Curriculum Relevance of FoodFocus

A Portion of the Presentation
"Nutrition Education"
for the
CTS Conference at
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Software for Nutritional Analysis
  in Education

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Curriculum relevance of FoodFocus

- Curriculum Expectation

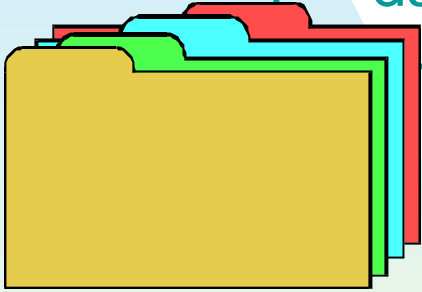 - How FoodFocus supports common curriculum objectives

Curriculum Objectives

EXPECTATION

- Use of computer to compile, organize, store data, write reports and simulate options

SUPPORT

- Nutrient analysis using FoodFocus with sophistication to university level.
  - Export data to spreadsheet for graphing or other use.

Curriculum Objectives

EXPECTATION

- Canada's Food Guide to Healthy Eating, awareness of food groups.

SUPPORT

- Health Canada Rainbow pictograph on FoodFocus indicates food groups consumed as foods are selected.
  - "Happy Face" pictograph shows quality of foods selected relative to DRIs.

Curriculum Objectives

EXPECTATION

- Understand the nutrients in food and their function in a healthy body

SUPPORT

- Information on nutrients in FoodFocus HELP can be customized.

    (with Instructor Version)

Curriculum Objectives

EXPECTATION

- Identify a balanced diet as containing needed nutrients and a variety of food groups.

SUPPORT

- ◆ Rainbow pictograph illustrates variety of foods. Happy face pictograph illustrates how nutrients compare to DRIs. Students can click on "missing" part of happy face to see which nutrients are not in balance.

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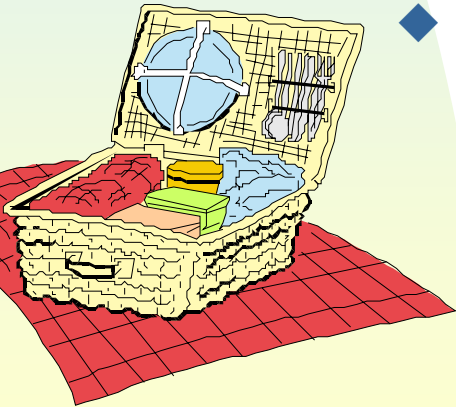
Curriculum Objectives

EXPECTATION

- Identify food sources from which people in other societies obtain nutrients.

SUPPORT

- BY NUTRIENT window allows students to easily find good sources of specific nutrients.
- Canadian Nutrient File 2007 added more Canadian Traditional Native Foods and includes more international foods (Navajo bread, buffalo milk, bhindi, etc)

Curriculum Objectives

EXPECTATION

- Interpret nutritional information to make healthy food choices (ie sort commercial cereals into different categories such as high fat, low fat, high salt…   )

SUPPORT

- FoodFocus allows a group of foods to be selected (such as "Breakfast Cereals") and for that group to be sorted by a nutrient (fat, fibre, sodium..) or by cost.

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Curriculum Objectives

EXPECTATION

- Demonstrate awareness that some disorders can be affected by diet (e.g.diabetes, heart disease).

SUPPORT

- Heart pictograph indicates food content of nutrients most important for heart health.

- Help displays information on nutrition-related diseases.

- FoodFocus is "a powerful indicator to students that their diets affect their well-being in the long term."   Journal of the Canada Dietetic Association
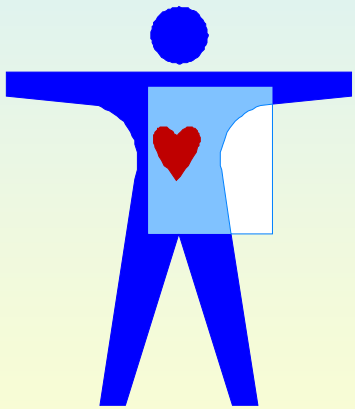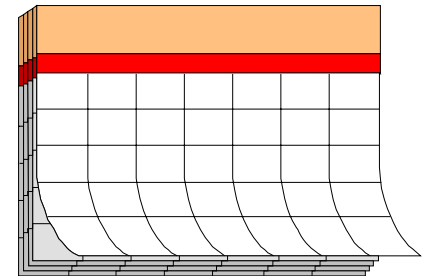
Curriculum Objectives

EXPECTATION

- Use of computers in Health and Physical Education to record food choices over a period of time.

