

# Nutrition Education

Physical Education PD

March 14, 2012

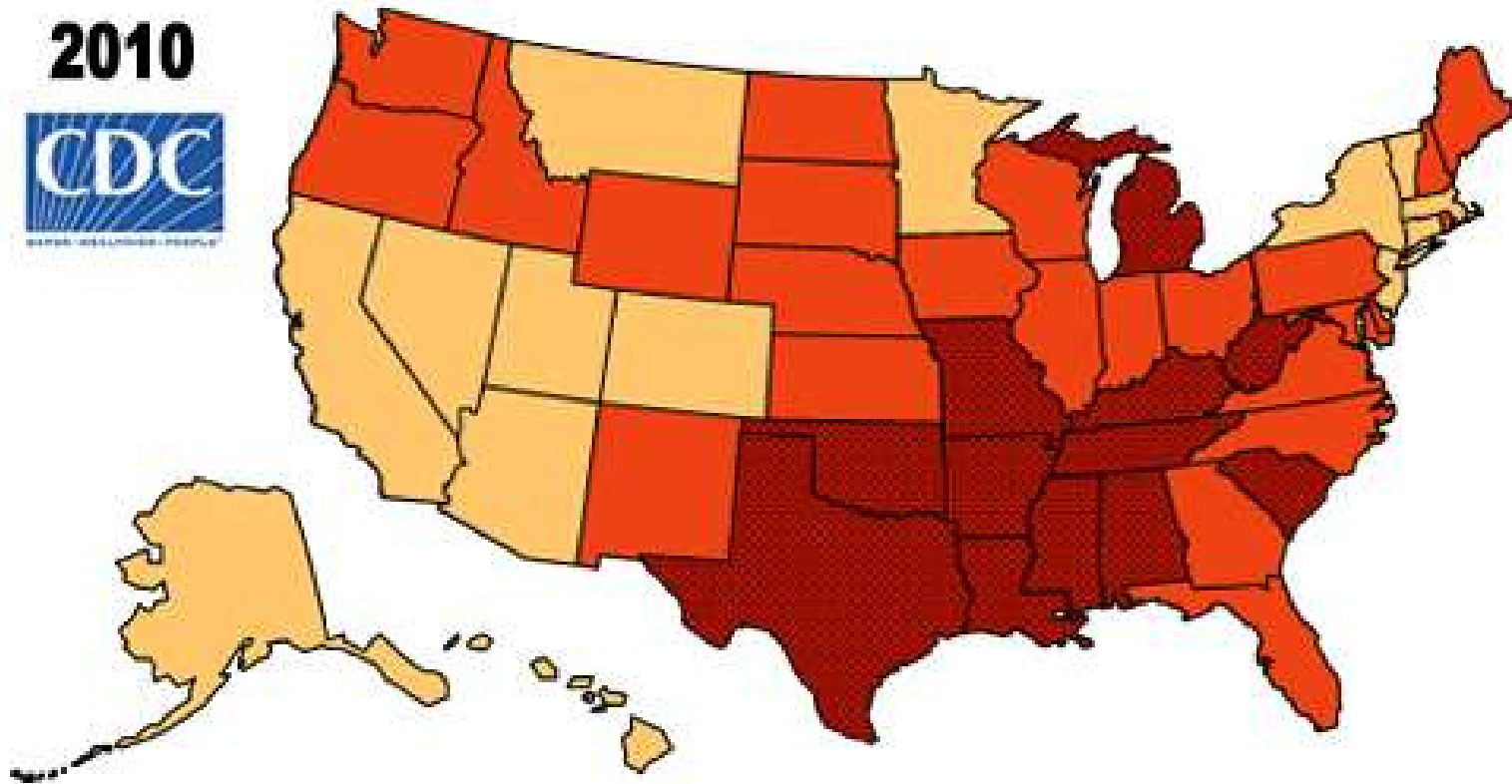


# Think, Pair, Share

- ▶ What is the most serious public health issue today?

