

Health 1/31/19

EQ: Are insects the food of the future?

CW: Socratic Seminar

HW: No HW

Agenda

1. Mindfulness Writing Prompt
2. Protein comparison
3. Socratic Seminar

Open Ended Question

Write for three minutes without stopping: Would you eat insects? Why or why not? How has what we have learned in class influenced your decision?

Nutritional Value of Various Insects per 100 grams

	Protein (g)	Fat (g)	Carbohydrate	Calcium (mg)	Iron (mg)
Giant Water Beetle	19.8	8.3	2.1	43.5	13.6
Red Ant	13.9	3.5	2.9	47.8	5.7
Silk Worm Pupae	9.6	5.6	2.3	41.7	1.8
Dung Beetle	17.2	4.3	0.2	30.9	7.7
Cricket	12.9	5.5	5.1	75.8	9.5
Small Grasshopper	20.6	6.1	3.9	35.2	5.0
Large Grasshopper	14.3	3.3	2.2	27.5	3.0
June Beetle	13.4	1.4	2.9	22.6	6.0
Caterpillar	6.7	N/A	N/A	N/A	13.1
Termite	14.2	N/A	N/A	N/A	35.5
Weevil	6.7	N/A	N/A	N/A	13.1
Beef (Lean)	25.1	N/A	N/A	N/A	2.5

Nutrition Calculator

Find Nutritional Value of a Product

Nutrition calculator computes nutrition facts and analysis for the whole meal. Search for the individual foods using the form above and add them to the meal.

Please [let us know](#) if you have any suggestions on how to make this website better.

Nutrition calculator: computes nutrition value of a meal. Daily weight and 2000 calorie diet ([change](#)). Interchangeable pairs aminoacids: Methionine + Cysteine, Phenylalanine + Tyrosine. Data provided for the given weight of cooked food. Data from USD National Nutrient Database for Standard Reference.

[NutritionValue.Org](#) -

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<https://www.nutritionvalue.org/nutritioncalculator.php>

Recipe Nutrition Calculator

Recipe name

Ingredients

Add Ingredient

Calories

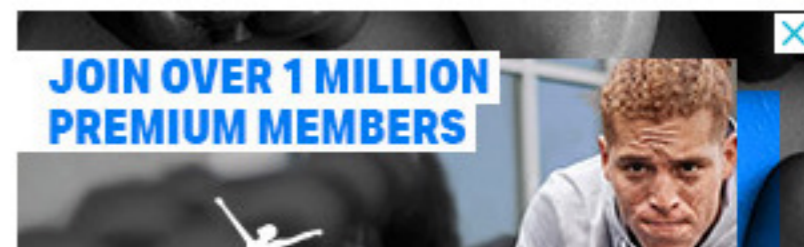
C



Total:	0	0	0	0	0	0
Per Serving:	0	0	0	0	0	0

Enter Your Recipe

To calculate the nutritional content of your recipe, enter in its ingredients. Once your recipe has been saved, you can add it to your food diary.



<https://www.myfitnesspal.com/recipe/calculator>



<https://www.youtube.com/embed/rDqXwUS402I>

Focused Notes

Essential Question: Are insects the food of the future?

Add information you remember from yesterday

Write questions in the questions column.



Socratic Seminar



What Is Socratic Seminar?

- Structured, inquiry-based, collaborative dialogue
- Focused on a common text or resource
- Formatted to practice critical thinking, reading, and inquiry skills

“How does this idea connect to...?”

“What different conclusions do you have?”

“You bring up an interesting point, and I also think....”



Socratic Seminar: Role and Responsibilities of the Participant

Before

- Analyze the text.
- Develop high-level discussion questions.
- Make connections between the text and knowledge.

During

- Refer to the text and give evidence and examples.
- Actively listen and speak clearly.
- Open mind to new ideas and possibilities.

After

- Reflect on participation and the process.
- Reflect on the content of the Socratic Seminar.
- Set goals for improvement in the next Socratic Seminar.

Dialogue**Debate and/or Discussion**

Dialogue is collaborative; multiple sides work toward a shared understanding.

Debate is competitive and/or oppositional; two opposing sides try to prove each other wrong.

In dialogue, one listens to understand, to make meaning, and to find common ground.

In debate, one listens to find flaws, to spot differences, and to counter arguments.

Dialogue enlarges and possibly changes a participant's point of view.

Debate affirms a participant's point of view.

Dialogue creates an open-minded attitude; an openness to being wrong and an openness to change.

Debate defends assumptions as truths.

In dialogue, one submits one's best thinking, expecting that other people's reflections will help improve it rather than threaten it.

In debate, one submits one's best thinking and defends it against challenge to show that it is right.

Dialogue calls for temporarily suspending of one's beliefs.

Debate, calls for investing wholeheartedly in one's beliefs.

In dialogue, one searches for strengths in all positions.

In debate, one searches for weaknesses in the other positions.

Dialogue respects all the other participants and seeks not to alienate or offend.

Debate rebuts contrary positions and *may* belittle or deprecate other participants.

Dialogue assumes that many people have pieces of answers and that cooperation can lead to workable solutions.

Debate assumes a single right answer that somebody already has.

Dialogue remains open-ended.

Debate demands a conclusion.

Dialogue is mutual inquiry; collective knowledge

Discussion is individual opinions; individual knowledge

1. I agree with _____ because, but I want to add another reason why I think _____ is true. (Give another reason.)
2. I disagree with _____ because . . .
3. I'm not sure why _____ said . . . Can you reword your comments to help me understand?
4. I understand your point, _____, but I want to add/disagree/give another side . . .
5. This is what I think you are saying. . . Is that correct?

Poll

Choose the statements that you feel adequately describe your participation in the seminar.

- I was courteous to the other students.
- I paused and thought before speaking.
- I listened to others tell their opinions.
- I kept an open mind for opinions different from my own.
- I acted as a positive role model for other students.
- I built on what was said just before I gave my opinion.
- I used fixed examples from the text to support statements.
- I felt comfortable speaking in the seminar
- I gave my opinions clearly.

Poll

How would you rate the seminar?

- Excellent (Everyone participated, listened, had good ideas, did not interrupt.)
- Good (Generally, everyone participated but the seminar could have better ideas and behavior.)
- Fair (Side talk, interruptions, students distracted.)
- Poor (Lots of side talk, interruptions, and rude behavior.)