

FAST FOOD

Grades 6-12th



Posters

4 Lessons!

Health Education Today

Fast Food Lessons



From the #1 Best-Selling
Nutrition Unit
on TPT!

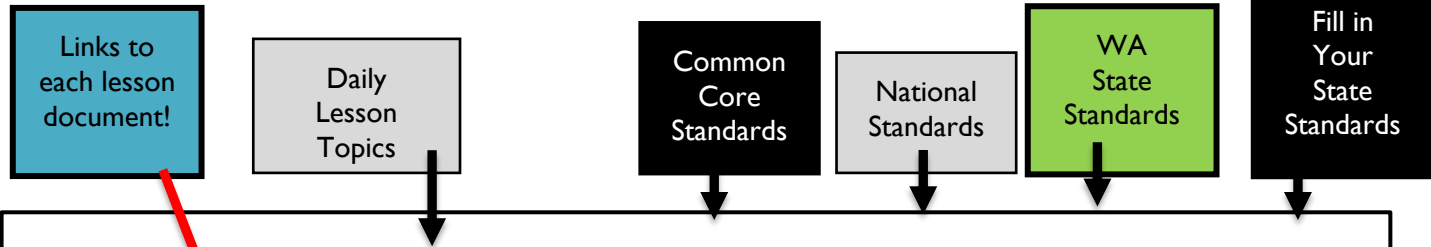
This Program's Creator is a Qualified Teacher

- ◆ I am a National Board Certified Teacher with a Masters of Education Degree and I have 19 years of experience teaching Health.



Experience
is the best
teacher!

Easy to Navigate “Table of Contents”

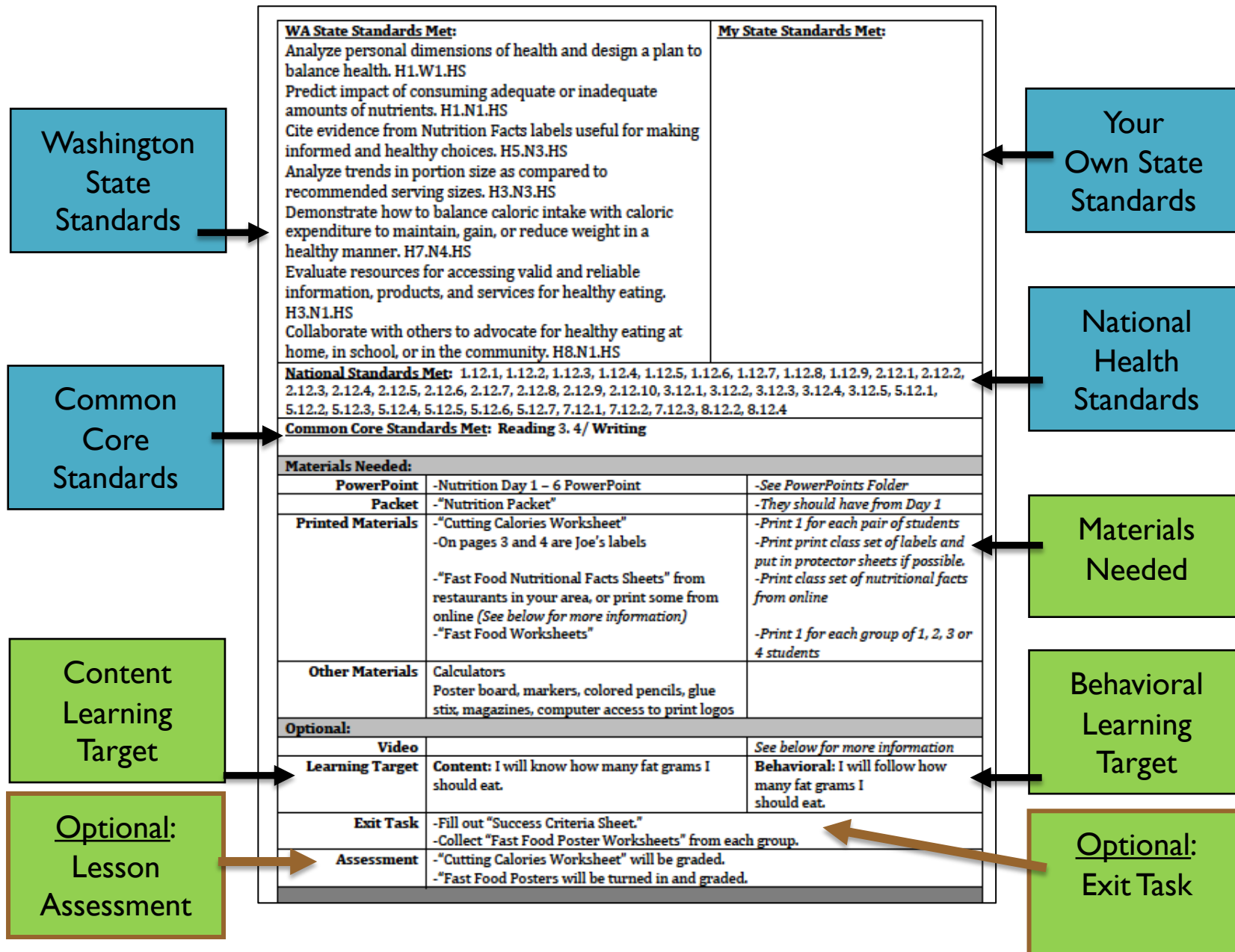


5 Fast Food Lessons Table of Contents:

#	Lesson:	Lesson Titles: <i>Click on the lesson title to be linked to the page</i>	Comm Core Standar ds Met:	National Health Standards Met:	WA High School Health	Your State Standards:
1	Nutrition-Day 1	-Introduction to nutrition -Obesity in the U.S. -<>Video -Why Americans are overweight -Understanding calories	W 4	1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.7, 1.12.8, 1.12.9, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8, 2.12.9, 2.12.10, 3.12.1, 3.12.2, 3.12.3, 3.12.4, 3.12.5, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 7.12.1, 7.12.2, 7.12.3	Middle: H1.W1.8 H7.N4.8 H7.W2.8b High School: H1.W1.HS H1.N1.HS H5.N3.HS H3.N3.HS H7.N4.HS H3.N1.HS	
2	Optional Day: Food Label Reading	See info in Day 2. Full lesson is included in the “Docs” folder.				
3	Nutrition-Day 2	-Cutting or adding calories -“Joe’s Cutting Calories Activity” -Understanding fat -“Fast Food Restaurant Posters”	R 1 R 3 R 4 W 1 W 4 W 9	1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.5, 1.12.6, 1.12.7, 1.12.8, 1.12.9, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8, 2.12.9, 2.12.10, 3.12.1, 3.12.2, 3.12.3, 3.12.4, 3.12.5, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 7.12.1,	Middle: H1.W1.8 H7.N4.8 H7.W2.8b H1.N5.8 H8.N2.8 High School: H1.W1.HS H1.N1.HS	

Google Docs
Included!