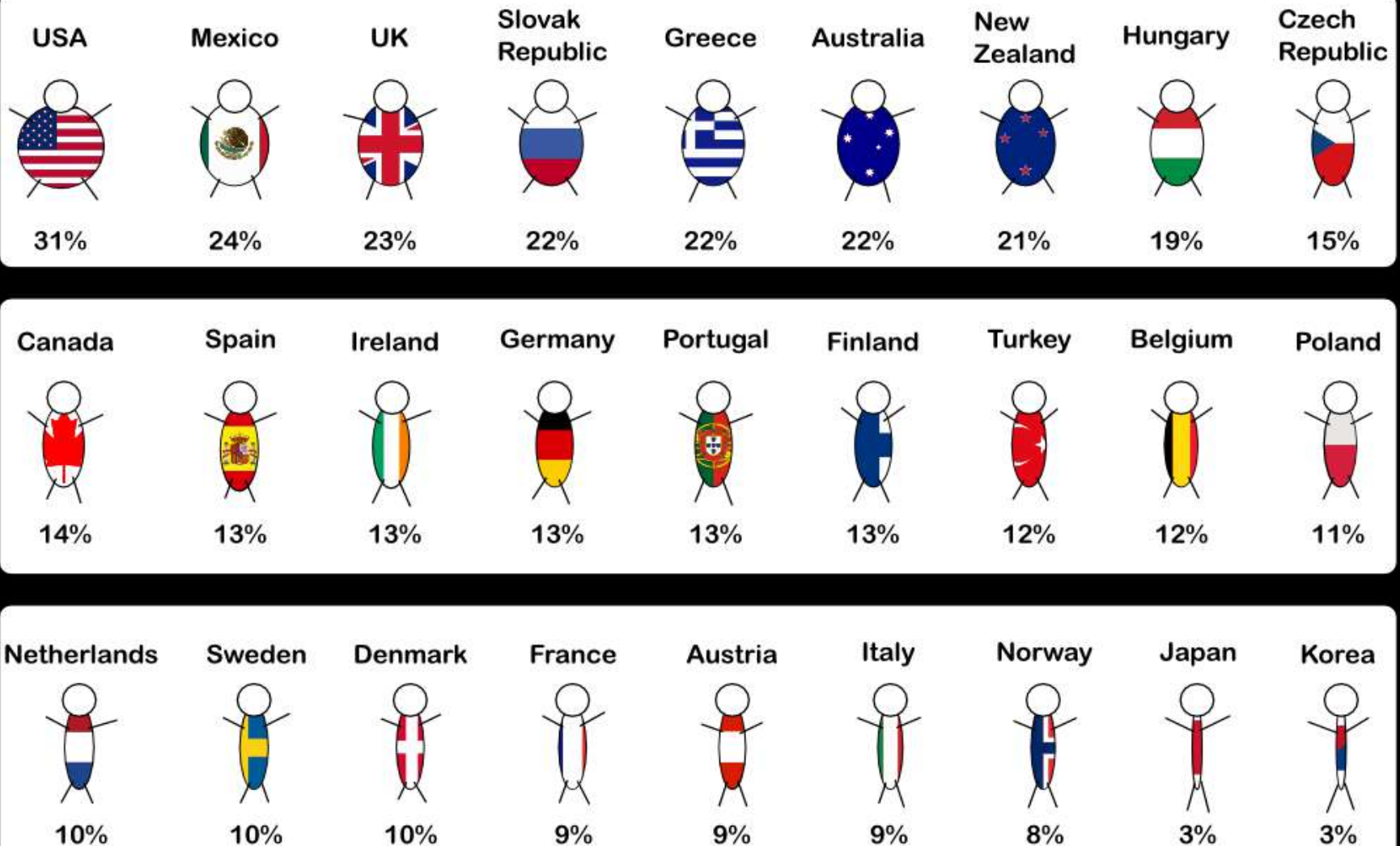
# Percent of Obese Adults (BMI $\geq$ 30) in U.S. (Normal = 18.5 to 25)

2010



# OBESITY:

The percentage of the population older than 15 with a body-mass index greater than 30.



