

# What Do They Need?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Directions:** Use this Graphic Organizer to compare and contrast the dietary needs of two members of your family (*one of them can be you*). The family members should be adult and child, or mother and grandparent, or child and elderly person. Interview each person to find out what their doctors have told them they should and should not eat and why. Make sure you consider how age, level of activity, and health restrictions will make the dietary needs different.

**Person 1:**

**Person 2:**

**How are they similar?**

**How are they different?**

With regard to:

**How are they different?**

**Conclusion:**

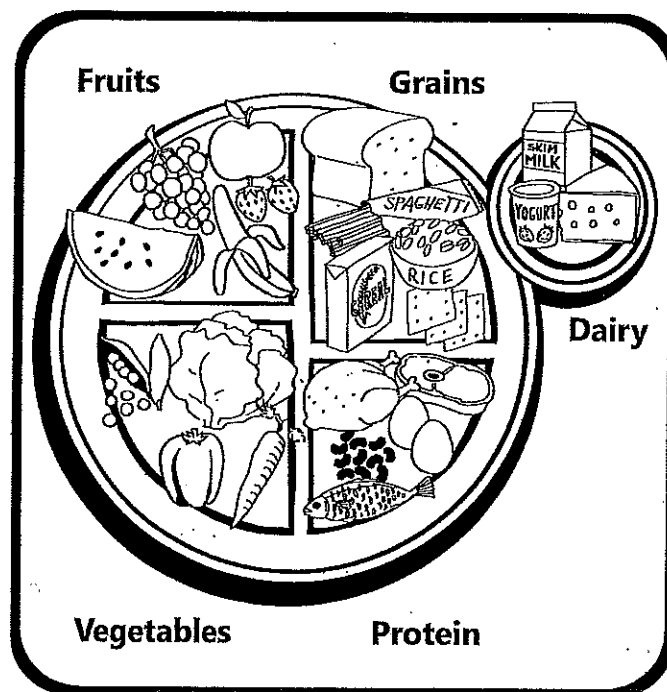
# Word Wise Review

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Have students study the words and then use the words correctly in a sentence.

- nutrients—parts of your food that your body uses to grow, repair itself, and give you energy
- The Dietary Guidelines—guidelines designed by the Federal Government to help us eat as healthfully as possible
- saturated fats—fats which clog arteries by “sticking” to artery walls
- unsaturated fat—fats that are less likely to clog your arteries
- cholesterol—a fat-like substance that clogs arteries
- calorie—a measure of energy
- energy balance—eating the calories you need for your energy level, so you don’t gain or lose weight
- obesity—being over-weight by at least 20%
- eating disorder—turning to food or turning away from food to help escape a problem
- preservatives—ingredients added to food to keep it fresh
- salmonella—bacteria found in raw or undercooked poultry or eggs that causes food poisoning



# The Nutrient Team *(getting to know the players)*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Nutrients** are the parts of food that your body uses to grow, repair itself, and give you energy. There are six groups of nutrients. You need a variety of foods to get all six every day.

## 1. Carbohydrates

**Where To Find Them:** whole grains, oats, bread, cereal, potatoes, rice, pasta, fruits, and vegetables

**What They Do:** Carbohydrates give you energy. The best are foods made from whole grains (such as whole wheat bread, oatmeal and other cereals). These have fiber. Fruits and vegetables have lots of fiber, too.

Research the word fiber. Write a few sentences about what it does to help your body.

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## 2. Protein

**Where To Find It:** meat, fish, eggs, nuts, legumes, milk

**What It Does:** Protein is often called your body's "building block." It helps your body make muscle, fight disease, and replace old, worn out cells.

Do you know what legumes are? Find out, then write a few sentences about why they are included in the protein group.

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## 3. Lipids/Fats

**Where To Find Them:** nuts, olive and vegetable oils, avocados, low-fat dairy products

**What They Do:** Healthy unsaturated fat helps your body make the chemicals it needs to function. These kinds of fats help your body use certain vitamins. Your body's layer of fat keeps you warm and protects your organs. Stay away from saturated and trans fats that can cause health concerns.



## 4. Vitamins

**Where To Find Them:** Most foods have some vitamins. Fruits and vegetables are especially good sources.

**What They Do:** There are about 13 vitamins, and each has a different job. Vitamin D, for example, helps calcium to build strong bones and teeth. Vitamin C helps your body fight infections and helps your body use the iron in food. Vitamin B12 helps your body make red blood cells.

Research vitamin. Find out what food it's in, and how your body uses it.

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## 5. Minerals

**Where To Find Them:** found in foods

**What They Do:** Each mineral has a different job. You really need the mineral calcium, which is found in milk and foods made from milk. Calcium helps bones and teeth grow stronger.

Iron and potassium are two more minerals that your body needs. Research these two minerals. Tell in what foods they are found, and how your body uses them.

