

A Plan of Attack



Professions: Nutritionist or Dietitian

Grade Level: 9-12

All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss his/her occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.

Purpose: The students will set up a nutrition plan similar to what a nutritionist/dietitian would set up for a client.

Materials needed: Computer with internet access

Duration: 3 class periods

Instructions:

- Start by choosing your client – use yourself or your friend.
- Establish what the goal will be – weight loss, gain, or stability.
- The plan should include food choices/quantities and exercise numbers.
- Students should calculate the clients BMI and daily calorie intake needed to maintain current weight and suggestions for calorie intake to lose or gain weight.
- Students can visit several websites in order to obtain this information: try www.mayoclinic.com for BMI and calorie calculators (click on HEALTH TOOLS); www.mypyramid.gov will help with food choices and quantities as well as exercise – they have plans specific to individuals that students can modify.
- The final plan should be in a clear an easy to understand format so that the “client” can clearly follow the plan and achieve the desired results.

References:

- www.mayoclinic.com
- www.choosemyplate.gov
- South Dakota Office of Rural Health