Standards are at the Beginning of Each Lesson:



PowerPoints Lead You Through the Lessons...

These step-by-step directions follow the “Fast Food” PowerPoint. The numbers on the ALL CAPITAL headings below match the **PowerPoint slide with the same number**.

1. TITLE SLIDE: This title slide is also a place marker.

2. DAY 1 SLIDE: This is a place marker, but one thing to know is that students can fill out a “Nutrition Packet” where they take notes from the PowerPoint slides. Most of the notes are on the “Pizza Food Label Page.” PowerPoint slides where students need to take notes will have a picture of that page and an arrow that directs students to exactly where the notes are, and the lime green highlight on the PowerPoint alerts them that their formulas will go to the packet pizza page. The packet is optional, and it’s in the “Docs” folder AND ON GOOGLE SLIDES link above if you want to use it.

3. IN THE U.S.: Ask your students, “Why do you think so many Americans are overweight and obese?” Have them discuss it with a partner and then tell them that you want to show them a PowerPoint first, and then we can answer that question as a class.

4. BMI: The BMI slide will help students understand just what “obesity is” and explain to them what the C.D.C. (Centers for Disease Control) obesity map really means. You can download it, but I suggest you use my edited version in the PowerPoints folder-it has all the slides from the beginning and with all the way up to the latest 2014 slide all on one presentation.) As Harvard Says: “BMI is not a perfect measure, because it does not directly assess body fat. Muscle and bone are denser than fat, so an athlete or muscular person may have a high BMI, yet not have too much fat. But most people are not athletes, and for most people, BMI is a very good gauge of their level of body fat.” (More on the sensitive topics of BMI and calories in a few minutes!) <https://www.hsph.harvard.edu/obesity-prevention-source/obesity-definition/obesity-definition-full-story/>

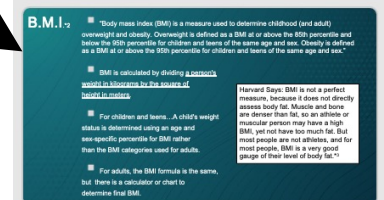
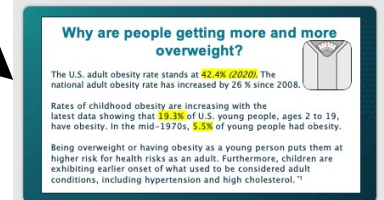
5. OBESITY IN UNITED STATES:

“Adult Obesity Prevalence Maps”

<https://www.cdc.gov/obesity/data/prevalence-maps.html>

I like to introduce my nutrition unit with the CDC’s “Obesity Rates by State PowerPoint.” The BMI slide will help students understand just what “obesity is” and explain to them what the C.D.C. (Centers for Disease Control) obesity map really means. You can download the latest year’s map from the CDC site at the bottom of page in the grey box, but I suggest you use my edited version in the PowerPoints folder-it has all the slides **from the beginning on 1985 and all the way up to the latest 2020 slide all on one presentation**.

7. PAIR/SHARE: “Why do you think so many Americans are overweight?”



Poor Nutrition: What Is Costing Our Kids on any given day:

Over 33 percent
of U.S. kids are eating fast food!⁴

1. Too many unhealthy choices

2. Portion sizes are too big

3. We drink too many of our calories

4. Not enough exercise

5. People are uneducated! Magazine ads for weight loss products manipulate people with false hope....

Don't Be Part of the U.S. **TELEVISION DOLLAR DIET (2016)***

\$78,000,000,000

Calories don't all affect us the same!

2 candy bars = 400 calories

All this = 381 calories!

2

Day 2:

Calories and Fat

"Why Losing 10 lbs. in 10 days" Doesn't Work:

To lose weight, you have to reduce...

Muscle OR water OR fat

11. We need fat for **energy** + **cell membranes**

There are good and bad fats. The good fats are **unsaturated**.

The bad fats are **saturated**.

They're found in many dairy and animal products = tropical oils. It's "solid" at room temp.

Trans fats look for **hydrogenated** or partially hydrogenated on food label. It's added to make foods solid.

9

12. The bad fats are **saturated** + **trans**.

They're found in many dairy and animal products + tropical oils. It's "solid" at room temp.

Trans fat look for **hydrogenated** or partially hydrogenated on food label. It's added to make foods solid.

Too much bad fat causes clogged arteries, heart attacks, stroke, high blood pressure, + more **cell membrane**.

3

Day 3:

Cholesterol and Carbohydrates

•Cholesterol

17. Your liver makes all the cholesterol you need, so you don't need to eat any!

18. **MAXIMUM GRAMS OF CHOLESTEROL I SHOULD EAT:**

360 mg (American Heart Assoc. says up to more than 300 mg per day)

Art Project Grading Rubric:

Part	Excellent	Good	Satisfactory	Needs Improvement
Content	Excellent	Good	Satisfactory	Needs Improvement
Organization	Excellent	Good	Satisfactory	Needs Improvement
Graphics	Excellent	Good	Satisfactory	Needs Improvement

Work on your "Fast Food Posters"

Video



High School Nutrition Unit Google Docs:

100 Google Slides + 4 Forms

Now on
**GOOGLE
DRIVE!**

NAME: X PER: X DATE: X
Photo by <https://pixabay.com/>

CALORIES YOU SHOULD EAT PER DAY:

1) Estimated BMR: current wt.
x 10 (boys x 11)
= X Box 1

2) Activity Level: Box 1 x
(choose .3, .5, or .7)
= X Box 2

3) Take Box 1
+ Box 2
x .1
= X Box 3

4) Take Box 1
+ Box 2
+ Box 3
= X TOTAL CALORIES PER DAY TO MAINTAIN YOUR WEIGHT

6) Optional:
or if you want to lose wt... - 500 PER DAY TO LOSE 1 LB. PER WEEK
or if you want to gain wt... + 500 PER DAY TO GAIN 1 LB. PER WEEK
= X

7. Know that 1 lb. = X calories. The safest way to lose wt. is X per wk.
*Women should never go below X calories/day
*Men should never go below X calories/day

8. Set-point theory: "Body weight is regulated at a predetermined, or preferred, level by a feedback control mechanism." When you cut calories below the 1200/1500, your body thinks you're starving! (like a Caveman) Metabolism, sends hunger pains, and fat cells don't release fat!

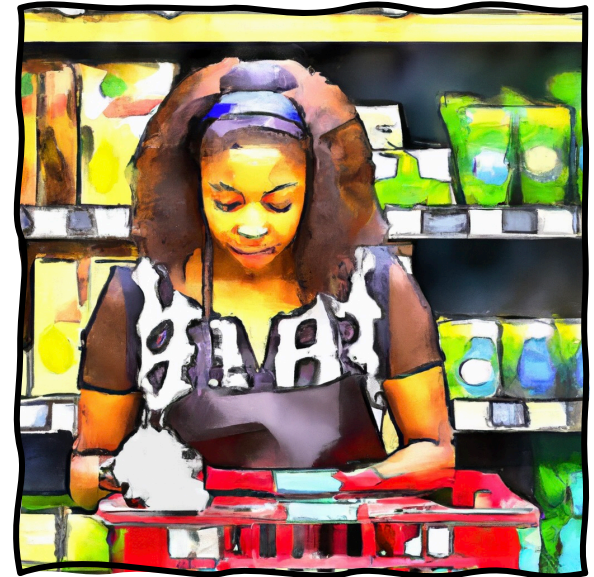
9. Yo-yo Syndrome when you lose too much weight too fast, you lose lean muscle, but gain it back as fat!!



Systems of
Example of

[illegible]

3. We drink too many of our calories



Optional Pre-Lesson

“Food Label Reading” Lesson:

Lesson:
Food Label Reading

•How to Read a Food Label

Nutrition Facts	
8 servings per container Serving size 1/2 cup (125g) Amount per serving	
Calories 200	
Total Fat 10g	20%
Sodium 10g	20%
Total Sugar 10g	20%
Total Fat 10g	20%
Sodium 10g	20%
Total Sugar 10g	20%

The NEW U.S.D.A. Food Label:

Nutrition Facts	
8 servings per container Serving size 1/2 cup (125g) Amount per serving	
Calories 230	
Total Fat 10g	20%
Sodium 10g	20%
Total Sugar 10g	20%
Total Fat 10g	20%
Sodium 10g	20%
Total Sugar 10g	20%

Comparison of Old and New Food Labels:

Optional Video

Later today we will be reading food labels, and looking specifically at these parts of the label:

Nutrition Facts	
8 servings per container Serving size 1/2 cup (125g) Amount per serving	
Calories 200	
Total Fat 10g	20%
Sodium 10g	20%
Total Sugar 10g	20%
Total Fat 10g	20%
Sodium 10g	20%
Total Sugar 10g	20%

How companies might deceive you on a food label:

- Unrealistic serving size - chips
- Servings per container - muffin, Fritos
- Packaging - pop tart
- listing an amount and then having a ...
- Mac'n Cheese and brownies

Label Deception-Serving Size:

Servings Size: 6 chips
Servings per Container: 20
Calories: 130 (x 20)
Total Fat: 6 grams (x 20)

Label Deception: Can you do the math in your head?

Servings per Container: 4.5
Calories: 170 (x 4.5)
Total Fat: 11 grams (x 4.5)

Nutrition Facts	
8 servings per container Serving size 1/2 cup (125g) Amount per serving	
Calories 200	
Total Fat 10g	20%
Sodium 10g	20%
Total Sugar 10g	20%
Total Fat 10g	20%
Sodium 10g	20%
Total Sugar 10g	20%

Video

Write the NAME of your product

Nutrition Facts
8 servings per container
Serving size 1/2 cup (125g)
Amount per serving
Calories 200

Chocolate Ice-Cream

Write the NAME of your product

Nutrition Facts
8 servings per container
Serving size 1/2 cup (125g)
Amount per serving
Calories 200

Chocolate Ice-Cream

#2 Total Sugar Grams

divided by Total Grams

Yes _____
No _____

Video

Grocery Store Scavenger Hunt Homework

Name: _____ Date: _____

Find your favorite candy bar. Write the following:

Brand: _____ Serving Size: _____ Calories: _____
Total Fat: _____ Total Sugar: _____ Total Fat: _____
Total Sugar: _____ Total Fat: _____ Total Sugar: _____

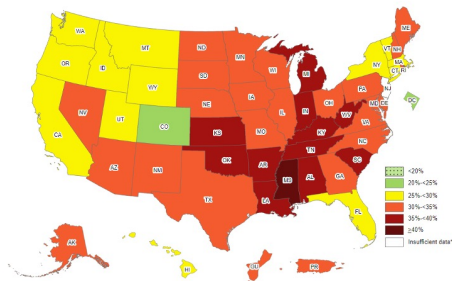
54 total slides

Day 1

“Obesity in the U.S.” PowerPoint:

Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2019

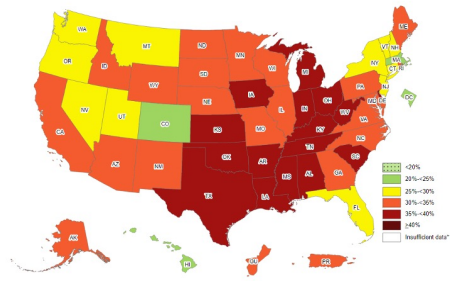
¹ Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be



*Sample size <50, the relative standard error (dividing the standard error by the prevalence) ≥30%, or no data in a specific year.

Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2020

¹ Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be



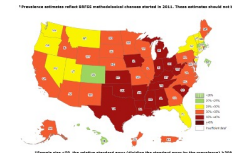
*Sample size <50, the relative standard error (dividing the standard error by the prevalence) ≥30%, or no data in a specific year.

Comparison of 9 years!

Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2011



Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2020



39 total slides

Day 1 “Portion Distortion” PowerPoint:

Stay Young at Heart **Portion Distortion**

MUFFIN

20 Years Ago	Today
	
210 calories 1.5 ounces	500 calories 4 ounces

Calorie Difference: 290 calories



3

Stay Young at Heart **Portion Distortion**

CHEESEBURGER

20 Years Ago	Today
	
333 calories	? How many calories are in today's cheeseburger?



4

Stay Young at Heart **Portion Distortion**

FRENCH FRIES

20 Years Ago	Today
	
210 Calories 2.4 ounces	? How many calories are in today's portion of fries?



Stay Young at Heart **Portion Distortion**

SODA

20 Years Ago	Today
	
85 Calories 6.5 ounces	800 Calories 2 liter ? How many calories are in today's portion?



14 total slides

Day 2 - 3 Main Lesson Presentation:

Poor Nutrition: What Is It Costing Our Kids on any given day:



Over 33 percent
of U.S. kids are eating fast food!⁴

1

Portion Distortion

FRENCH FRIES

30 Years Ago Today

118 Calories 2.4 oz. 6.7 oz. 6.7 oz.

Calorie Difference: 488 Calories

2

1. Too many unhealthy choices
2. Portion sizes are too big
3. We drink too many of our calories
4. Not enough exercise
5. People are uneducated! Magazine ads for weight loss products manipulate people with false hope...



3

DON'T BE PART OF THE U.S.'s 78 BILLION DOLLAR DIET RIP OFF! (2019)⁴

\$78,000,000,000

Losing 31 pounds was strictly with Hydroxycut!



4

Calories don't all affect us the same!

Sugar = empty calories

2 candy bars = 400 calories

Protein, fruit, veggie, dairy = energy, muscle, fullness

All this = 381 calories!



5

2

Day 2:

Calories and Fat



6

"Why Losing 10 lbs. in 10 days" Doesn't Work:

To lose weight, you have to reduce...

Muscle OR water OR fat

The New Skinny Pill



7

11. -11. We need fat for energy, cellular + insulation

There are good and bad fats- The good fats are Unsaturated + monounsaturated

-The bad fats are Saturated + trans

They're found in many dairy and animal products + tropical oils. It's "solid" at room temp.

-Trans fat-look for partially hydrogenated or partially hydrogenated on food label. It's added to make foods solid.

ATHEROSCLEROSIS



Page 4

8

Saturated or Unsaturated?

unsaturated oils: vegetable, olive, canola...



9

12. The bad fats are Saturated + trans

They're found in many dairy and animal products + tropical oils. It's "solid" at room temp.

-Trans fat-look for partially hydrogenated or "partially hydrogenated" on food label. It's added to make foods solid.

Too much bad fat causes clogged arteries, heart attacks, strokes, high blood pressure, + low good + energy.



10

3

Day 3:

Cholesterol and Carbohydrates



11

•Cholesterol

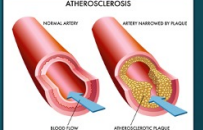
ATHEROSCLEROSIS

Normal Artery

Artery narrowed by plaque

BLOOD FLOW

ATHEROSCLEROTIC PLAQUE



12

17. Your liver makes all the cholesterol you need, so you don't need to eat any!

18. MAXIMUM GRAMS OF CHOLESTEROL I SHOULD EAT:

300 mg. (American Heart Assoc. says no more than 300 mg. per day)



Page 4

Art Project Grading Rubric: NAME: _____ Per: _____

Your Score	A 4 points	B 3 points	C 2 points	D or F 1 point
Content - Accuracy	Understanding of topic is very evident	Understanding is clear	Understanding is somewhat clear	Understanding is unclear
Content - Relevance	Message is very clear, relevant and positive	Message is clear and relevant	Message isn't clear	Does not have a relevant message
Graphics	Graphics are very creatively displayed	Graphics are somewhat creatively displayed	Graphics are a bit creative	Lacking creative graphics

Work on your "Fast Food Posters"



Video

Fast Food Ads vs. Reality

https://www.youtube.com/watch?v=mcCwUeHNAE

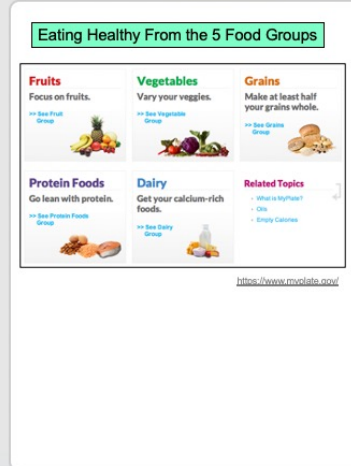


96 total slides

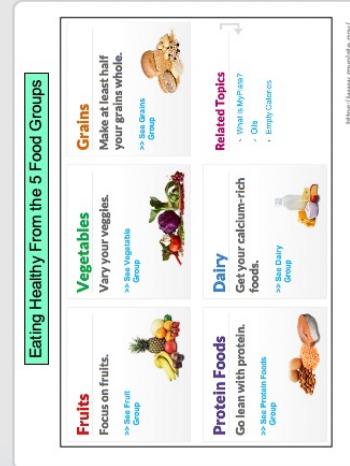
Optional Day 4 Post-Lesson “Interactive Tennis Shoe”