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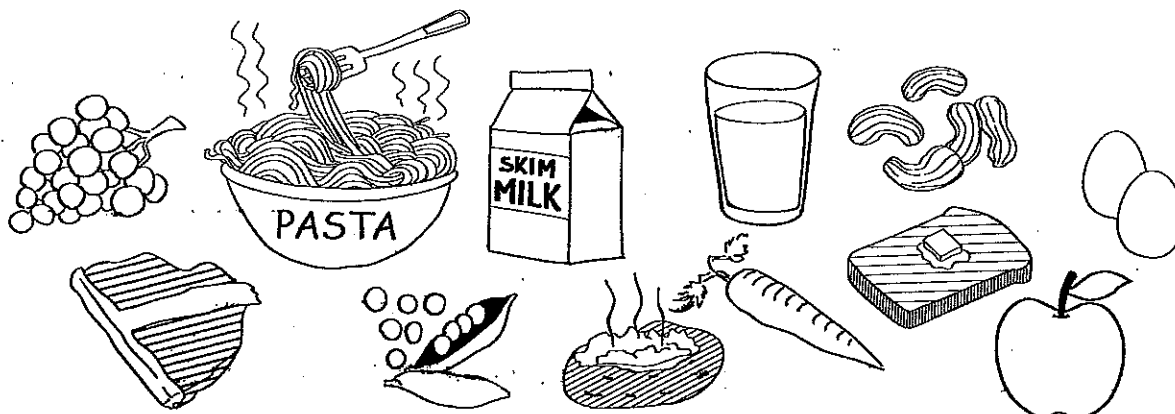


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## 6. Water

**Where To Find It:** There's water in your food, but you should drink several glasses of water a day, too.

**What It Does:** Water helps your body stay at just the right temperature, and keeps your digestive system running smoothly. Your blood is made mostly of water. The water in your body helps to cushion your brain and delicate spinal nerves.



# The Balancing Act

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Everything you do—even sleeping—requires your body to burn calories.** The chart, right, shows approximately how many calories a person weighing 100 pounds would burn during certain activities.

**Everything you eat or drink—except water—contains calories that your body burns for energy.** You need the right amount of calories each day for your gender, height, weight, and activity level. If you eat too little, you will be underweight, and your body may stop growing. If you eat more calories than your body needs, your body will store those calories as fat.

| activity            | approximate calories burned in 1/2 hour |
|---------------------|-----------------------------------------|
| bike riding         | 93                                      |
| running             | 183                                     |
| swimming            | 150                                     |
| resting/<br>sitting | 40                                      |
| walking             | 81                                      |

1. Assume that you weigh 100 pounds. How many calories would you burn walking 15 minutes to and from school each day? (Use the back of this page if you need more room for your answers.)

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2. How many calories would you burn riding your bike to the park (10 minutes), then spending an hour and a half running around?

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3. How many calories would you burn watching TV from 3:30 to 6:00 p.m.?

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4. Billy studies hard in school. When he comes home, he fixes himself a snack. Then, he sits down to do his homework. At night, Billy is allowed to watch one hour of TV. Sometimes, he works on a model airplane. Billy eats about 2800 calories a day. He is slightly overweight. What can he do to improve his weight and his health?

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5. If you eat 3500 more calories than your body needs, you will gain one pound. If you burn 3500 calories more than you eat, you will lose one pound. Look at the calorie chart. Billy weighs 100 pounds. If he rode his bike for 1/2 hour each day, how long would it take him to lose three pounds? (This is assuming that Billy doesn't eat any more than he normally does.)

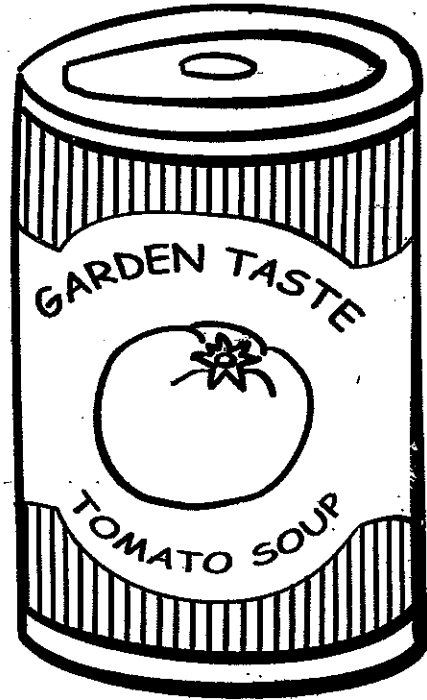
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# Analyzing a Food Label

Name: \_\_\_\_\_

Date: \_\_\_\_\_

|               | condensed | prepared |
|---------------|-----------|----------|
| calories      | 90        | 160      |
| protein       | 1 gram    | 5 grams  |
| carbohydrates | 17 grams  | 22 grams |
| fat           | 2 grams   | 6 grams  |
| sodium        | 650mg     | 710mg    |



1. There is three times as much fat in this soup after you prepare it. How can you reduce the fat in this soup?

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2. How many grams of protein will you get if you eat two servings?

