

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Exploring Food and Nutrition: Health and Literacy Assignment

### BACKGROUND

*"Imagine a world where children were fed tasty and nutritious real food at school from the age of 4 to 18. A world where every child was educated about how amazing food is, where it comes from, how it affects the body and how it can save their lives." - Jamie Oliver*

Nutrition is an important part of our lives, and our food choices have short and long-term impacts on our health. In a world with the convenience of fast food and packaged meals, how can we make sure that we are eating a balanced and healthy diet from a young age? This was the question that celebrity chef Jamie Oliver asked when he started his **School Food Revolution**, bringing delicious and nutritious meals to schools around the globe.



### PROBLEM TO SOLVE

How can we encourage healthy eating in schools?

Your challenge is to create a proposal that answers the problem above. Your proposal must explain the problem and the need for solutions (“Why are we worried about healthy eating in schools? What are the facts?”) and must describe one **reasonable and achievable** solution.

### COMPONENTS

**LITERACY** - Your proposal should be typed (double-spaced) and should include:

**Section 1: Introduction** - *Problem you are trying to solve and your solution*

**Section 2: Task Breakdown** - *How will your solution be accomplished? What are the steps?*

**Section 3: Benefits** - *How is your solution beneficial to different groups?*

**Section 4: Infographic** - *Make sure it is visually appealing, neat and easy to understand*

**Section 5: Conclusion** - *Summarize your solution and its benefits, urge your reader to action*

**Section 6: Resources** - *Where did you get your information?*

**HEALTH** - Your proposal should include information about:

- food groups
- macronutrients and micronutrients
- reasons/ factors behind our eating choices
- food labels

You may use information learned in class as well as independent research. Make sure to include all of the books/ websites/ articles you used in your “Resources” section.

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### Exploring Food and Nutrition: Research Sheet

Resources (author, title, date, source)	What are the facts?	What are the opinions?	I could include this information in section...

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## Proposal Planner

Section 1: Introduction	
Summarize problem being solved:	
Proposed solution to the problem:	
Summary of costs of solution:	
Summary of benefits of solution:	
Section 2: Task Breakdown	
Summarize solution in one sentence (hook):	
Steps of Solution:	
Costs (money, labour, etc.) and potential problems:	
Transition sentence:	

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<b>Section 3: Benefits</b>	
Summarize benefits in one sentence:	
Benefit #1 and proof:	
Benefit #2 and proof:	
Transition sentence:	
<b>Section 5: Conclusion</b>	
Re-explain problem and solution (1-2 sentences)	
Emphasize the benefits and urge reader to action:	
Leave us with a question/ something to think about:	