

Sound Body Sound Mind
Nutrition Curriculum



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Lesson 4: A healthy day of eating

Building a balanced meal

Combining food groups and including lots of variety in your meals and snacks will ensure that your body gets all the nutrients it needs to thrive

Options for creating balance in a meal

- Every meal should include at least three of the four key nutrients
Example – Protein (chicken) + carbohydrates (brown rice) + fruits and vegetables (broccoli and carrots)
- Every snack should include two of the four key nutrients
Example – Protein (Greek yogurt) + fruits and vegetables (blueberries)
- Avoid eating the same food twice in one day (one banana and one apple instead of two bananas)
- Include a rainbow of colors with every meal (Red foods, blue foods, green foods, yellow foods, orange foods, purple foods, etc)
- Use a recipe book to prepare healthy meals and snacks
- Eat even amounts of fruits and vegetables (Half of the five - ten servings should be fruits and half should be vegetables)
- Always evaluate a meal or snack before you eat it and make sure it has a variety of nutrients

Nutrition schedule

Spacing meals and snacks evenly throughout the day ensures a steady intake of energy and nutrients

Optimal nutrition schedule

1. Breakfast
2. Morning snack
3. Lunch
4. Afternoon snack
5. Dinner
6. Evening snack (optional)

Key tips

- Eat something nutritious every two - three hours
- Prepare balanced meals
- Drink a glass of water with every snack and meal

Main talking points

- The optimal nutrition schedule keeps your body and brain energized throughout the entire day
- The optimal nutrition schedule provides your body with the nutrients to support health and growth
- The optimal nutrition schedule prevents hunger and making unhealthy food choices
- Planning ahead helps you stick to a consistent nutrition schedule

Lesson 4: A healthy day of eating (continued)

Portion sizes

Use your hand to choose the right amount of food for you

Carbohydrates

One serving = one cupped hand or ½ cup



Protein

One serving = one palm or three ounces



Healthy fat

One serving = one thumb or one ounce



Fruits and vegetables

One serving = one fist or one cup



Average number of servings per day

Middle school

- Carbohydrates = four - six servings (cupped hands)/day
- Protein = three - four servings (palms)/day
- Healthy fat = five - seven servings (thumbs)/day
- Fruits and vegetables = five - seven servings (fists)/day

High school

- Carbohydrates = five - seven servings (cupped hands)/day
- Protein = four - six servings (palms)/day
- Healthy fat = seven - nine servings (thumbs)/day
- Fruits and vegetables = eight - ten servings (fists)/day