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3. How many energy calories will you get if you eat one serving?

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4. You should only have 2,000–2,400mg of sodium a day. If you ate two servings of this soup, would you be over your salt limit?

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Use the back of this page if you need more room to figure out your answers.



# Why Do You Eat?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. Think about the last snack you had today or yesterday.  
Did you eat it because you were hungry? Or because you were:
  - angry at someone or something
  - happy about something
  - feeling down about something
  - bored
  - so tempted by the smell, you couldn't resist



2. Janie comes home from school at 3:30 each day. Her parents don't get home until 6:00. Janie knows she snacks in the afternoon because she is bored. Most nights, she is not hungry for dinner. What's wrong with Janie's eating habits? What advice can you give her?

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3. When some of the kids on the playground told Roger that he couldn't join their game, he felt both angry and sad. He went home and immediately reached for a box of cookies. Why is Roger eating? What advice can you give him?

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4. Michele had a candy bar after school. When she got home, her mother was making brownies for dessert. They smelled wonderful! Michele wanted a brownie even though she was not hungry. If you were Michele, what could you do instead of eating the brownie?

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Eating Disorders and Body Image

Name: \_\_\_\_\_

Eating Disorders

Appetite- \_\_\_\_\_

Hunger- \_\_\_\_\_

Eating Disorder: \_\_\_\_\_

\_\_\_\_\_

Directions- Eating Disorder Yes or No?- Read each scenario and decide if they have an eating disorder

1) \_\_\_\_\_ Every day after school, Jonathan runs in the house and dashes for the freezer. He can't wait to have that dish of chocolate chip ice-cream. As soon as he is finished, out the door he goes to play basketball in the neighborhood.

2) \_\_\_\_\_ Mary is a 13 years old. She is at normal weight. Tonight, she sat down at the table and ate a huge dinner. As a matter of fact, she ate more than her dad did. She topped her meal off with a huge serving of ice cream and cookies. But as soon as she was finished, she went into the bathroom, closed the door, and made herself vomit.

3) \_\_\_\_\_ Joseph is 12 years old and he weighs 130lbs. He is always eating. Sometimes, his mom even catches him raiding the refrigerator late at night when he's supposed to be sleeping.

4) \_\_\_\_\_ Every day for lunch Carmen has a peanut butter and jelly sandwich, potato chips, cookies, and a granola bar. Every day after school, she has ice cream for her snack. She doesn't eat again until dinner. She doesn't like to eat green vegetables, but she sure loves fried chicken and potatoes heaped with butter. After dinner, she always has dessert.

5) \_\_\_\_\_ Maria is always looking at fashion magazines. She really would like to look like all of those beautiful models. Her mother has been noticing that she isn't eating very much lately, although she's been trying to cover up her weight loss with oversized clothes that appear fashionable.



Eating Disorders and Body Image

| Healthful Reasons for Eating | Unhealthful Reasons for Eating |
|------------------------------|--------------------------------|
|                              |                                |

|                            | Compulsive Eater (Binge Eater) | Anorexia | Bulimia |
|----------------------------|--------------------------------|----------|---------|
| <b>Definition</b>          |                                |          |         |
| <b>Signs</b>               |                                |          |         |
| <b>Health Consequences</b> |                                |          |         |



Name: \_\_\_\_\_ Period: \_\_\_\_\_

**Nutrition Review Sheet**

1) What are Dietary Guidelines? \_\_\_\_\_

\_\_\_\_\_

1a) What does the picture describe? \_\_\_\_\_

\_\_\_\_\_

2) What are the 7 types of nutrients?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

3) What is the importance of a food label? \_\_\_\_\_

\_\_\_\_\_

4) What is a calorie? \_\_\_\_\_

\_\_\_\_\_

4a) What does a calorie tell us about the food? \_\_\_\_\_

\_\_\_\_\_

4b) Do adults require the same, more, or less calories than a child? Why? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5) What does FDA stand for and what do they do? \_\_\_\_\_

\_\_\_\_\_

6) What is a unit price when purchased food? \_\_\_\_\_

\_\_\_\_\_

7) Why is it important to consider personal hygiene and preventative measures when cooking foods?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8) What is obesity? \_\_\_\_\_

9) Be able to read a scenario and tell if the person has an eating disorder or not and if so, why type of eating disorder.

Make up a scenario and quiz another student.

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10) Definition: Eating Disorder: \_\_\_\_\_

Fill in the diagram and be ready to do this for the test

|                   | Compulsive Eating | Anorexia | Bulimia |
|-------------------|-------------------|----------|---------|
| Definition        |                   |          |         |
| Signs             |                   |          |         |
| Effects to health |                   |          |         |
| Treatment         |                   |          |         |