# Children and Youth

- ▶ 17% of children/youth ages 2–19 are obese.



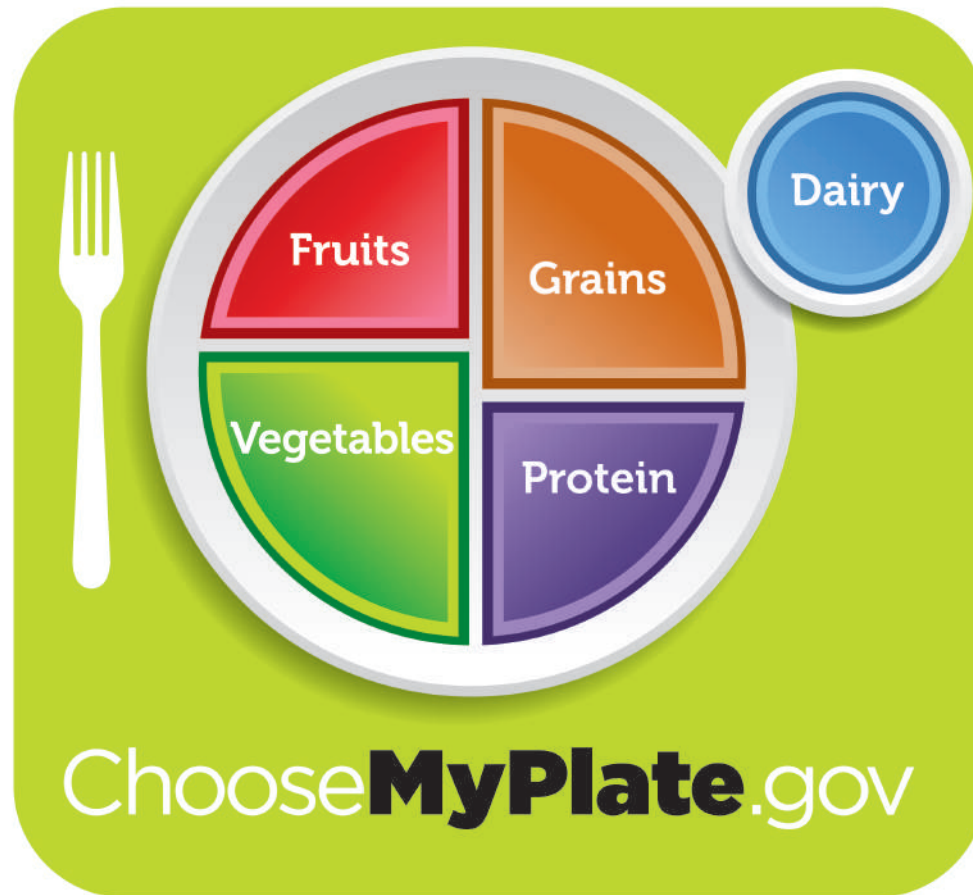
# My Pyramid -- Outdated Logo



<b>GRAINS</b> Make half your grains whole	<b>VEGETABLES</b> Vary your veggies	<b>FRUITS</b> Focus on fruits	<b>MILK</b> Get your calcium-rich foods	<b>MEAT &amp; BEANS</b> Go lean with proteins
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 1/2 cup of cooked rice, cereal, or pasta.	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.  Eat more orange vegetables like carrots and sweet potatoes.  Eat more dry beans and peas like pinto beans, kidney beans, and lentils.	Eat a variety of fruit.  Choose fresh, frozen, canned, or dried fruit.  Go easy on fruit juices.	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.	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.

