

# Create an Infographic

## Learning Objectives

Students will be able to...

- Evaluate the information from the Dietary Guidelines for Americans to determine the most valuable information.
- Analyze the role of mushrooms in meeting the Dietary Guidelines for Americans.
- Summarize information for ease of understanding.

## Intended Audience

- Education students
- Health students
- Health Sciences students
- Biology students
- Nutrition or Nutrition Sciences students
- Graphic Arts students

## Activity

Create an infographic to help inform the public about the top priorities of the dietary guidelines for Americans. Infographic should include:

- Top five pieces of information that are important
- How mushrooms are a part of this
- Utilize summaries that will help the public understand the guidelines

# Gamify Mushrooms

## Learning Objectives

Students will be able to...

- Analyze facts from the Dietary Guidelines for Americans to determine the most valuable information.
- Analyze the role of mushrooms in meeting the Dietary Guidelines for Americans.
- Adapt knowledge to a game format.

## Intended Audience

- Education students
- Health students
- Health Sciences students
- Biology students
- Nutrition or Nutrition Sciences students

## Activity

Build a game that utilizes the information learned from the Dietary Guidelines for Americans and the role mushrooms play in helping meet those priorities. Game should meet the following criteria:

- Game should be fact based and based on important information
- Include Dietary Guidelines for Americans
- Focus on how mushrooms help meet the guidelines
- Needs to be for at least four people and/or can be a class-wide game

# Informational Interviews

## Learning Objectives

Students will be able to...

- Create questions to gain more knowledge about a topic
- Summarize answers and write an overview
- Explore careers of interest

## Intended Audience

- English Language Arts students
- Career Planning students
- Agriculture Plant Science students
- Nutrition and Nutrition Sciences students
- Culinary Arts students

## Activity

Informational Interviews are interviews with people in a career or area of study. Informational interviews are typically casual conversations and allow the interviewer to learn more about a career.

### Option 1

Nutrition Professionals:

Interview someone in the field of nutrition. Create a list of ten questions to ask the person about their work and how they utilize the nutrition guidelines. Be sure to include a few questions about how mushrooms are a part of meeting the guidelines. Write a one-page summary after the interview.

### Option 2

Mushroom Farmers/Local Produce Farmers:

Secure a time to interview a local produce or mushroom farmer. Participants in your local farmers' market would be a great place to start. Create a list of 10-15 questions to ask the interviewee about their business. Write a one-page summary after the interview.

# Data Analysis

## Learning Objectives

Students will be able to...

- Analyze data presented on a graph
- Draw conclusions based on data

## Intended Audience

- Statistic students
- Biomed or Health Science students
- Biology students
- Nutrition and Nutrition Sciences students

## Activity



1. What food group has the largest percentage consuming at/above the recommended amount? Answer: Refined Grains
2. Place the vegetable subgroups in order of people getting the most of the requirement to people getting the least of the requirement. Answer: Other vegetables, green vegetables, beans, starchy vegetables, red and orange vegetables
3. Based on the vegetable answer, which group of vegetables would be a good target for consumer education and why? Answer: red and orange vegetables to help increase consumption.
4. What food has the most individuals below recommended levels? Answer: Whole Grains
5. Place the protein subgroups in order of people getting the most of the requirement to people getting the least of the requirement. Answer: 1. Meats, Poultry, Eggs 2. Nuts, Seeds, Soy 3. Seafood

# Taste Test and Research

## Learning Objectives

Students will be able to...

- Conduct a taste testing event
- Create a survey to assess student feedback
- Analyze results from survey

## Intended Audience

- Biology students
- Culinary Arts students
- Nutrition Science Students
- Food Science students

## Activity

Taste Testing and Results

Conduct a taste testing for a new school meal product utilizing mushrooms

- Coordinate with foodservice staff to evaluate a new product or series of products
- Product should be from one of the main food groups, incorporate mushrooms, and meet the school requirements
- Create a survey form (paper or digital) for students to submit feedback
- Analyze the results
- Create a short presentation about the taste testing and if the item should appear on future menus

# Teaching Mushrooms

## Learning Objectives

Students will be able to...

- Analyze information to determine the items most important for students to learn
- Create an engaging and appropriate lesson for the audience selected
- Assess the knowledge gained from the lesson

## Intended Audience

- Teaching pathway students
- Early childhood education students
- Nutrition Science or Food Science students

## Activity

Teach a lesson focused on engaging younger students in learning knowledge and information about the Dietary Guidelines of America and mushrooms. For the lesson, select the following:

- Age group of students for lesson
- Lesson plan focused on key topic of Dietary Guidelines of America
- Create an engaging lesson with age-appropriate topics
- Create a pre and post assessment to determine knowledge learned

Key Topics for Lesson Ideas:

- Healthy Beverage Consumption – include mushroom tea
- Focus on a food group consumption and information from the Dietary Guidelines of America
- Mushrooms and their role in nutrition
- School meals and what makes a meal
- Making nutrient dense food decisions

# Impacting School Lunch

## Learning Objectives

Students will be able to...

- Analyze information about school meals
- Integrate mushrooms in school meals
- Promote students engaging in trying mushrooms

## Intended Audience

- Health students
- Student government members
- Nutrition or Food Science students
- Culinary Arts students
- Journalism students
- Marketing students

## Activity

Review the information and presentation about mushrooms, dietary guidelines, and school lunch. After reviewing the lesson, set up a meeting with school nutrition staff.

- Create a list of questions to ask the school nutrition staff to learn more about their needs, how they currently use mushrooms, and their ideas on how to incorporate more mushrooms.

School Lunch Vision: Work with school nutrition staff to create a mushroom based breakfast item and lunch item to try.

- Utilize the students in culinary arts or open it to any students to develop three recipes to try for both breakfast and lunch.
- Create a marketing campaign around the mushroom challenge and promote it prior to serving.
- Serve the recipes and collect data:
- Serve the recipes and collect student feedback
  - » Create a survey form (paper or digital) for students to submit feedback
  - » Analyze the results
- Create a short presentation about the taste testing and if it should appear on future menus