





ESOL Choice Board for Grades 6-8

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Every day, you make daily decisions about what you will eat. Many times, we plan our daily diet based on what we enjoy eating, not what is healthy for us. When we are educated about food nutrition, we can make healthy choices about the foods we put on our table. This fuel that we give our bodies helps us function better at school, at home, in sports, and in our communities. Knowing how to analyze the food you eat is a good step to a healthy lifestyle.</p> <p>Click here to see an infographic about how to read a nutrition label</p> <p>Grab the nearest food you see with a nutrition label and use the guidance in the link above to analyze it! Is it “healthy” or “unhealthy”?</p> 	<p>Click here to download the “Bam! Dining Decisions” app.</p> <p>Use the app to plan a healthy meal and tell your parent, guardian, or a trusted adult about what you planned.</p> 	<p>Did you know that you can see your school’s lunch menu online?</p> <p>Click here to see your school’s menu</p> <p>Click here to listen to a podcast discussing the laws that decide what’s in your lunch and a surprising food that is “healthy enough” to be included. After you listen to the podcast, discuss what you heard with one of your adults.</p> 	<p>Click here to evaluate multiple health related pages of advice for teenagers</p> <p>Choose 1 important health-related fact that you learned from those pages.</p> <p>Share your important fact in a post on social media. Make sure to add multimedia features, like photos, video, GIFS, sound, etc.</p> <p>Bonus: can you make a post in your home language?</p> 	<p>Think about what you have read and heard about healthy eating. Plan to write an email to your school, or SLPS Food and Nutrition staff, with your thoughts about your school’s lunches.</p> <p>Choose one of the opinions below and support it with details from your life or from the linked sources:</p> <div style="border: 1px solid black; padding: 5px;"> <p>Opinion 1: Lunch at our school is healthy enough.</p> <p>Opinion 2: Lunch at our school is not healthy enough.</p> </div> <p><u>Supporting Fact:</u></p> <p><u>Supporting Fact:</u></p> <p><u>Supporting Fact:</u></p> <p>Click here , click here , or click here for some additional sources to help support your writing.</p> <p>After you’ve done your plan, write your email. Try starting it like this:</p> <p><i>Hello,</i></p> <p><i>I have recently been learning about making healthy food choices, and I wanted to write to you about our school’s lunch. Lunch at our school is...</i></p> <p>Ask an adult to help you share the email!</p>