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# MyPlate – Current Logo

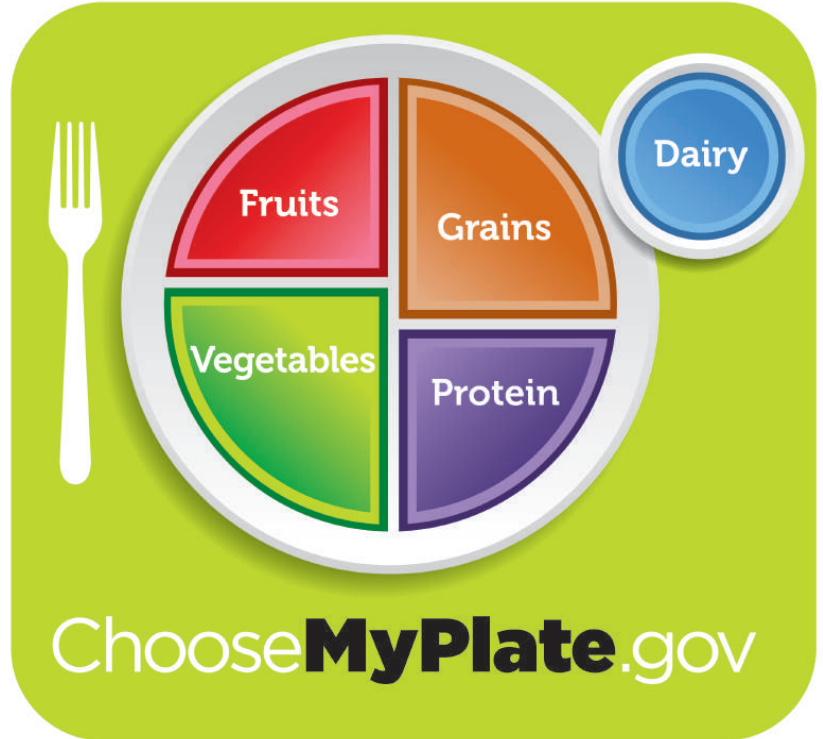




# Compare / Contrast



GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
Make half your grains whole	Vary your veggies	Focus on fruits	Get your calcium-rich foods	Go lean with protein
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 1/2 cup of cooked rice, cereal, or pasta	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens. Eat more orange vegetables like carrots and sweet potatoes Eat more dry beans and peas like pinto beans, kidney beans, and lentils	Eat a variety of fruit Choose fresh, frozen, canned, or dried fruit Go easy on fruit juices	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	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



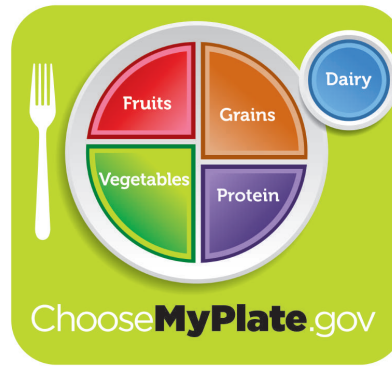
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Food Pyramid

MyPlate



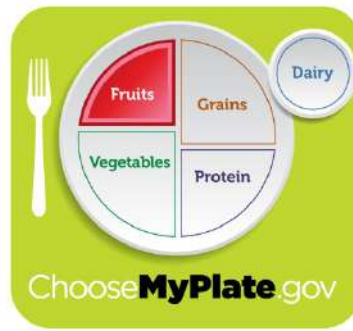
# Food Groups



- ▶ Fruits
- ▶ Vegetables
- ▶ Grains
- ▶ Proteins
- ▶ Dairy



# Fruits



- ▶ What are some examples of foods in this food group?

# Fruits



- ▶ Any fruit or 100% fruit juice counts as part of the Fruit Group
- ▶ Fruits may be fresh, canned, frozen, dried, whole, cut-up or pureed.
- ▶ Key Consumer Message: Make half your plate fruits and vegetables!

# Nutrients In Fruit



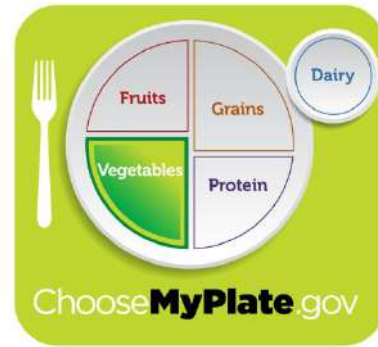
- ▶ Most fruits are naturally low in fat, sodium and calories.
- ▶ None have cholesterol.
- ▶ Fruits are sources of many essential nutrients including: potassium; dietary fiber, vitamin C, and folate.

