***California State Health 7 & 8 Standard 7.1N***

* Make healthy food choices in a variety of settings

Modified Standard

* Students will explain why food choices are limited by resources, culture and geography

Lesson Plan Modifications

* Students will keep a food log for a week. Students will then access images from [http://www.time.com/time/photogallery/0,29307,1626519,00.html](http://www.time.com/time/photogallery/0%2C29307%2C1626519%2C00.html) What the World Eats, Part I Time Magazine photographs from “Hungry Planet”. Students will compare what they eat to those in other parts of the world from the photos. Students will complete a class chart prepared with headings Country, Number of Family Members, Cost of Food per Week in U.S. dollars, Predominant Food Groups, Estimate Ratios of Natural to Processed Foods. Chart will be completed while viewing the photos. Discuss how culture, personal taste, economics and availability affect food choices. Have students reflect and share out on “How do you think your consumption habits compare with people around the world? What did you notice about food in different parts of the world?”

Assessment Activity

* Students will create a word cloud at [www.wordle.net](http://www.wordle.net) from their reflections on “How do you think your consumption habits compare with people around the world? What did you notice about food in different parts of the world?”
* Students write a personal reflection on the following questions - What responsibility do we have for people, locally and globally, who do not have the food resources they need for a healthy diet? If we are responsible, how can we address the issue for the common good?