

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

What's Due?

- Exit ticket – available in announcements and under “Live Lesson Materials”

Agenda

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

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
Total Fat 12g			18%
Saturated Fat 3g			15%
Trans Fat 3g			
Cholesterol 30mg			10%
Sodium 470mg			20%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			
Vitamin A			4%
Vitamin C			2%
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
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

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 INGREDIENTS

Nutrition Facts			
Serving Size 1 oz (28g/About 21 pieces)			
Amount Per Serving			
Calories 160		Calories from Fat 100	
% Daily Value*			
Total Fat 11g		17%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 260mg		11%	
Total Carbohydrate 13g		4%	
Dietary Fiber less than 1g		2%	
Sugars 0g			
Protein 1g			
Vitamin A 0% • Vitamin C 0%			
Calcium 0% • Iron 2%			
Thiamin 6% • Riboflavin 2%			
Niacin 4% • Folate 6%			
* 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
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

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

POLAR

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 lunges



5 calf raises



10 lunges



20 punches



10 push-ups



20 punches



10 flutter kicks



5 crunches



10 flutter kicks

Warm-up: Polar

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

Activity: Food Label Fitness



Directions:

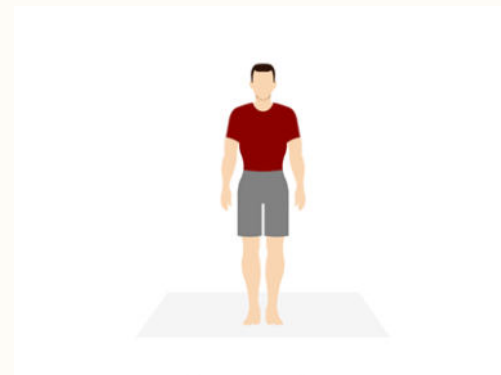
- Will be shown food labels from different packaged foods. For each food label, determine the following:
 - Number of Calories, Fat, Carbohydrates and Protein
- Each category (calories, fat, carbohydrates, protein) will be associated with a different exercise
- The number associated with each category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



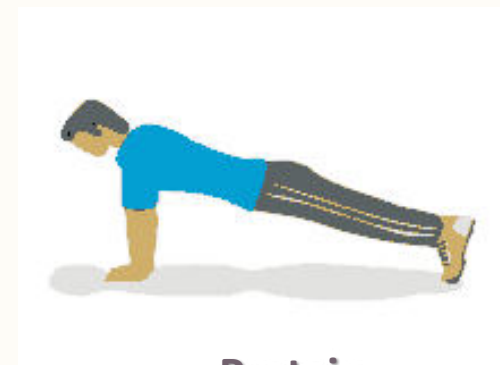
Calories



Fats



Carbohydrates



Protein

Food Label Fitness

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

LIGHT EVERYDAY STRETCHING

DAREBEE WORKOUT © darebee.com

Repeat (exercises with arrows) or hold (no arrows) each stretch
30 seconds each - 30 seconds per side



Cool Down: Light Everyday Stretching

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