1



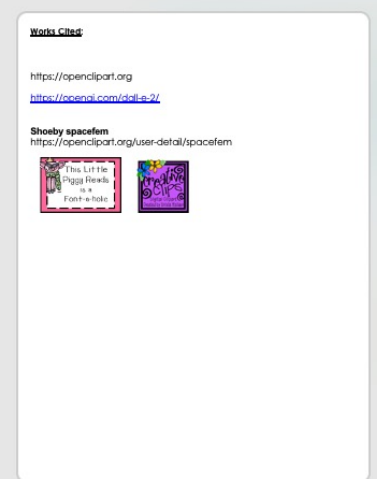
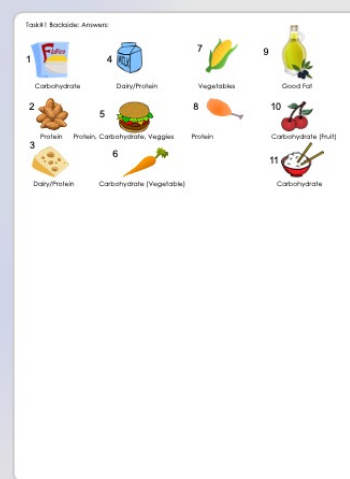
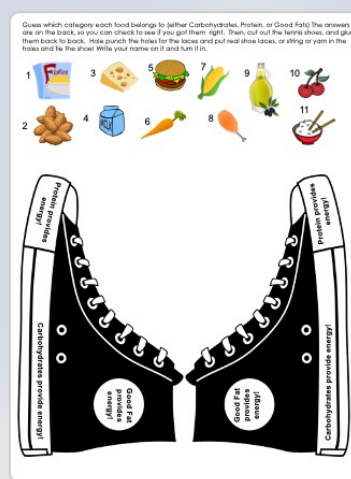
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3



4



Optional Pre-Lesson:

Name: X Per: X Date: X
Food Label Worksheet

1. Look at servings per container
2. Look at Serving size
3. Look at Calories
4. Look at Total Fat
5. Look at Total Sugars

6. Total Fat x 9 =
+ Calories

7. Total Sugar grams + Total Grams

IS A PRODUCT HEALTHY? HERE'S HOW YOU FIND OUT...

Explanation of Daily Values %

Choose a food label from the class box - the product must have fat and sugar in it:

Write the name of your food product here: X

1. How many Servings Per Container? X
2. Write the Serving Size of your product: X
3. How many Calories are in your product? X

© Copyright Health Education To

NEW USDA Labels!

Nutrition Facts
Serving Size 1/16 pkg (33g mix)
Servings Per Container 16

Amount Per Serving	Mix	Prepared
Calories from Fat	130	180
	20	60
% Daily Value*		
Total Fat 2.5g	3%	11%
Saturated Fat 1g	6%	9%
Trans Fat 0g		
Cholesterol 0mg	0%	4%
Sodium 95mg	4%	4%
Potassium 80mg	2%	2%
Total Carb 28g	9%	9%
Dietary Fiber < 1g	3%	3%
Sugars 18g		
Protein 1g		

*Amount in mix. As prepared, one serving provides 7g total fat (2g saturated fat), 15mg cholesterol, 100mg sodium, 85mg potassium, and 2g protein.

**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	3,500mg	2,400mg
Potassium	3,500mg	3,500mg	3,500mg
Total Carbohydrate	300g	375g	375g
Dietary Fiber	25g	30g	30g



#2 Write the Serving Size of your product

Ice-Cream

- Is this product healthy
- for TOTAL FAT
- 8g fat x 9 (there are 9 calories in every gram of fat) = 72
- divided by 170
- = 42%

NO!

Remember: The old food label used to list "Calories from Fat" but now you need to get that number yourself! You just multiply Total Fat x 9 (since there are 9 calories in every gram of fat, so that is the "Calories from Fat.")



Nutrition Facts
6 servings per container
Serving size 1 bar (35g)

Amount per serving	% Daily Value*
Calories 170	
% Daily Value*	
Total Fat 8g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	5%
Total Sugars 7g	
Includes 6g Added Sugars	13%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Media literacy and grocery store manipulation
- "Food Label Reading Worksheet" activity
- "Interactive Food Label Activity"
- Food label reading video

Here are some Examples Unit Lessons:

AMAZING! Unflavored Apple Cider Vinegar Capsules.

ADVERTISEMENT

The Fastest All-Natural Diet Known For Rapid Weight Loss Without A Prescription

NEW!

Did you know that apple cider vinegar was once used as a miracle weight-loss product that also eliminates toxins? Thanks to its fat-flaminating virtues, it is actually believed to be the most natural fat burner of all time. This recently rediscovered mysterious liquid weight-loss substance is now available as fast-acting weight-loss capsules with incredible life changing results.

A Simple Yet Remarkable Idea

The secret to eliminating fat deposits is to "open up the door" of the fat cells and allow them to drain their fat contents. The fat is then redirected to the muscles through the bloodstream. Once it reaches the muscles, the fat can't be burned off as calories. The result: you lose weight in the fastest and most natural way possible.

A Miracle Weight Loss Product

The all-natural ingredients in these new apple cider vinegar capsules can also play an important role in shrinking the volume of new fat cells. They actually reverse the weight-gaining effect by causing existing fat cells to open up and drain off

ugly body fat. The drained fat is then transported to the muscles where it can be burned

off. This makes it possible to virtually eliminate fat deposits on the stomach, hips and thighs in a very brief period of time.

**Find Out
Whether It's
Really That
Simple!**

How Do The Apple Cider Vinegar Capsules Work?

The capsules work like an "anti-fat police force". The ingredients contained in the apple cider vinegar capsules transmit orders to the

fat cells to drain and send fat to the muscles through the bloodstream. This redirected fat can't then be eliminated by the muscles as they burn calories.

Why Am I Losing Weight?

The apple cider vinegar capsules help to release the fat deposits which have accumulated on the stomach, hips, legs and butt. They can also prevent new fat from penetrating the cells by redirecting it to the muscles where it is burned off, thereby eliminating fat deposits.

Do Apple Cider

Vinegar capsules really work?

