

Overall Learning Objectives

Teens will:

- Examine how *MyPlate* recommendations contribute to good health today and in the future
- Read and compare food ingredient and Nutrition Facts labels
- Demonstrate simple techniques for keeping food safe
- Discuss how wise food shopping can save money
- Identify ways to cut food costs when eating out or at home



Hunger Attack!

Feed Your Appetite—Protect Your Wallet

A nutrition curriculum for Grades 9-12

Highlights

- Curriculum designed to teach teens that the food they buy not only affects the amount of money they spend, but can also affect their health.
- Estimated Activity time varies from 45-150 minutes
- Supports Education Standards (See Pg. 2 for details)
 - Common Core State Standards in English and Mathematics
- Follows the *Dietary Guidelines for Americans*
- Leader Guide & Teen Guide available
 - Leader Guide contents: learning objectives, background information, discussion questions, activities with accompanying handouts, visuals, glossary and list of additional resources
 - Spanish supplements available



DID YOU KNOW...

Healthy eating during the teen years is important for proper growth and development and to help prevent health problems such as cancer, diabetes, heart disease, osteoporosis and obesity.

Activities

1. MyPlate My Way
2. Label Lingo—Ingredient Labels
3. Nutrition Facts Label
4. Sugar Savvy
5. Fat Facts
6. Targets to Aim For
7. The Clean Scene
8. You've Grown!
9. Dating Advice
10. Quick Facts—Unit Pricing
11. Smooth Calculations
12. Food Tic-Tac-Toe

EXAMPLES OF EDUCATIONAL STANDARDS ADDRESSED

For a complete list of standards addressed by *Hunger Attack! Feed Your Appetite—Protect Your Wallet*, please contact your UC CalFresh representative.

Subject	Specific Standard Addressed	Portion of the activity that addresses the standard
Common Core State Standards for English/ Language Arts	Speaking and Listening	Participating in a discussion; collaboration in groups; working with peers to set goals;
	Writing	Journaling and answering critical questions
Common Core State Standards for Mathematics	Number and Quantity	Reason quantitatively and use units to solve problems and as a way to understand problems
Next Generation Science Standards	Science and Engineering Practices	Developing and using models; engaging in argument from evidence; analyzing and interpreting data
	Disciplinary Core Ideas	Observing model of growth and development of organisms
California Nutrition Education Competencies	Accessing Valid Health Information	Analyze Nutrition Facts food labels to compare Calorie and macronutrient content
	Decision Making	Demonstrate how to use safe food handling procedures when preparing meals and snacks
	Goal Setting	Create a nutrition plan based on current guidelines
	Practicing Health-enhancing Behaviors	Demonstrate ways to purchase healthy foods within budget constraints.

In conjunction with other curriculum, Hunger Attack was able to demonstrate “positive student outcomes.”

Ganthavorn, C., Costello, C., Carlos, C. (2016). UCCE Riverside helped Alvorad Unified get recognition. *UC Delivers*. Retrieved from <http://ucanr.edu/delivers/?impact=991&a=0>

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