” choices)? Create a nutrition label.
- Record the calories, carbohydrates, minerals and other nutrients that you get in one day.

Art Smart

- Do watercolor paintings of “power foods” from each group.
- Take photos of “power foods.”

Body Smart

- Choose “power foods” and cook a well-balanced meal for your family.
- Design a game that helps identify “power foods” in the food groups.

Music Smart

- Create a song about “power foods” (Example: “Cheeseburgers and Me.”)
- Collect mood music for eating different kinds of meals.

Nature Smart

- Learn about “power foods” for outside activities like mountain climbing, rafting, and hiking.
- Design a garden or farm that would produce “power foods.” What plants and animals would you raise?