**It's Gone
in Just 8 Days!**

APPLE CIDER VINEGAR CAPSULES: Nature's Fat Eater

Net \$24.95... Net \$7.95

NOW AS LOW AS

\$7.95

100 caps

Vinegar Capsule Pose A Health Hazard

Absolutely not. In fact it's quite the opposite. The natural ingredients in the capsules do solve your fat problem chemically. They act biologically. A there are no side effects. You can even

(please, turn over)

WE DO NOT GUARANTEE RESULTS. YOUR RESULTS WILL VARY BASED ON YOUR BODY TYPE, WEIGHT, DIET AND EXERCISE LEVEL. PLEASE, ESPECIALLY IF YOU HAVE ANY UNDERLYING PHYSICAL OR MEDICAL CONDITIONS, CONSULT WITH YOUR PHYSICIAN BEFORE USING APPLE CIDER VINEGAR CAPSULES. PLEASE READ THE FULL DISCLOSURE PAGE ON THE BOTTOM OF THIS CARD FOR MORE INFORMATION. WE DO NOT GUARANTEE RESULTS. YOUR RESULTS WILL VARY BASED ON YOUR BODY TYPE, WEIGHT, DIET AND EXERCISE LEVEL. PLEASE, ESPECIALLY IF YOU HAVE ANY UNDERLYING PHYSICAL OR MEDICAL CONDITIONS, CONSULT WITH YOUR PHYSICIAN BEFORE USING APPLE CIDER VINEGAR CAPSULES. PLEASE READ THE FULL DISCLOSURE PAGE ON THE BOTTOM OF THIS CARD FOR MORE INFORMATION. WE DO NOT GUARANTEE RESULTS. YOUR RESULTS WILL VARY BASED ON YOUR BODY TYPE, WEIGHT, DIET AND EXERCISE LEVEL. PLEASE, ESPECIALLY IF YOU HAVE ANY UNDERLYING PHYSICAL OR MEDICAL CONDITIONS, CONSULT WITH YOUR PHYSICIAN BEFORE USING APPLE CIDER VINEGAR CAPSULES. PLEASE READ THE FULL DISCLOSURE PAGE ON THE BOTTOM OF THIS CARD FOR MORE INFORMATION.

10. 1 lb. = _____ calories

The safest way is to lose is _____ lbs. per week.

-Girls' calories should be between _____ + _____

and should not go below 1200 cal.

-Boys' calories should be between _____ + _____

and should not go below 1500 cal.

CALORIES I SHOULD EAT

Pepperoni Pizza

Nutrition Facts	
6 servings per container	
Serving size 1/6 Pizza (132g)	
Amount per serving	
Calories	420
% Daily Value*	
Total Fat	20%
Total Carb	45%
Total Protein	15%
Total Fat	30%
Total Carb	14%
Fiber	7%
Sugars	0%
Total Fat	0%
Sodium	0%
Total Carb	25%
Total Protein	0%
Total Fat	6%

*Percent Daily Values are based on a 

25. Proteins are in the outer and inner membranes of every cell! Protein is essential for building and repairing tissue, growth, and energy.

26. There're 9 Amino Acids your body can't make so you must eat them.

-Not enough protein is bad and can cause a weakening of tissues, stunt growth, _____, is thin, _____ are thin, _____ muscles are weak, and you can be _____ flow red blood cell _____ and _____ tired all the time.

27. Too much protein can damage liver and kidney damage (kidney stones) because the body can't store protein.

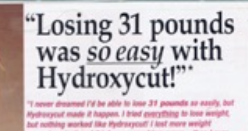
28. GRAMS OF PROTEIN I SHOULD EAT PER DAY:

-to-

29. It's best to get your protein from food and not a pill or powder.

Foods high in protein are:

- Beef Jerky snack bag – 10
- 1/2 c. sunflower seeds only – 14
- 2 eggs – 12
- 1/2 c. refried beans – 1





Poor Nutrition: What Is It Costing Our Kids on any given day:



Over 33 percent

of U.S. kids are
eating fast food!*

Be aware of fad Diets!

What's the difference between "diet" and "healthy"?

diets have too few _____
 bolism slows down
 feel deprived, or lose it just for some event, or
 long-term
 ou lose weight too fast, you'll _____ it
 e, but gain back fat)
 diets don't have you eat a balanced diet (eating
 you don't look at your behaviors and why you gain
 ange those problems, you will end up repeating the
 ck any lost weight.

- Understanding obesity and why so many Americans are overweight.
- Unhealthy habits: sugar, fat, fast food, portions, lack of exercise...
- Understanding calories
- Set Point Theory
- Portion sizes compared to 1950's

Docs in this Unit are

***Editable in Word!**

Day 2 Lesson:

Here are some Examples Unit Lessons:

Simply Sea Salt Microwave

Nutrition Facts

About 3 servings per bag.
About 9 servings per container.
Serving size 2 tbsp (33g) unpopped
(makes about 3 cups popped)

Amount per serving	Calories
	140
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate	
Dietary Fiber	
Total Sugars	
Includes 0g	
Protein 3g	
Vitamin D 0mcg	
Calcium 6mg	
Iron 1mg	
Potassium 73m	

*The % Daily Value
nutrient in a serving
a daily diet, 2,000 c
for general nutrition

Nutrition Facts

5 Servings Per Container
Serving Size 2 Full Slices (9g)

Amount Per Serving
Calories **50**

	% Daily Value*
Total Fat 5g	7%
Saturated 2g	9%
Trans Fat 0g	
Cholesterol 8mg	2%
Sodium 165	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	2%

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



A STUDENT FAVORITE!



Saturated or Unsaturated?



