



1ST GRADE

LESSON: Natural Versus Processed Foods

SC STANDARD: 1.S.1A.5



It's your world.

NATURAL VERSUS PROCESSED FOODS

OBJECTIVES:

- Understand the difference between natural and processed foods
- Recognize how food processing changes foods
- Understand why natural foods are healthier

LET'S GET STARTED! (10 MINUTES):

- Explain the difference between natural and processed foods
- Distinguish between examples of natural and processed foods
- Discuss how foods are altered during processing
- Explain why natural foods are healthier

STORY (15 MINUTES):

- Read the Story about Boss learning about natural food versus processed food.

WRAPPING UP (5 MINUTES):

- Remind students that processing changes foods and takes out a lot of the things that make them healthy

SC STANDARDS:

- 1.S.1A.5 Use mathematical and computational thinking to (1) recognize and express quantitative observations, (2) collect and analyze data, or (3) understand patterns and relationships.

LET'S GET STARTED!

- This week, we are going to talk about natural and processed foods! Explain the difference between natural and processed foods. Distinguish between examples of natural and processed foods.

DIALOGUE BOX

- Today we are going to talk about natural and processed foods! Can anyone name a natural food? What about a processed food?
- A natural food is something that has not had anything added to it or taken from it. The food looks the way it does in nature. Things like fruits and vegetables are natural foods. An apple you eat looks the same as the apples growing on trees.
- A processed food is one that has been changed from its original form. It has ingredients added to it or taken out of it. Applesauce is a processed food because although it has apples in it, they have been changed from their natural form and have had other ingredients added to them to make applesauce. Things like apple pie, apple pop tarts, and apple juice are also processed foods; you don't find those things growing on trees!
- Tomatoes are a natural food, but can anyone think of how tomatoes can be processed into other things?
 - Tomato sauce, ketchup, and pasta sauce
- Strawberries are a natural food, but what are some processed foods strawberries can be changed into?
 - Strawberry jam, strawberry ice cream, strawberry fruit snacks, strawberry yogurt, strawberry Jell-O, etc.
- Discuss how processing foods drastically changes them and can make them less healthy. Explain about vitamin and mineral loss as well as added fats and sugars.
- Processing drastically changes food. Many vitamins and minerals are lost when foods are processed, and other unhealthy things like sugar and fats are added, which is why processed foods are usually not very healthy.
- Remember when we talked about whole grains? Whole wheat bread is healthier because it is less processed than white bread. Usually, the more processed a food is, the less healthy it is. Natural foods that are closest to the way they look in nature are the best choice!
- You don't want to eat too many fats and sugars because they are not healthy. Consuming processed foods often means consuming lots of unnecessary added fats and sugars.
- Natural foods have the most vitamins and minerals and are a great way to fuel your body with the things it needs to be healthy.

- Remind students about the Stick to Stickers lesson and how it applies to natural foods. Explain that boxed, canned, and packaged foods are mostly processed.

DIALOGUE BOX

- Remember when we talked about sticking to stickers? That means eating fresh fruits and vegetables. Those foods are natural foods. Other natural foods include eggs, milk, fish, and meat.
- Processed foods are normally found in boxes, bags, cans, and packages. Sometimes it can be confusing because things like eggs, milk, and even some fruits and vegetables come in packaging, but they are still natural foods.
- The best foods are those that have the least amount of packaging and the fewest ingredients. Eat foods that look like they do in nature.

STORY

- Read the Story about Boss learning about natural food verses processed food.

Boss Learns about Natural Foods

Boss went to lunch with Sally and Will. He was excited to show them his healthy lunch that included applesauce and strawberry yogurt. When they sat down, he showed them his lunch. "Looks good" said Sally. "I can tell you are really trying to eat healthy". Then Will spoke up. "Those items are certainly better than the potato chips and jell-o you normally bring, but they could be healthier if you had them in their natural form". Boss looked confused and asked what Will meant. So Will explained that he should try and bring food that is as close to how it grows in nature if he really wanted the healthiest choice. Sally agreed. She explained "You see Boss, an apple is more natural than applesauce and is healthier". Will added, "Also, strawberries are healthier than strawberry yogurt because it is more natural or closer to how it grows in nature. Sally further explained, "when things are processed sometimes things are added to them or they are changed and lose some of their vitamins. For example, when you cook apples to make applesauce they lose some of the vitamins they had. Also, when some applesauce is made, they add a lot of sugar. That is why it is better to eat a plain apple over applesauce." Boss finally understood. He said that he would try to bring blueberries tomorrow.

WRAPPING UP

- Hand out the sheet and have the students draw a line to either natural or processed.
- Remind students to eat as many natural foods as they can and to try to reduce processed foods in their diet.



NATURAL AND PROCESSED FOOD

Draw a line from the food item to either Natural or Processed. It is Natural if it came straight from a plant. It is Processed if after growing in nature it went through a process to be produced.

NATURAL FOODS

PROCESSED FOODS

Applesauce

Tomato

Apple

Spaghetti sauce

Apple pie

Potato

Orange

Orange juice

Potato chips

Corn

Tortilla chips