  - Measure nutrient intake.
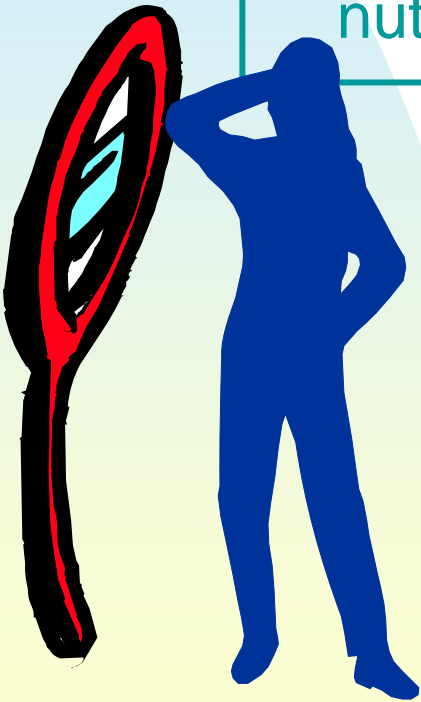
SUPPORT

  - ◆ Food recall for 1 to 7 days.

Curriculum Objectives

EXPECTATION

- Topics related to healthy eating including nutrition, eating disorders, body image...

SUPPORT

- FoodFocus allows use of either typical height and weight values or an individual's actual height and weight.

  - FoodFocus is not a weight loss program.

Curriculum Objectives

EXPECTATION

- Choose healthy food snacks and describe the factors affecting their choices.

  (e.g. choices made because of allergies or culture)
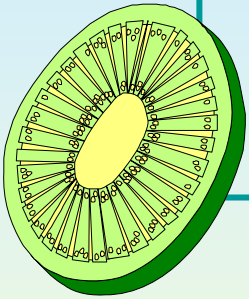
SUPPORT

- ◆ FoodFocus makes it easy to test alternatives, change quantities, see impact of choices.

Curriculum Objectives

EXPECTATION

- Analyze personal eating in a variety of situations.

(e.g.at home, in schools, at restaurants)

SUPPORT

- Analyze typical choices and quantities.

(Meals out tend to be less nutritious and more expensive)

Curriculum Objectives

EXPECTATION

■ Growth and development - Pregnancy.

SUPPORT

◆ Simple to change nutrient recommendations to a pregnant teenager to emphasize the special nutrient requirements of pregnancy. *"Would your diet be adequate for someone your age who was pregnant?"*

◆ Size and shape of baby carriage pictograph indicates nutrients important for fetal health.

Help

Calcium
-Strengthens bones and teeth
-Quickens nerve impulses
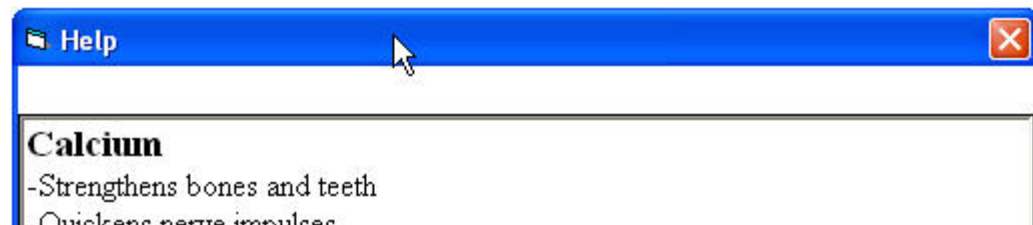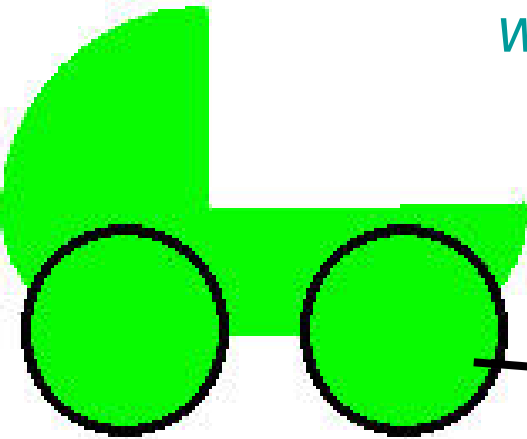
Curriculum Objectives

EXPECTATION

- Possible negative consequences of substance use and abuse.

SUPPORT

- When any alcohol is first selected, Health Canada information on alcohol is presented: "leading cause of mental retardation

  in the western world."

- With any amount of alcohol indicated, baby carriage pictograph changes to red and becomes distorted to deliver Health Canada's message that there is no known safe level of alcohol consumption for a pregnant woman.
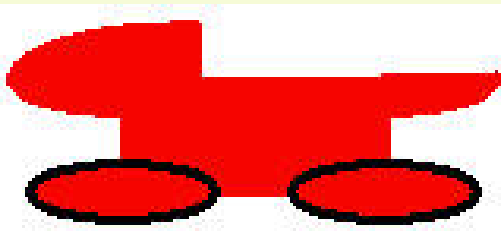
Curriculum Objectives

EXPECTATION

- Needs change with stage of development
- Practical skills related to family food needs
- Planning and preparing a meal

SUPPORT

◆ Easy to see how DRIs vary with age/sex/pregnancy.

