

A person in dark winter gear is snowboarding down a snowy mountain slope. The background shows a vast, snow-covered mountain range under a clear sky. The overall image has a teal color overlay.

UNIT FIVE

Healthy Choices

CHAPTER THIRTEEN

BODY COMPOSITION The Facts about Body Composition



Question One

Define Body Fatness:

**The percentage of body that is
comprised of fat tissue**



Question Two

What is lean tissue?

Lean tissue includes muscles, bones, skin, and body organs



Question Three

For a typical person, _____ to _____ percent of body composition is fat and _____ to _____ percent is lean body tissue.

15

25

75 - 85



Question Four

- More than ___ of all adults are considered to be too fat or obese.
- 60%



Question Five

List the factors that influence body composition...



Question Five

Heredity: You inherit your body type from your parents

Basal Metabolism: Some people have a higher basal metabolism than others.

Maturation: As you grow older, your hormone levels change, influencing body fatness



Question Five

Early Fatness: Children who are too fat develop extra fat cells

Diet: What we eat affects our weight and body composition / Caloric Intake

Physical Activity: Activity levels determines caloric expenditure



Question Six

What factors affect our Metabolism?

Heredity, age, maturation, diet, activity level



Question Seven

- Which weighs more...muscle or fat?
- Muscle



Interesting Fact!!

- ❑ People with more fat weigh less under water because fat floats!!



Define the Following...

8. Overfat: (Obesity) Having too much body fat

9. Underfat: Having too little body fat

10. Essential Body Fat: Minimum amount of body fat needed for good health



Define the Following...

11. Anorexia Nervosa: An eating disorder characterized by severely restricting food intake

12. Bulimia: An eating disorder characterized by binge eating and then purging

13. Calorie: A heat unit referring to the energy available in food and the energy used by body activities



Question Fourteen

- One pound of fat contains _____ calories.
- 3,500



Question Fifteen

Why is a combination of diet and physical activity best for maintaining ideal levels of body fat?

A well balanced diet and exercise help you feel better, look better, and improve self-confidence

Balancing caloric intake and expenditure determines whether you will gain or lose weight!



Question Sixteen

What is self-perception?

It is how you think other people view you and your own feelings about your appearance.



Question Seventeen

How can you improve self-perception?

Perform regular physical activity

Eat a well balanced diet

Don't compare yourself to others

Think positively about yourself

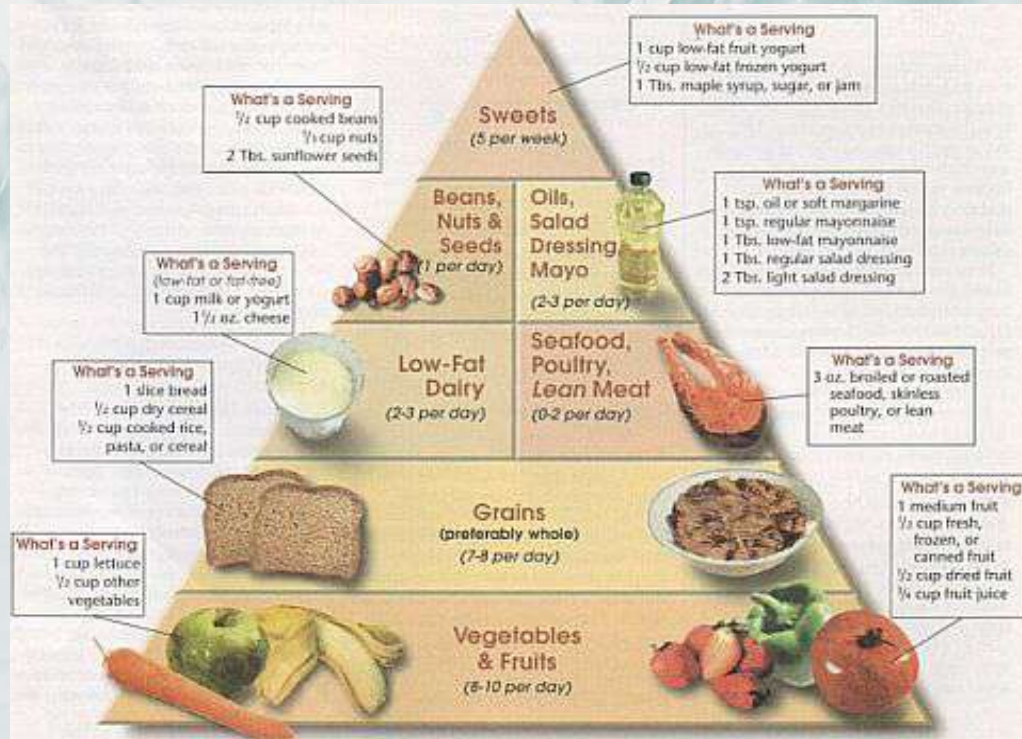
Consider how your behavior and actions affect those around you