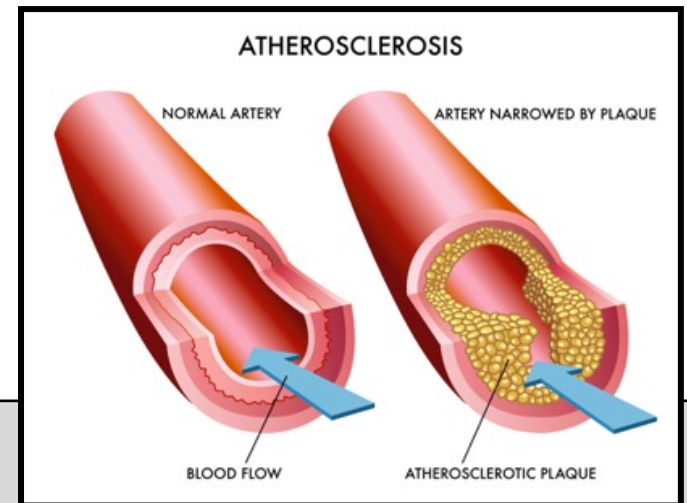
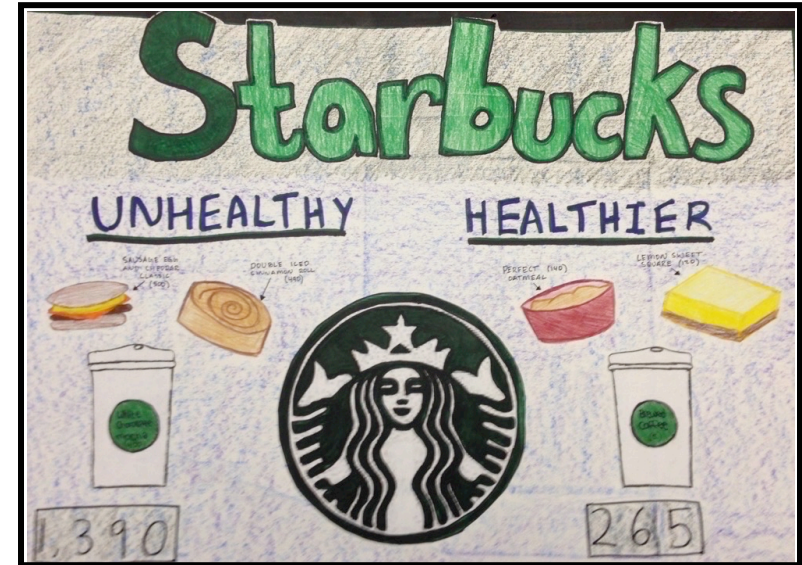
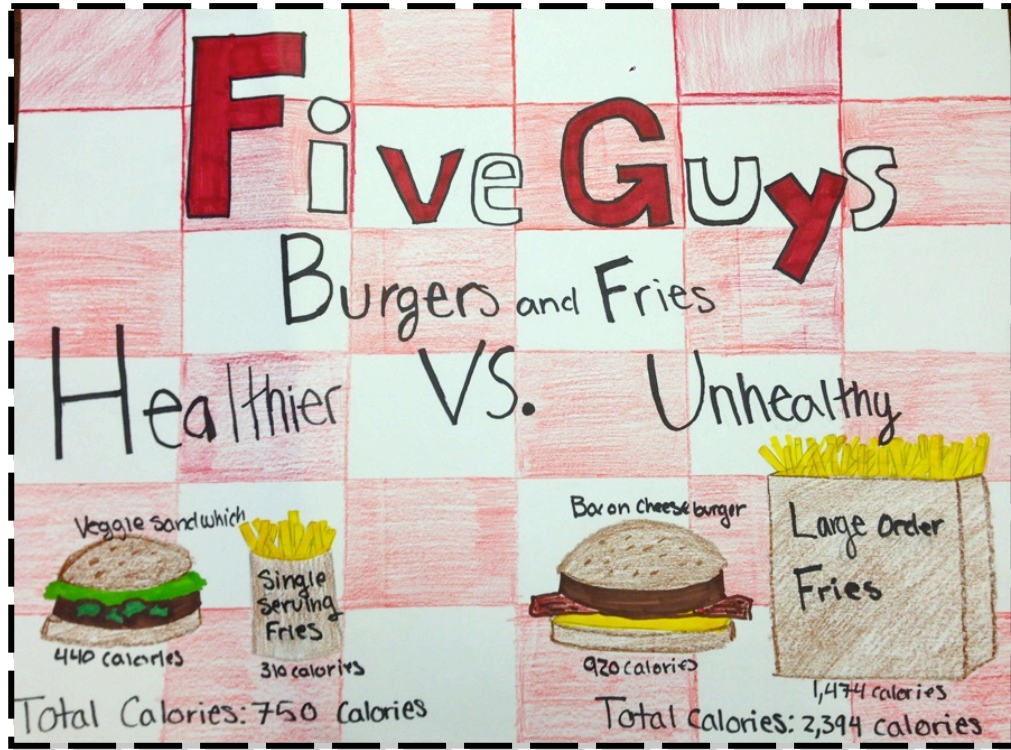
NEW USDA Labels!

- Understanding how calories relate to weight loss or gain.
- ◆ **Formula** - How many calories do I need per day?
- Good fats -vs- bad fats. (Trans and Saturated Fats)
- ◆ **Formula**- How many fat grams should I eat per day?
- Fast food restaurants: Analyzing calories and fat.
- Are there any healthy choices for me at fast food restaurants?

Program is
personalized
for each
student!

Day 3 Lesson:

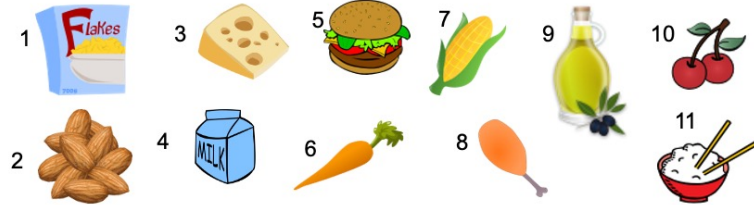
Here are some Examples Unit Lessons:



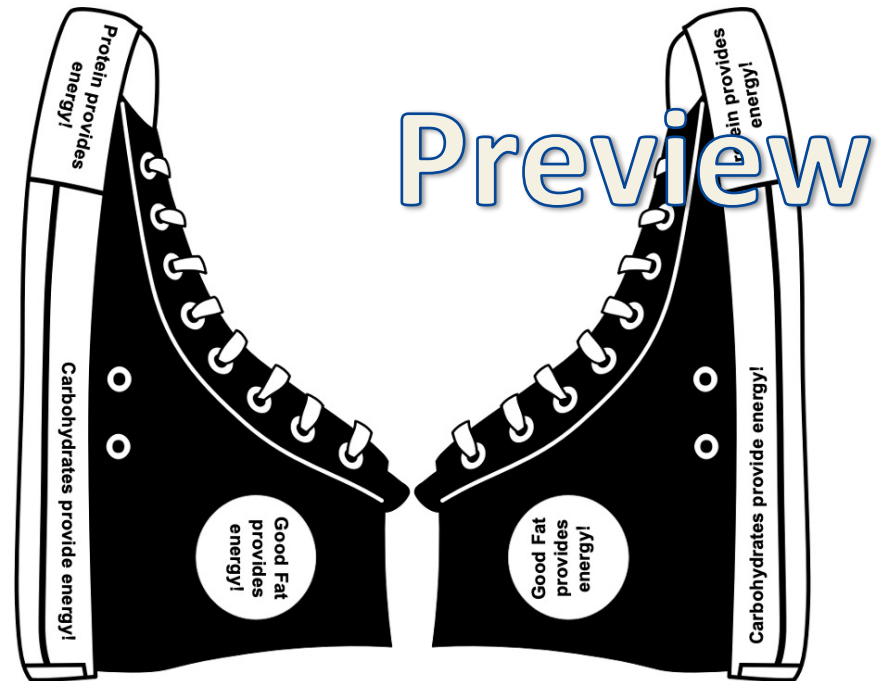
- What is cholesterol?
- ◆ **Formula**- How much cholesterol do I need?
- Fast Food Posters!