◆ FoodFocus calculates DRI for group.

◆ FoodFocus shows nutrients and the cost of: a meal

                a recipe

                a shopping list

Curriculum Objectives

EXPECTATION

- Community support of individuals and families

SUPPORT

- ◆ Use in youth clubs, meetings of young mothers.
- ◆ Assist dietitian with recipe analysis for group homes.
- ◆ Lunch planning assistance to parents.
- ◆ Cafeteria information.
- ◆ Provide community resource in library with Computers in Schools and Libraries Program.

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Curriculum Objectives

EXPECTATION

- Economic, social, health impacts of lifestyle decisions.

SUPPORT

- ◆ Comparison of traditional aboriginal foods with foods now available and commonly sold in northern stores.

- ◆ Cost & nutrient impacts of eating exclusively at fast food restaurants or at home.

- ◆ Customized FoodFocus HELP provides desired information e.g.nutrient density of diet varies inversely with alcohol intake.

Curriculum Objectives

EXPECTATION

- Consumer Awareness

SUPPORT

- ◆ Evaluate claim on potato chips packages "low in saturated fat" (consider calories from fat and sodium).
- ◆ Pop Tarts "real fruit & artificial flavour". Compare nutrients in pop tarts (toaster pastries) with nutrients in strawberries.
- ◆ Pork promoted as "the other white meat". Compare skinless chicken breast, pork tenderloin and pork chops.
- ◆ Cream cheese "60% less fat than margarine". Compare amount and type of fat in a typical serving of 45ml of cream cheese and 5 ml of margarine.

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Curriculum Objectives

EXPECTATION

- Research skills about individual, family and social issues using surveys and interviews.

SUPPORT

- ◆ Interview an adult or another student about food intake,

- ◆ analyze data collected and

- ◆ prepare report including recommended changes. (see FoodFocus website exercise, "Nutrition in Health & Fitness".)
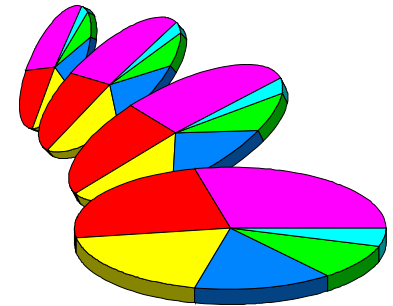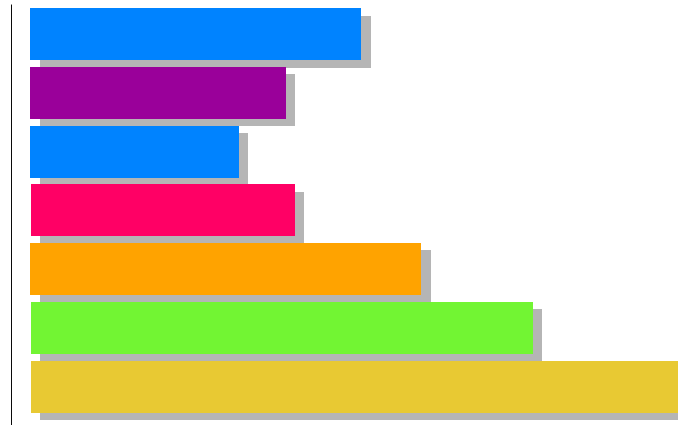
Curriculum Objectives

EXPECTATION

- Communicate results using graphs, charts, diagrams, oral presentations and written results.

SUPPORT

- Export data from FoodFocus to spreadsheets for further calculations or for use in graphs, diagrams, or other presentation materials.

Curriculum Objectives

EXPECTATION

- Analyze the food needs of individuals of different ages who have varying time schedules, food preferences and health concerns.

SUPPORT

- ◆ Example of 24 hour food recall available on FoodFocus website in "Nutrition in Health & Fitness."

- ◆ FoodFocus sort capabilities make it easy to identify dietary changes needed to adjust menus to meet nutrient objectives or other concerns.

Curiculum Objectives

EXPECTATION

■ Creativity in planning, preparing and serving a meal that meets specifically defined needs and budget of a particular family or individual.

SUPPORT

◆ DRIs can be set for a group of people.

◆ Cost of foods can be easily determined and new cost data easily entered.

◆ Reports on cost, nutrient content and nutrient recommendations can be printed.

Curriculum Objectives

EXPECTATION | SUPPORT

- Understand ways that family members can contribute to the provision of food.

◆ DRIs can be set for a group of people to compare to total nutrients for a meal plan or shopping list.

