

NUTRITION BASICS (from the nutrition power point assignment):

1. List the six nutrients.
2. List the 3 macronutrients
3. List the 3 micronutrients.
4. What are the benefits of eating carbohydrates?
5. What are the benefits of eating protein?
6. What are the benefits of eating fats?
7. List 5 good carbs.
8. List 4 good sources of protein.
9. Give 3 examples of fats that are good for us.
10. What role does fiber play in our diets? Give a couple of examples of foods that contain adequate amounts of fiber.
11. What are the Dietary Guidelines for Americans?

NUTRITION LABEL/ VOCABULARY (you have this handout):

1. Know how to read nutrition label.
2. Builds strong bones and teeth:
3. Aids in digestion:
4. This mineral helps to maintain a normal blood pressure:
5. Less than 30% of our calories per day should come from this source:
6. Too much of this mineral can aggravate blood pressure:
7. This label is required to be on all packaged foods:
8. The energy we get from foods is measured in this unit:
9. Calcium is a:
10. On the food label, the information is based on _____ sizes.

EAT THE 5 FOOD GROUP WAY (you have this handout):

1. Grains provide:
2. What are the key nutrients in grains?
3. How many servings of grains are recommended?
4. What foods are considered grains?
5. Vegetables help you to:
6. What are the key nutrients in veggies?
7. How many servings of veggies do we need?
8. What foods are considered veggies?

9. Fruits do what for the body?
10. What are the key nutrients in fruits?
11. How many servings of fruit are recommended?
12. List several fruits.
13. Milk builds:
14. What are the key nutrients in milk?
15. How many servings of milk do we need?
16. Give some examples from the milk group.
17. Meat helps to build:
18. What are the key nutrients in meat?
19. How many servings of meat do we need?
20. Give examples of different meats.
21. What are considered to be others? When can active kids consume others?

10 TIPS TO A GREAT PLATE (look on document manager...DGT tipplate1choosemyplate.pdf):

1. Tip #1: balance calories....explain what this means
2. Tip#2: enjoy your food, but eat less...explain how to do this
3. Tip #3: avoid oversized portions...how would you do this?
4. Tip #4: foods to eat more often...list these foods
5. Tip #5: make half your plate fruits and veggies...which ones should you choose?
6. Tip #6: switch to fat-free or 1% milk...why should you do this?
7. Tip #7: make half your grains whole...how would you do this?
8. Tip#8: foods to eat less often...list examples of foods to cut out
9. Tip #9: compare sodium in foods....what should you read to do this?
10. Tip #10: drink water instead of sugary drinks....how much water should you consume each day?

OBESITY...TRENDS IN OBESITY SLIDE SHOW/TEEN HEALTH ARTICLE (you took notes on slide show/teens health obesity handout):

1. Discuss the current trends in obesity in the United States based on the study conducted from 1985 to 2006. Include information about adult obesity, future predictions about obesity, exercise habits of Americans, the cost of the obesity epidemic, childhood obesity statistics, stats on physical education classes ...also include your opinion on what our country as a whole needs to do about our obesity epidemic
2. Define obesity.
3. What is the difference in being overweight and being obese?
4. Discuss who is at risk for becoming obese.
5. List ways in which obesity can affect our health.
6. List ways to prevent becoming overweight or obese.
7. If you are overweight or obese, what can you do to change it?
8. How much exercise should teens get each day?
9. List activities that you might enjoy doing.

