UNIT: NUTRITION
LESSON PLAN '20
April 6th - 13th

UNIT: NUTRITION
ASSIGNMENT 1 (SMART SNACKS)

Objectives: Propose ways, such as reading a nutrition label, to reduce or prevent health injuries.

ACTIVITIES

- **Smart Snacks in School** refers to the national nutrition standards for foods and beverages sold outside of the federal reimbursable school meal programs during the school day. These items are called “competitive foods” because they can compete with participation in school meal programs. As of the 2014–2015 school year, all competitive foods and beverages sold during the school day must meet or exceed Smart Snacks in School nutrition standards, which include limits on fat, sugar, sodium, and calorie content. These standards are the minimum requirement for schools, but states and local education agencies can continue to implement stronger nutrition standards for all competitive foods in schools.

- **Read the guide to Smart Snacks in Schools:**
- **Watch the Smart Snacks Videos:**
  - https://www.youtube.com/watch?v=bqfyUxvN74o
  - https://youtu.be/6bKP4xluxYc
  - https://youtu.be/Wz50IhxJ8nQ

ASSESSMENT:

Answer the following questions and submit them via a word document. Title the document by course name. Student name. Student ID and class period.

1. What are nutrition guidelines outlined by the Smart Snacks policy?
2. How will the smart snacks policy effect you during your school lunch hour?
3. What are two reasons Smart Snacks are being implemented in schools?
4. Which food and beverages sold at school need to meet the Smart Snacks Standards?

Submit your questions in word APA style to the teacher by 4/12/20 at 8PM for next time: