

# TIME FOR KIDS

## NEWS SCOOP

timeforkids.com

TEACHER'S GUIDE

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## Teaching the Cover Story on School Lunch

### SUMMARY

Congress is reviewing the national guidelines that determine what's served in school cafeterias. Nutrition experts agree that it's time to make the shift from packaged foods to more natural locally grown ingredients.

### FAST FACTS

- The **National School Lunch Program** provides free or low-cost lunches to more than 30 million children a day in 101,000 schools.
- **Federal nutrition guidelines** require that school lunches provide one-third of the recommended daily allowance of protein, iron, calcium, and vitamins A and C, and that no more than 30% of calories come from fat.
- While the government sets nutritional guidelines for school meals, decisions about **what foods to serve and how to prepare them** are made by state and local school officials.
- Efforts to improve school food and children's health have taken root in schools across the country. At **Edible Schoolyard New Orleans**, in Louisiana, students plant and harvest their own gardens, and eat school meals made from nutritious homegrown produce. Educators use the gardens to teach healthy eating habits, and to provide math, social studies and science instruction as well.

### TEACHING TIPS

#### Before Reading

##### Build Anticipation

- Give students a quick quiz and discuss the answers. Ask, which food is more nutritious: Tater Tots or a baked potato? A green salad or green Jell-O? Skim milk or a soft drink?

#### Start a Discussion

##### Critical Thinking

- Why do people care about what kids eat at school?

#### Build Comprehension

##### Facts and Details

- Tell students to underline five facts in the cover story.

#### Extend Learning

##### Reporting and Writing

- Encourage students to report on the lunch program in your school, using information in the TFK article to guide the investigation. For example, does your school serve fresh fruits and vegetables? Does it have the equipment needed to prepare food from scratch?
- Have students present the results of their investigation, and make suggestions for how school food might be improved, in a letter to a lawmaker. The graphic organizer on page 3 can help them get started.

#### Assess Comprehension

[timeforkids.com/nsquiz](http://timeforkids.com/nsquiz)

Assess comprehension of this issue with our printable multiple-choice quiz.

### Cover Story Standards

#### Social Studies (NCSS)

- Individuals, Groups and Institutions  
*Students learn how groups and institutions work to meet individual needs and promote the common good.*

#### Topics Addressed

- Health
- Nutrition

#### Worksheet Skills

- Persuasive Writing, page 3
- Reading a Chart, page 4

### RESOURCE

#### [whatsonyourplateproject.org](http://whatsonyourplateproject.org)

In the documentary film *What's on Your Plate?*, two 11-year-old girls explore where food comes from and what's being done to help kids eat better. Visit the website to find a screening near you.

#### TFK PUBLISHING SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT	
18	19	20	21	22	23	24	OCT.
25	26	27	28	29	30	31	
1	2	3	4	5	6	7	NOVEMBER
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	

current issue date

past/future issue dates