Curriculum Objectives

EXPECTATION

- Demonstrate an understanding of Canada's food grading practices and food labeling regulations and terms.

SUPPORT

- FoodFocus "Nutrition Labels" exercise involves preparing food labels for a nutritious snack and a fast food snack. (FoodFocus provides much more nutrient information so students can observe that what is left off nutrition labels is sometimes more important than what is on the label).
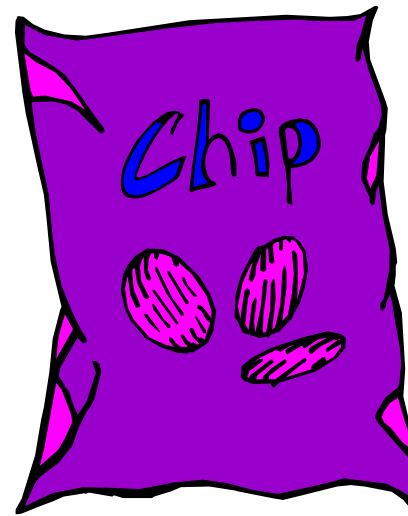
Curriculum Objectives

EXPECTATION

- Investigate current food marketing techniques directed at different age groups. Prepare an evaluation of several sources of food information in order to detect bias.

SUPPORT

- FoodFocus nutrient and cost information helps evaluate strengths and weaknesses of advertising claims.

Curriculum Objectives

EXPECTATION

- Understand how comparatively expensive convenience foods are.

SUPPORT

- ◆ FoodFocus easily demonstrates the cost of different food items.

- ◆ Sorting foods by cost is easy and allows the cost of individual items to be easily seen.

- ◆ A report with cost information can be printed.

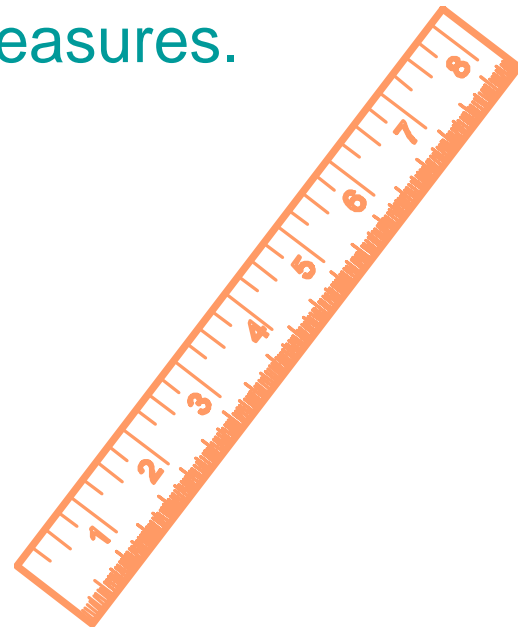- ◆ Cost data can easily be updated to reflect local conditions.

Curriculum Objectives

EXPECTATION

- Use mathematical skills accurately in meal planning and recipe changes, employing both SI metric units and imperial measures.

SUPPORT

◆ FoodFocus supports both SI metric and imperial measures.

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Curriculum Objectives

EXPECTATION

- Demonstrate the ability to follow a recipe, make substitutions and alter portions as necessary.

SUPPORT

- FoodFocus sort capability facilitates evaluation of the nutrient and cost impacts of recipe substitutions.

   (See teaching module "Re-Engineering Recipes for Health and Fitness develop in New Brunswick with FoodFocus.)

Curriculum Objectives

EXPECTATION

- Analyze weight control programs to determine the characteristics of those most likely to help people reach and/or maintain a healthy body weight.

SUPPORT

- ◆ FoodFocus exercise "Rating the Diets" involves comparing foods in diets with nutrient recommendations.

- ◆ Help on Body Mass Index includes a BMI claculator.

Curriculum Objectives

EXPECTATION

- Identify techniques for reducing the percentage of fat content in a person's diet to 30%.

SUPPORT

◆ FoodFocus updates and displays % of calories from fat whenever a food is added or changed.

◆ The ability to sort foods by fat content, to easily see how much fat each food is contributing to the diet and the ability to easily change quantities or add/delete foods make it easy to explore dietary alternatives.

Curriculum Objectives

EXPECTATION

- Identify the causes of hunger in Canada and the world and list some possible strategies for alleviating hunger.

SUPPORT

◆ The FoodFocus exercise "Relief Work" illustrates a selection of nutrient dense foods suitable for relief work in a famine region.

Curriculum Objectives

EXPECTATION

- Prepare a global food product or meal using grains, legumes or vegetables and fruits that are new to them.

SUPPORT

- ◆ The exercise, "The challenge - to manufacture a new snack food from Canadian grain", described on our website, could be adapted to less traditional ingredients in the FoodFocus database such as bulgur, buckwheat, quinoa, couscous or a variety of other foods.

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