# Health Benefits of Fruit



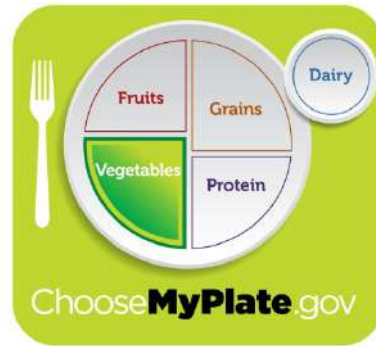
- ▶ As part of a healthy diet fruit may reduce risk for heart disease, protect against certain types of cancers, reduce the risk of obesity and reduce the risk of type 2 diabetes.
- ▶ Student version = Fruits help heal our bodies.

# Vegetables



- ▶ What are some examples of foods in this food group?

# Vegetables



- ▶ Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group.
- ▶ Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.
- ▶ Key Consumer Message: Make half of your plate fruits and vegetables!



# Nutrients in Vegetables



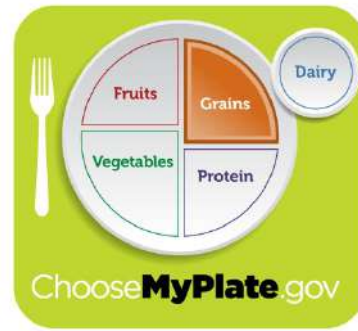
- ▶ Most vegetables are naturally low in fat and calories.
- ▶ None have cholesterol.
- ▶ BUT SAUCES OR SEASONINGS MAY ADD FAT, CALORIES OR CHOLESTEROL!!!!
- ▶ Vegetables may provide dietary fiber, potassium, Vitamin A, Vitamin C and potassium.

# Health Benefits of Vegetables

- ▶ As part of an overall healthy diet, vegetables may reduce the risk for heart disease, protect against certain types of cancers and may reduce the risk of obesity and the risk of type 2 diabetes.
- ▶ Student version = Vegetables help our eyes see.

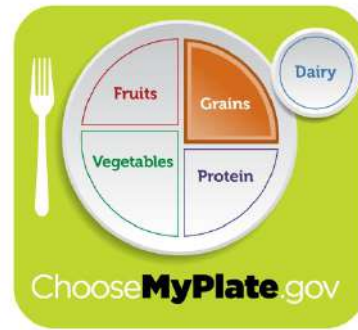


# Grains



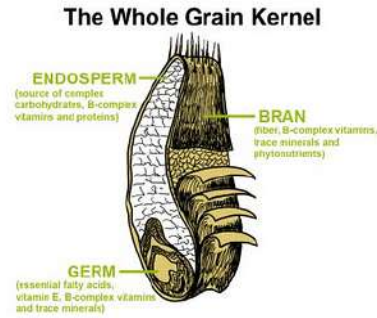
- ▶ What are some examples of foods in this food group?

# Grains



- ▶ Any food made from wheat, rice, oats, cornmeal, barley or other cereal grains
- ▶ Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits
- ▶ 2 groups: Whole Grains and Refined Grains.
- ▶ Key Consumer Message: Make at least half of your grains whole grains!

# Whole Grains



- ▶ Contain the entire grain kernel – the bran, germ, and endosperm.
- ▶ Examples include: whole-wheat flour; bulgur (cracked wheat); oatmeal; whole cornmeal; brown rice.

# Refined Grains



## ▶ Refined grains

- Milled – remove bran and germ
- Gives grains finer texture
- Improves shelf life
- Removes dietary fiber, iron and many B vitamins
- Examples: white flour; de-germed cornmeal; white bread; white rice.
- Most are enriched – vitamins and minerals added back in, but NOT dietary fiber.

# Nutrients in Grains



- ▶ Dietary fiber (especially in whole grains)
- ▶ B vitamins
- ▶ Minerals – iron, magnesium and selenium



# Health Benefits of Grains



- ▶ Eating grains, especially whole grains as part of a healthy diet may reduce the risk of some chronic diseases: heart disease, obesity; neural tube defects during fetal development.
- ▶ Student version = Grains give us energy and keep our digestive system healthy.

