



Lesson #19

Alternative Diets

Time Table

Total Time: 30 minutes

10 minutes: Introduction and explanation of the lesson

10 minutes: PowerPoint Presentation

10 minutes: Activity & take-home assignment

Goal: To teach students about alternative diets that accommodate various dietary needs and beliefs, such as vegetarian/vegan, gluten-free and lactose-free diets

Objectives:

Students will:

- Learn why some people need or choose to eat an alternative diet
- Understand what it means to be a vegetarian
- Learn about different types of vegetarian diets
- Learn about certain food allergies and the diets that help manage them

Materials:

- Lesson: examples of vegetarian, lactose-free or gluten-free products for the class to see and try (optional)
- PowerPoint: *Fit4Kidz Alternative Diet Choices* presentation
- Activity:
 - *Fit4Kidz Vegetarian Foods* worksheet
 - *Fit4Kidz Vegetarian Foods* worksheet answer key
 - Crayons, markers or colored pencils
- Take-home: *Fit4Kidz Fun Family Vegetarian Recipes*

Instructions:

1. Begin with a brief review of last week's lesson and ask your students to recall a few facts about what they learned.
2. Explain that this week's lesson will focus on alternative diets. Explain that alternative diets are diets that use modified food groups in order to fulfill dietary needs. Alternative diets used to accommodate dietary restrictions, allergies and religious beliefs, but may be adopted by choice as well.
 - a. Examples of alternative diets that will be reviewed in this lesson are vegetarian, gluten-free and lactose-free diets.
3. Use the following talking points to review each of the three examples of alternative diets with the class:
 - a. Vegetarian Diets**
 - Ask the class if they know what it means to be a vegetarian. Explain that vegetarians choose not to eat meat due to health,



personal or religious beliefs. Some students in the class may have been raised to be vegetarians.

- There are many types of vegetarian diets, including:
 - **Vegan:** no meat, dairy or animal products of any kind
 - **Lacto-ovo:** eat dairy and eggs, but no meat
 - **Pescatarian:** eat dairy, eggs and fish, but no meat
- Explain that when someone chooses to not eat meat, they still need to make sure they are getting the essential nutrients from other sources, such as tofu, soy products, beans and nuts.
 - Vegetarians need to be especially careful to get enough protein, calcium, iron and B-vitamins.

b. Gluten-Free Diets

- Some people are sensitive or allergic to gluten and therefore cannot eat products that contain wheat. Gluten is a part of wheat as well as some other grains.
- Many gluten-free products are available for these individuals, including gluten-free breads, cereals, pastas and snacks

c. Lactose-Free Diets

- Many people cannot have dairy products because they are unable to digest lactose (a sugar in the milk). Explain that these individuals generally avoid dairy, but have the option to eat/drink lactose-free dairy products and milk. Some people with lactose intolerance are able to eat cheese in small amounts.
4. At this time if you so choose, show the class examples of foods from these types of diets and if possible have them sample the foods. Some ideas including gluten-free cookies or pretzels, vegetarian lunch "meat" or lactose-free milk.

Activity:

Pass out the *Fit4Kidz Vegetarian Foods* worksheet to the class. Explain that the foods shown are examples of foods that can be a part of a vegetarian diet. Have the students place a check mark in the columns that apply to the food shown. Once complete, collect the pages and store in each student's *Fit4Kidz* binder or folder.

Take Home:

Pass out the *Fit4Kidz Fun Family Vegetarian Recipes* for the students to bring home and enjoy with their families. Encourage the students to review what they learned with their parents about alternative diets before trying some vegetarian recipes together.

For further reference, students and families can visit www.fit4kidz.us.