

HOSA Mini Lesson: Food Wars: Battling Big Soda and Ultra-Processed Food

Objectives:

Upon completion of this lesson, students will have sufficient knowledge of, and be able to:

1. explain the 2025-2030 Dietary Guidelines for America.
2. identify what makes food ultra-processed.
3. explore methods to decrease ultra-processed food consumption .

Time:

- Worksheet (30 min)
- Work in group on 3 minute video to promote healthier eating for family of four (60 min)

Materials:

- internet access
- Guidelines for Public Health

Instruction:

1. Complete worksheet
2. Develop 3 minute video and record

Assessment:

1. Video

Standards:

NCHSE

Foundation Standard 6: Ethics

Foundation Standard 9: Health Maintenance Practices

9.1.1 Promote self-care behaviors of health and wellness.

- Exercise
- Nutrition
- Relationships
- Sleep habits
- Stress management
- Weight control

For additional Curriculum Crosswalks see [CE Useful Tools](#)