Optional Day 4 Post Lesson:

Guess which category each food belongs to (either Carbohydrates, Protein, or Good Fats) The answers are on the back, so you can check to see if you got them right! Then, cut out the tennis shoes, and glue them back to back. Hole punch the holes for the laces and put real shoe laces, or string or yarn in the holes and tie the shoe! Write your name on it and turn it in.



Fruits Focus on fruits. >> See Fruit Group 	Vegetables Vary your veggies. >> See Vegetable Group 	Grains Make at least half your grains whole. >> See Grains Group 
Protein Foods Go lean with protein. >> See Protein Foods Group 	Dairy Get your calcium-rich foods. >> See Dairy Group 	Related Topics What is MyPlate? Oils Empty Calories



- Interactive Healthy Eating Tennis Shoe!

Real Teacher Reviews:

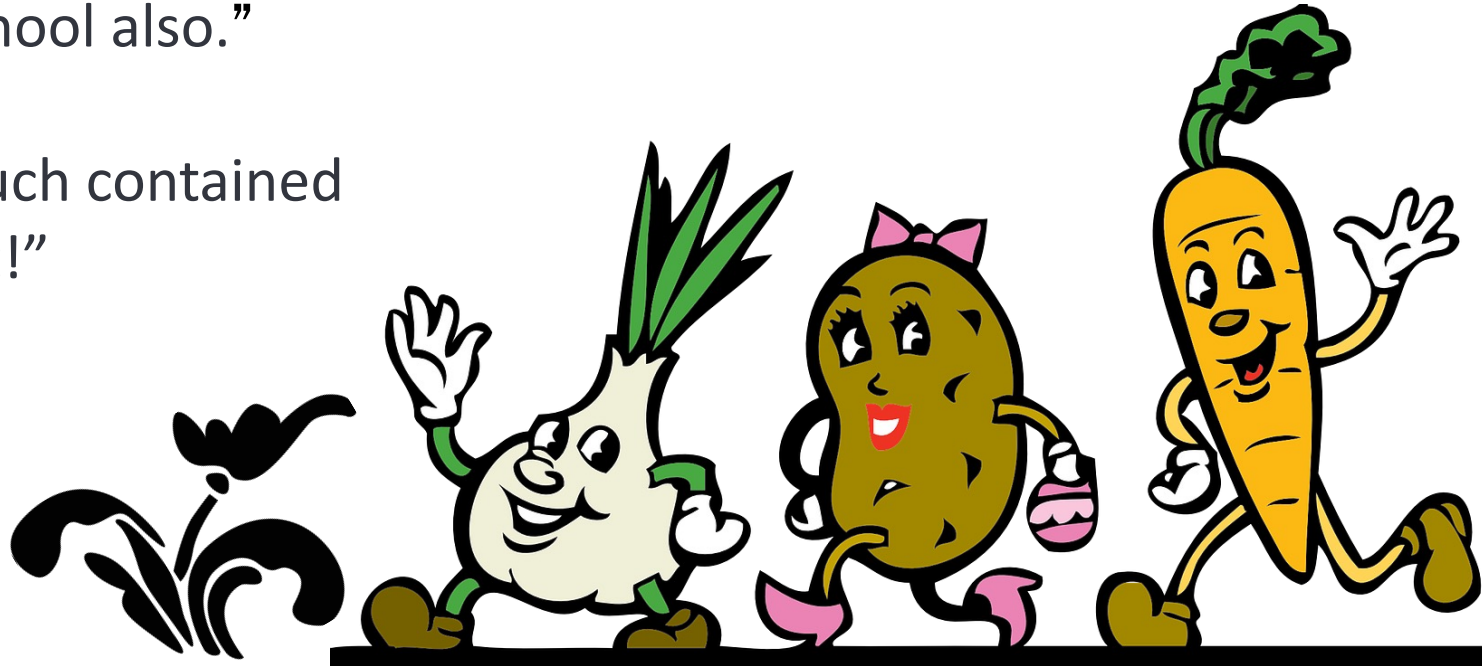
“My students loved this lesson.”

“**Very** relevant, since many students frequent fast food restaurants.

“I have used this assignment for years, love it!”

“Students enjoyed this activity. The posters caused a lot of discussion around the school also.”

“WOW - so much contained in this product!”

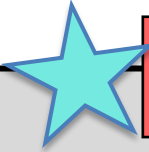


This Program is all About the Students...

- ◆ The program is classroom and “kid-tested,” teacher-approved, and full of real student examples and responses.
- ◆ It promotes high student engagement and interaction!
- ◆ This curriculum challenges and touches the lives of teens!



Buy it Today, Teach it Tomorrow!



Here is what makes this program unique!!

- ◆ This program features highly organized step-by-step teacher directions follow daily PowerPoints, and the directions tell you exactly to say!!
- ◆ Documents and PowerPoints are editable and docs are included in both Word and PDF formats.
- ◆ PowerPoints are full of what's trending, photos, and video links teens will appreciate.



◆ Thank you for previewing my work on these important topics!



About the Author:

- ◆ I've been a certified K-12 Physical Education and Language Arts teacher for many years (19 of those years also include my Health certification). Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

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