

Title: The Science of Nutrition

Subject Area:

1. 7th grade; Science;
SC7N21—Identify an instance where scientific knowledge has changed with new evidence (old food pyramid vs. MyPlate).
SC7N1.5—Describe the methods used in pursuit of scientific explanations
SC7N3.2—Identify benefits and limitations of scientific models

Vocabulary:

1. Food Guide Pyramid
2. MyPlate
3. Science Model

Materials:

1. Selection of colored construction paper
2. 10-12 large poster boards of various colors
3. Markers
4. MyPlate Handout
5. Internet Access

Instruction Type:

1. Independent/Collaborative Practice
2. Group Work

Components:

1. Divide the students in to pairs.
2. One student in each pair will be in charge of researching the old Food Guide Pyramid, while the other student researches MyPlate
3. Students must research the pros and cons of each nutritional model, as well as the scientific research behind why that model was recommended as a guide for American's to follow.
4. Each pair of students will create a poster comparing and contrasting the old Food Guide Pyramid and the new MyPlate. The poster should include information on:
 - a. Current nutritional trends in the U.S.
 - b. The similarities and differences between the old food pyramid and the new, noting trends of Americans today, compared to the past.
 - c. Why the changes occurred (what evidence was found that encouraged the changes).
 - d. The benefits and limitations of both the Food Guide Pyramid and MyPlate as a science model.
 - e. Whether or not they think the changes are appropriate for Americans.