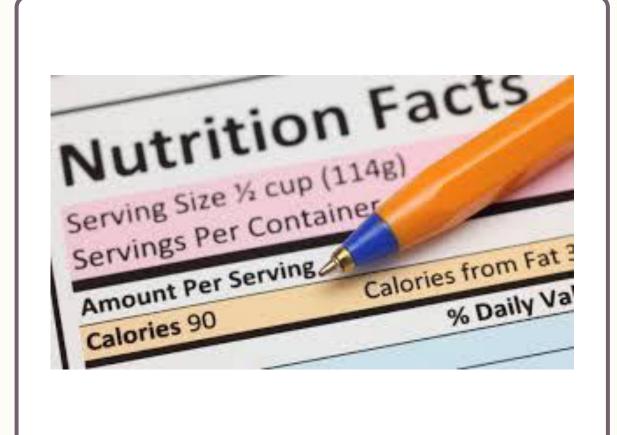
Unified PE

Day 13: Nutrition Labels



What are we doing today?

- Learning Goal
- Vocabulary
- Warm-up: Polar
- Activity: Food Label Fitness
- Cool Down: Light Everyday Stretching

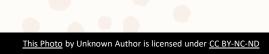
Agenda

What's Due?

• Exit ticket – available in announcements and under "Live Lesson Materials"

Learning

- I can work hard at home to improve my physical fitness
- I can use what I've learned about nutrition to improve my diet



Sample label for Macaroni & Cheese

Start Here → Check Calories	Nutrition Facts Serving Size 1 cup (228g) Servings Per Container 2 Amount Per Serving Calories 250 Calories from Fat 110					
			% Dai	ly Value*	(
	Total Fat 12g			18%		
Limit these	Saturated Fa	15%				
Nutrients	Trans Fat 3g					
	Cholesterol	10%				
	Sodium 470m	20%				
	Total Carboh	10%				
	Dietary Fibe	0%				
	Sugars 5g					
	Protein 5g					
	9					
Get Enough	Vitamin A			4%		
of these	Vitamin C			2%		
Nutrients	Calcium	20%				
	Iron	4%				
	* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.					
		Calories	2,000	2,500		
Footnote	Total Fat Sat Fat	Less than Less than	65g	80g		
	Cholesterol	Less than	20g 300mg	25g 300mg		
	Sodium	Less than	2,400mg	2,400mg		
	Total Carbohydrate 300g 3			375g		
	Dietary Fiber		25g	30g		

(1)

(2)

(3)

(4)

(5)

6 Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

Vocabulary

- Nutrition Facts Label: Required by the
 Food and Drug Administration (FDA) on
 most packaged foods and beverages.
 Provides detailed information about a
 food's nutrient content such as the
 amount of fat, sugar, sodium and fiber it
 has
- How to Read Nutrition Facts Food
 Labels Made Easy



Ingredients: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Flamin' Hot Limon Seasoning (Salt, Sugar, Monosodium Glutamate, Yeast Extract, Citric Acid, Artificial Color [Red 40 Lake, Yellow 6 Lake, Yellow 6, Yellow 5], Corn Syrup Solids, Hydrolyzed Corn Protein, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Sunflower Oil, Onion Powder, Whey, Lime Juice, Maltodextrin [Made From Corn], Whey Protein Concentrate, Garlic Powder, Natural Flavor, Buttermilk, Sodium Diacetate, Disodium Inosinate, and Disodium Guanylate). CONTAINS MILK INCREDIENTS

and the state of the state of the state of the state	erving		
Calories 16	0 Calo	ories from	Fat 100
1		% Dai	ly Value*
Total Fat 11	17%		
Saturated I		8%	
Trans Fat 0)g		
Cholestero	0mg		0%
Sodium 260	mg		11%
Total Carbo	hydrate	13g	4%
Dietary Fib	er less that	an 1g	2%
Sugars 0g			
Protein 1g			
Vitamin A 0%	(i 3 .	Vitarr	nin C 0%
Vitamin A 0% Calcium 0%	() 30) 36)	Vitar	
			Iron 2%
Calcium 0%		Ribof	in C 0% Iron 2% lavin 2%
Calcium 0% Thiamin 6%	• • alues are ba: / values ma	Ribof Fo sed on a 2,0 y be highe	Iron 2% lavin 2% plate 6%
Calcium 0% Thiamin 6% Niacin 4% * Percent Daily Vi diet. Your daily depending on ye Total Fat	e alues are ba: / values ma our calorie n Calories: Less than	Ribof Fo sed on a 2,0 y be highe eeds: 2,000 65g	Iron 2% lavin 2% plate 6% 000 calorie r or lower 2,500 80g
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Food Label Practice

- What is the serving size?
 - 1 ounce
- How many calories are in one serving?
 - 160
- How many calories are in two servings?
 - 320
- How many calories from fat are in one serving?
 - 100
- How many grams of fat are in one serving?
 - 11 grams
- How much sodium is in one serving?
 - 260 mg

DAREBEE WORKOUT C darebee.com LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes

5 call raises

POLA

Warm-up: Polar



10 lunges



20 punches

10 flutter kicks



10 push-ups





10 lunges

20 punches

5 crunches

P

10 flutter kicks

2x of the following exercises:

- 10 lunges _
- 5 calf raises _
- 10 lunges —
- 20 punches —
- 10 push-ups —
- 20 punches —
- 10 flutter kicks _
- 5 crunches _
- 10 flutter kicks _

		Nutrition Facts	IN
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lain free?	1.5ate tave?	Tatal Patria 21- Selonder Patria 81-	Inte
- 6	Total Fet 1g \$14 Salucine Fet 0.5g \$14	Trans Fet Og Divelesteret Tong Bill	100
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60.78 BT	Denny film (g. 187)	Sugar 15g Fratala 2g	100
	Protein 1g	meek 3/5 (meet 3%)	Preta
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nn 20	(Tarris C. St. + Ballet 275)	Fastar 30% + Restart 30%	100 miles
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- 11m	Participation of the lot of the l	to served.	A0.56

Activity: Food Label Fitness

Directions:

- Will be shown food labels from different packaged foods. For each food label, determine the following:
 - Number of Calories, Fat, Carbohydrates and Protein
- Each category (calories, fat, carbohydrates, protein)
 will be associated with a different exercise
- The number associated with each category will determine the amount of time or repetitions you repeat that exercise
 - i.e., 250 calories = 25 seconds; 9 grams of fat = 9 repetitions



Food Label Fitness

- First 2 #'s of calories = # of seconds running in place
- # of grams of fat/protein/carbohydrates = # of repetitions



Cool Down: Light Everyday Stretching

Hold each stretch for 20-30 seconds (per side)