# Proteins



- ▶ What are some examples of foods in this food group?

# Proteins



- ▶ All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds are part of the Protein Foods Group. (Beans and peas are also part of the Vegetable Group.)
- ▶ Select a variety of protein foods including at least 8 ounces \* of cooked seafood per week.
- ▶ Key Consumer Message: Meat and poultry choices should be lean or low-fat.

# Nutrients in Proteins



- ▶ Meats, poultry, fish, dry beans and peas, eggs, nuts and seeds supply many nutrients: protein, B vitamins, vitamin E, iron, zinc, and magnesium.
- ▶ Omega-3 fatty acids which are found in seafood may help reduce the risk for heart disease.

# Health Benefits of Proteins

- ▶ Proteins serve as the “building blocks” for: bones, muscles, cartilage, skin, blood, enzymes, hormones and vitamins.
- ▶ Proteins provide calories (energy).
- ▶ The nutrients in proteins serve a variety of functions in the body: they help release energy; carry oxygen in the blood; help build tissues; and many more.

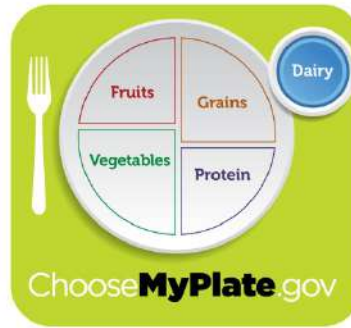


# Health Benefits of Proteins

- ▶ Student version = Proteins help build muscles in our body.



# Dairy



- ▶ All fluid milk products and many foods made from milk are part of this good group.
- ▶ Key Consumer message: Switch to fat-free or low-fat (1%) milk.



# Nutrients in Dairy Products



- ▶ Calcium (bones, teeth);
- ▶ Potassium (maintaining healthy blood pressure);
- ▶ Vitamin D (helps to maintain proper levels of calcium and phosphorous).
- ▶ In low-fat or non-fat form, provide little or no fat.

# Health Benefits of Dairy Products

- ▶ Eating/drinking dairy products is linked to improved bone health – especially during childhood and adolescence.
- ▶ Eating/drinking dairy products may also reduce the risk of some diseases (osteoporosis; heart disease; type 2 diabetes).



# Health Benefits of Dairy Products

- ▶ Student version = Dairy foods help build strong teeth and bones.



# Oils



- ▶ Oils are fats that are liquid at room temperature. Although oils are NOT a food group, they do provide essential nutrients.
- ▶ Examples: canola oil; corn oil; cottonseed oil; olive oil; safflower oil.
- ▶ Some foods are naturally high in oils: nuts; olives; some fish; avocados.
- ▶ Only small amounts of oils are recommended.

# Health Benefits of Oils



- ▶ Increasing energy and stamina;
- ▶ Improving brain function;
- ▶ Speeding up recovery and healing processes.
- ▶ Assisting in many body processes.

# A Healthful Diet

◎ A healthful diet is...

- Adequate



- Varied



- Balanced



- Moderate



# A Healthful Diet is Adequate

- ① An **adequate diet** provides enough energy, nutrients, fiber, and vitamins to support a person's health.



# A Healthful Diet is Varied

- ◎ **Variety** refers to eating many different types of foods each day -- a healthful diet is not based on only one or a few types of foods.





# A Healthful Diet is Balanced

- ▶ A **balanced diet** contains the right combinations of foods to provide the proper balance of nutrients.



# A Healthful Diet is Moderate

- ⦿ A healthful diet is **moderate** and contains the right amounts of foods for maintaining proper weight – neither too much nor too little food.



# Materials at Grade Level Stations

- ▶ Examine activities and materials at the Grade Level Stations most applicable for your work;
- ▶ Analyze for usability and effectiveness in P.E. setting;
- ▶ How might you follow-up on this lesson or activity?