Find realistic role models



CHAPTER FOURTEEN

CHOOSING NUTRITIOUS FOODS A Healthy Diet



Question One

List the six essential nutrients:

**Carbohydrates, Proteins, Fats,
Vitamins, Minerals, Water**



Question Two

Which three nutrients supply energy to the body to perform daily tasks?

Carbohydrates, Proteins, Fats



Question Three

One gram of fat = _____ calories

One gram of Carbohydrate or
Protein = ___ calories

Nine
Four



Question Four

- List the six essential nutrients and what function they perform in the body.



Carbohydrates: Main source of energy in the body

Protein: Builds, repairs, and maintains body cells, “Bodies Building Blocks”

Fats: Necessary for growth and repair of cells; Dissolve certain vitamins and carry them to cells



Minerals: Regulate the activities of cells; Calcium, Iron, Sodium

Vitamins: Growth and Repair of body cells; Vitamin B and C must be eaten everyday!

Water: Single most important nutrient!

Carries nutrients to body, carries away waste, regulate temp.



Interesting...

Your body weight is 50 to 60% water!!



Define the Following...

5. Complex Carbohydrate:
“Nutritionally dense foods” – Large nutrient value, low calories

Examples: whole grain breads and pastas, vegetables, Fiber

6. Simple Carbohydrate: Used in the body for energy – Small nutrient value, high calories

Examples: candy, pastries, soft drinks



Define the Following...

7. Amino Acids: Substances that make up proteins; There are 9 essential amino acids from food!

8. Complete Protein: Foods containing all nine of the essential amino acids

9. Incomplete Protein: Foods that contain some, but not all, of the nine essential amino acids



Question Ten

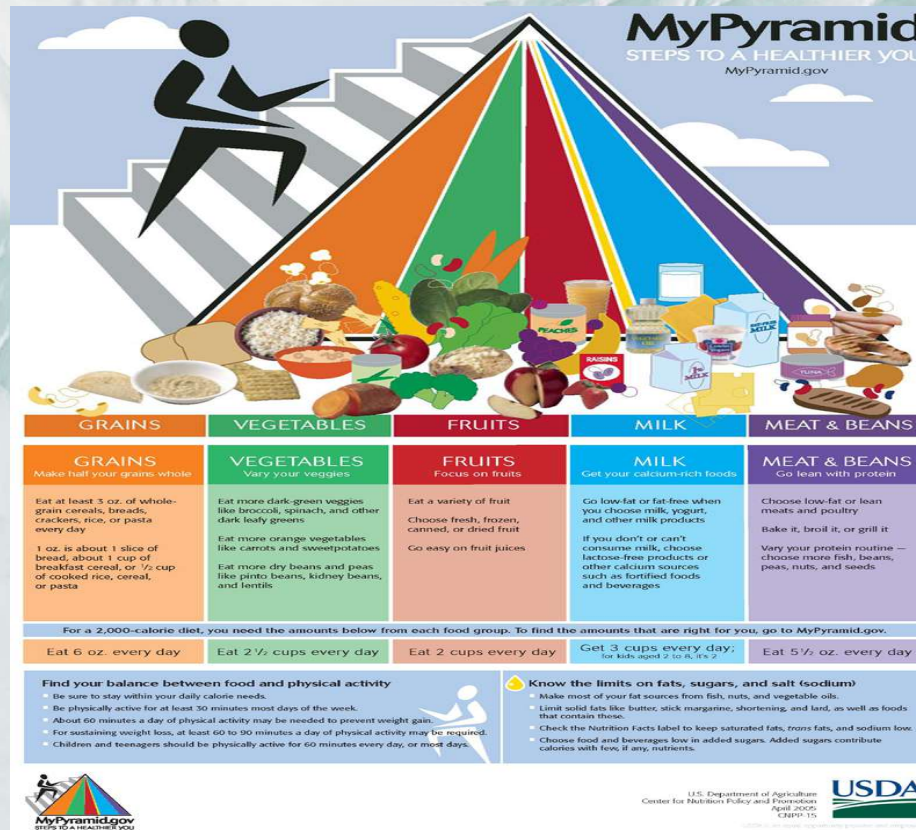
Explain how calcium is important for your health and tell what you can do to help keep your bones strong.

