



Nutritious Meat

Learn how meat is part of a healthy diet
Interpret diagrams and apply new knowledge.

Time

45 minutes

Materials

- Copies of the Food Pyramid
- Pencil
- Paper
- Computers
- Internet

Space Required

- Room with table space for each youth.

Before the Meeting

Set up the classroom to your liking, make sure you have adequate color copies of the Food Guide Pyramid (you can get copies of this on usda.org). Make sure all youth have pencils to write with..



Background For Activity #1

If you asked five people to explain why they eat meat, you might get five different answers. There are many reasons why people eat meat. People often eat meat because they enjoy the taste, or they have health concerns. Peer pressure or family traditions are also reasons for people to eat meat. In some cultures, people eat very little meat, whereas in others they eat meat with every meal. However the most important reason for people to eat meat is that it is very nutritious food. Meat is a good source of high quality protein that the body uses to build healthy muscles, tissues and organs. Meat also contains important nutrients such as iron, niacin, thiamin, and riboflavin, which contribute to good health.

People need food to provide the nutrients that build and repair the body, regulate body processes, and furnish energy for living. The Food Guide Pyramid shows the different foods, and amounts of each, needed for healthy nutrition. Look at the Food Guide Pyramid and find the Meat, Poultry, Fish, Dry Beans, Eggs and Nuts group and the Milk, Yogurt, and Cheese group. The foods found in these two groups are excellent sources of high quality protein, and most of these foods come from animals.



Activity #1 Instructions (10 minutes)

Plan your meals for one day based on the recommended daily requirements from the Food Guide Pyramid.

Breakfast	Lunch	Dinner



Activity #1 Reflect and Apply Questions

1. Was it hard to meet all of the suggested daily servings using the foods you like to eat?
2. Do you usually eat the suggested number of daily servings every day?
3. How could you change your diet so that you would eat your meals based on the recommended daily requirements of the Food Guide Pyramid?



Background for Activity #2

All living things need to make or ingest a source of energy for good health and growth. Plants make their own food through the process of photosynthesis. During photosynthesis, a plant captures the energy from light to combine water and carbon dioxide into a carbohydrate. Carbohydrates are then used for the growth and everyday energy needs of the plant. Animals, however, cannot produce their own food energy and must consume other animals or plants from which they obtain energy and nutrients.

Animals are divided into three groups based on the types of foods that they eat:

- **Herbivores** are living creatures that eat plants for their food energy needs. Cows, horses, pandas, koala bears, and deer are herbivores.
- **Carnivores** are living creatures that eat only other animals for their food energy needs. Wolves, lions, tigers, and sharks are carnivores.
- **Omnivores** are living creatures that eat both plants and other animals. Bears, Raccoons, and humans are omnivores.

Activity #2 Instructions (10-15 minutes)

Using the internet or other resources, note the group classification for each of the following animals. Are they herbivores, carnivores or omnivores? Add to the list some other animals you find that fit into these categories. Share what you learned with your partner:

Animal	Herbivore, Carnivore or Omnivore?	Animal	Herbivore, Carnivore or Omnivore?
Pig	_____	Rabbit	_____
Chicken	_____	Ant	_____
Elephant	_____	List other animals and their group classification below.	
Camel	_____	_____	_____
Shark	_____	_____	_____
Polar Bear	_____	_____	_____
Blue Whale	_____	_____	_____

Activity #2 Reflect and Apply Questions (5-10 minutes)

1. What differences do you notice about the Herbivores and Carnivores?
2. What are people considered?
3. Do you think size has anything to do with the differences in classifications of animals?

Lesson 1 Reflect and Apply Questions to entire unit (5 minutes)

1. Why do you need to know what composes a healthy diet?
2. How does the Food Guide Pyramid help in planning meals for a day?
3. Do you think that you would be healthy if you ate only foods from one or two of the food groups in the Food Guide Pyramid? Why or Why not?

Related References

A Consumer Guide to Safe Handling and Preparation of Ground Meat and Ground Poultry; VCE publication 458-016
The Food Guide Pyramid and Dietary Guidelines; VCE publication 348-710
Eating the Food Guide Pyramid Way; VCE publication 348-921
The Milk and Meat Groups; VCE publication 348-927
Virginia 4-H Fit for Life Series; VCE publications 348-921 to 348-933
Wash Hands: Fight Disease-Causing Germs; VCE Publication 348-965



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REFLECT AND APPLY
ANSWER SHEET

Activity 1 Reflect and Apply Questions

1. Was it hard to meet all of the suggested daily servings using the foods you like to eat?
need to answer
2. Do you usually eat the suggested number of daily servings every day?
need to answer
3. How could you change your diet so that you would eat your meals based on the recommended daily requirements of the Food Guide Pyramid?
need to answer



Activity 2 Reflect and Apply Questions

1. What differences do you notice about the Herbivores and Carnivores?
need to answer
2. What are people considered?
need to answer
3. Do you think size has anything to do with the differences in classifications of animals?
need to answer

Lesson 1 Reflect and Apply Questions

1. Why do you need to know what composes a healthy diet?
need to answer
2. How does the Food Guide Pyramid help in planning meals for a day?
need to answer
3. Do you think that you would be healthy if you ate only foods from one or two of the food groups in the Food Guide Pyramid? Why or Why not?
need to answer