Abstract:

The number of overweight children in our country continues to grow. Should we worry about these extra pounds? Certainly. Children and adolescents who are overweight are at risk of becoming overweight adults. Considering the serious medical consequences that result from being overweight, childhood obesity is now deemed a major public health concern. Tackling the problem requires a joint effort from a variety of sources. The primary focus of this unit will be the school environment and its role in fostering healthy habits regarding food choices.

This three-week curriculum is designed for fifth grade students and will incorporate language arts and technology in learning about health and nutrition. These students have the necessary technical skills for completing the assignments. This multidisciplinary approach to learning will study the history of the National School Lunch Program and investigate the food choices available to students during the school day.