Calcium helps improve and maintain bone strength. Resistance training is also important for bone strength.



Question Fifteen

My Pyramid & Recommended Servings



U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
April 2009
CNP-15




WHAT SHOULD YOU EAT?

Bread, Cereal, Rice, Pasta 6-11 Servings

A serving is:

- 1 Slice of Bread
- ½ Cup cooked cereal, rice or pasta (size of ice cream scoop)
- 1 ounce of ready-to-eat cereal



GRAINS

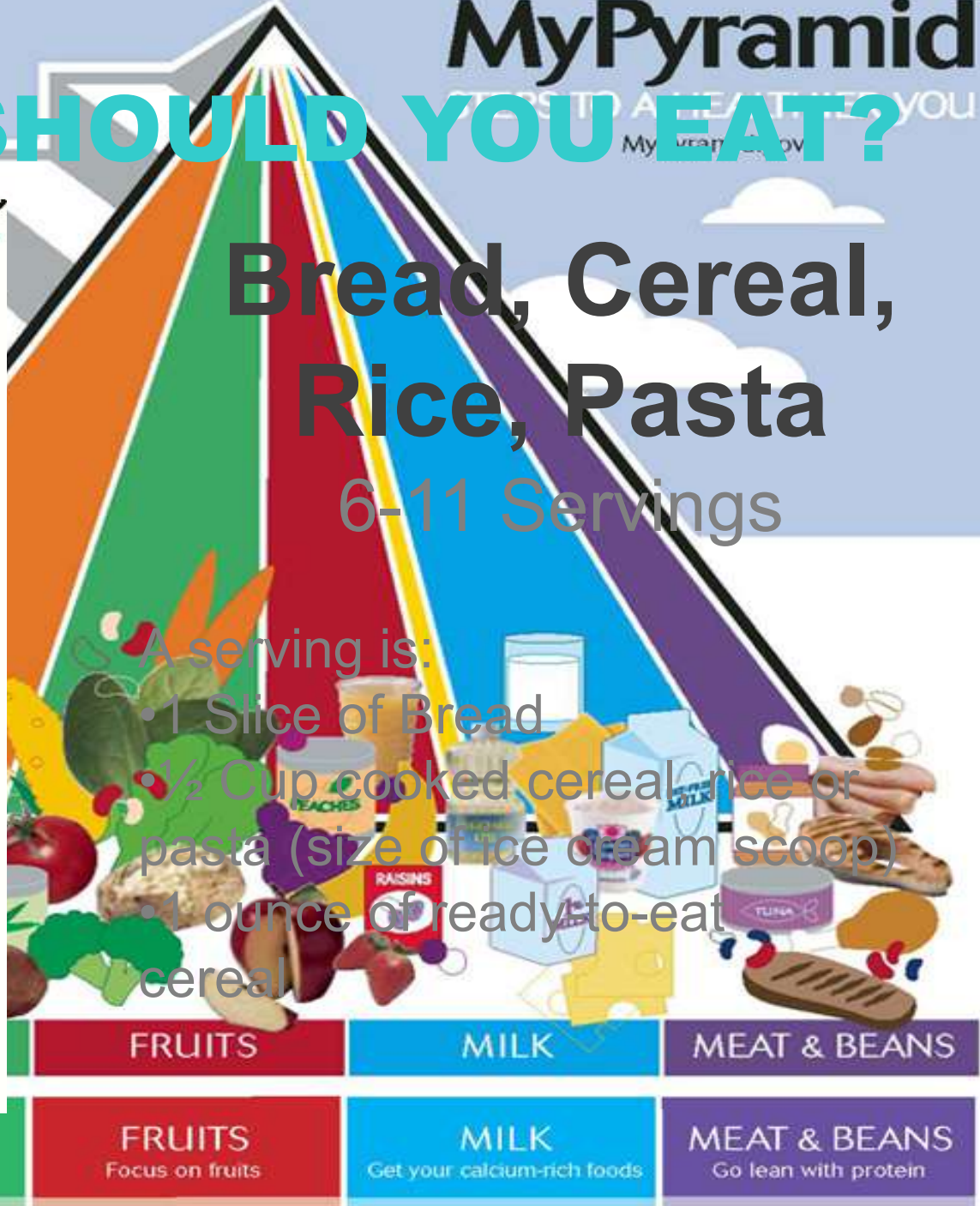
GRAINS
Make half your grains whole

Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day

1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta

For a 2,000-calorie diet, y

Eat 6 oz. every day



WHAT SHOULD YOU EAT?

VEGETABLES

3-5 Servings

A serving is

- 1/2 Cup cooked or chopped raw vegetables (7-8 baby carrots)
- 3/4 Cup vegetable juice (small styrofoam cup)
- 1 Cup raw leafy vegetables (size of baseball)



VEGETABLES

VEGETABLES

Vary your veggies

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens

Eat more orange vegetables like carrots and sweetpotatoes

Eat more dry beans and peas like pinto beans, kidney beans, and lentils

you need the amounts below from

Eat 2 1/2 cups every day

MEAT & BEANS

Go lean with protein

GRAINS VEGETABLES FRUITS MILK

GRAINS Make half your grains whole
 VEGETABLES Vary your veggies
 FRUITS Focus on fruits
 MILK Get your calcium-rich foods

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STEPS TO A HEALTHIER YOU

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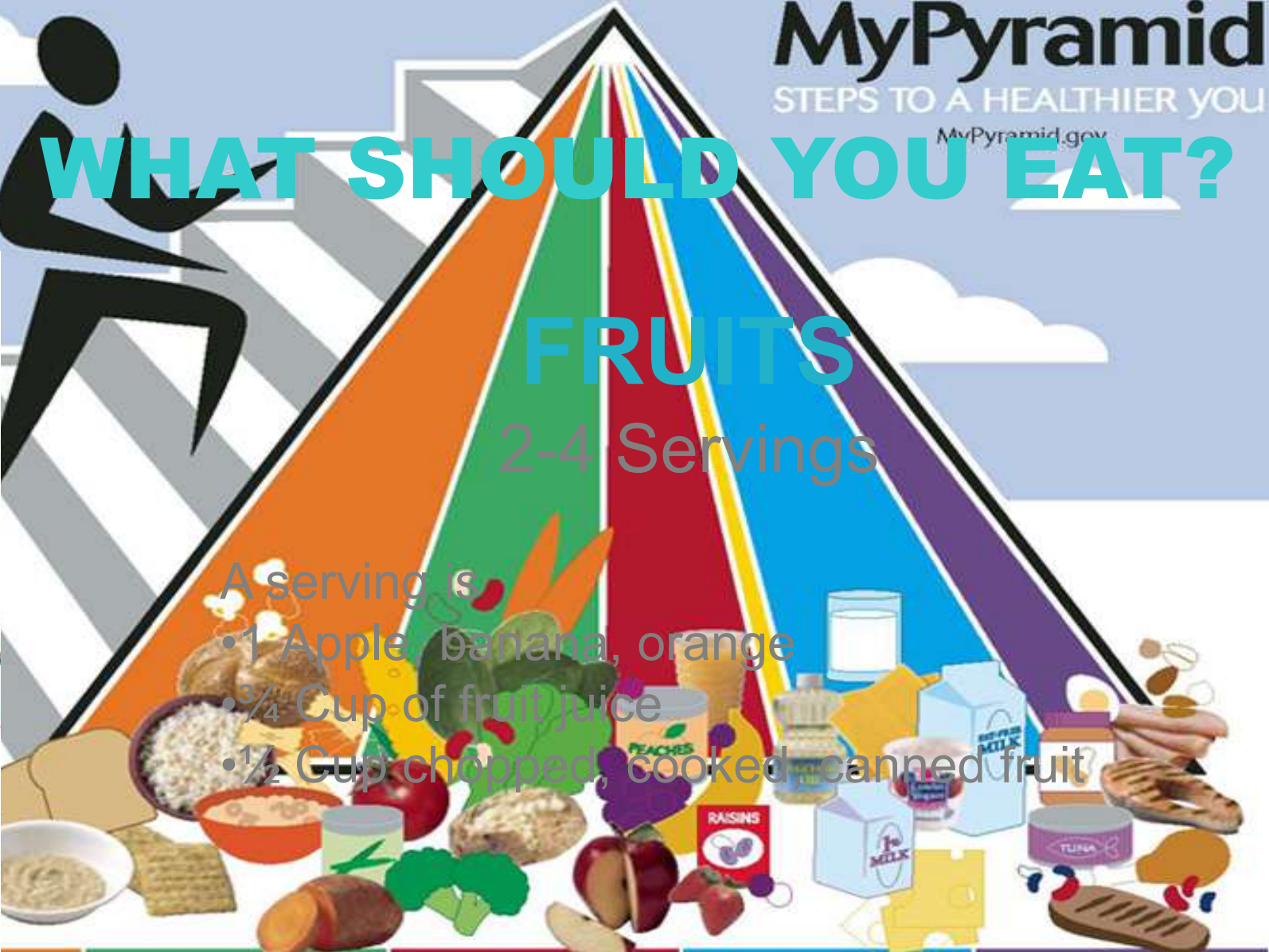
WHAT SHOULD YOU EAT?

FRUITS

2-4 Servings

A serving is

- 1 Apple, banana, orange
- $\frac{3}{4}$ Cup of fruit juice
- $\frac{1}{2}$ Cup chopped, cooked, canned fruit



FRUITS

FRUITS
Focus on fruits

Eat a variety of fruit
Choose fresh, frozen, canned, or dried fruit
Go easy on fruit juices

Eat 2 cups every day

Make that your grains whole

VEGETABLES	FRUITS	MILK	MEAT & BEANS
VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein

WHAT SHOULD YOU EAT?

MILK, YOGURT, AND CHEESE

2-3 Servings

A serving is

- 1 Cup milk
- 1 ½ -2 ounces of cheese (size of a 9 volt battery)
- 1 Cup yogurt (size of baseball)

GRAINS VEGETABLES FRUITS MILK

GRAINS VEGETABLES FRUITS MILK

Make half your grains whole Vary your veggies Focus on fruits Get your calcium-rich foods

MILK

MILK
Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt, and other milk products

If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

Get 3 cups every day;
for kids aged 2 to 8, it's 2

Go lean with protein

WHAT SHOULD YOU EAT?

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MEAT, POULTRY, FISH, DRY BEANS, EGGS, NUTS

2-3 Servings

A serving is

- 2-3 ounces of cooked lean meat, poultry or fish (size of deck of cards)
- 1 ounce of meat (=) 1/2 cup cooked dry beans, 1 egg, 2 tablespoons of peanut butter

MEAT & BEANS

MEAT & BEANS

Go lean with protein

Choose low-fat or lean meats and poultry

Bake it, broil it, or grill it

Vary your protein routine — choose more fish, beans, peas, nuts, and seeds

go to MyPyramid.gov.

Eat 5 1/2 oz. every day

Make half your grains whole

VEGETABLES

FRUITS

MILK

MEAT & BEANS

VEGETABLES

Vary your veggies

FRUITS

Focus on fruits

MILK

Get your calcium-rich foods

MEAT & BEANS

Go lean with protein

WHAT SHOULD YOU EAT?

FATS, OILS AND SWEETS

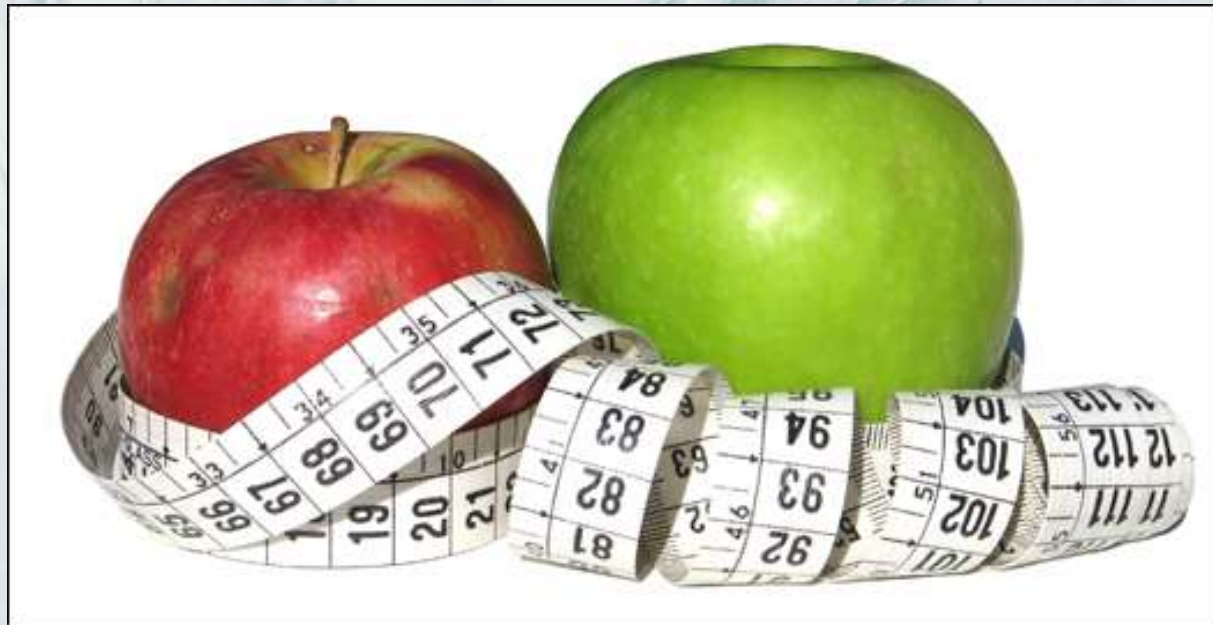
Use sparingly

- 1 teaspoon butter, margarine (size of stamp)
- 2 tablespoons salad dressing (size of ping pong ball)

GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein

CHAPTER FIFTEEN

MAKING CONSUMER CHOICES Health and Fitness Quackery



Question One

What is Quackery?

A method of advertising or selling that uses false claims to lure people into buying products that are worthless or even harmful.



Question Two

What are some ways you can detect Quackery?

Check Credentials: Are they really an expert?

Be wary of advisors who sell products

Check the organizations background

Be wary of promise of immediate results

Be suspicious of results that are too good to be true

Be cautious of internet sales

Be wary of untested products



Question Three

What is a food supplement?

A product that is not part of a typical diet but is added to a diet.



Question Four

What happened in 1994 that changed the government control over supplements?

A law was passed that changed the regulation of supplements from government to manufacturer control



Question Five

Why should we be informed before taking supplements?

Many illness and deaths have occurred when taking untested supplements

Example: Ephedra for weight loss (herb now banned by FDA)



Discussion Question...

Each year people spend billions of dollars on weight loss products that do not work. Why are the sales of these products so successful?

Can they be harmful to overall health and wellness?

List one diet program on the market today and what it promises to accomplish! Do you think it is safe? Why or Why not?

