Healthy Eating Survey & Lesson

What do you need to eat LESS of
What should you eat MORE of ?

Personal Wellness

Learning to Eat Healthy for Life

This preview will show bits and pieces of this lesson!

Thanks for previewing!

I am a National Board Certified Teacher with a Master of Education Degree and I have experience teaching Elementary, Jr. High, and High School P.E. and Health.

- How to read a food label

Nutrition Facts

9 servings per container

Serving size 2/3 Cup (90g)

Amount per serving

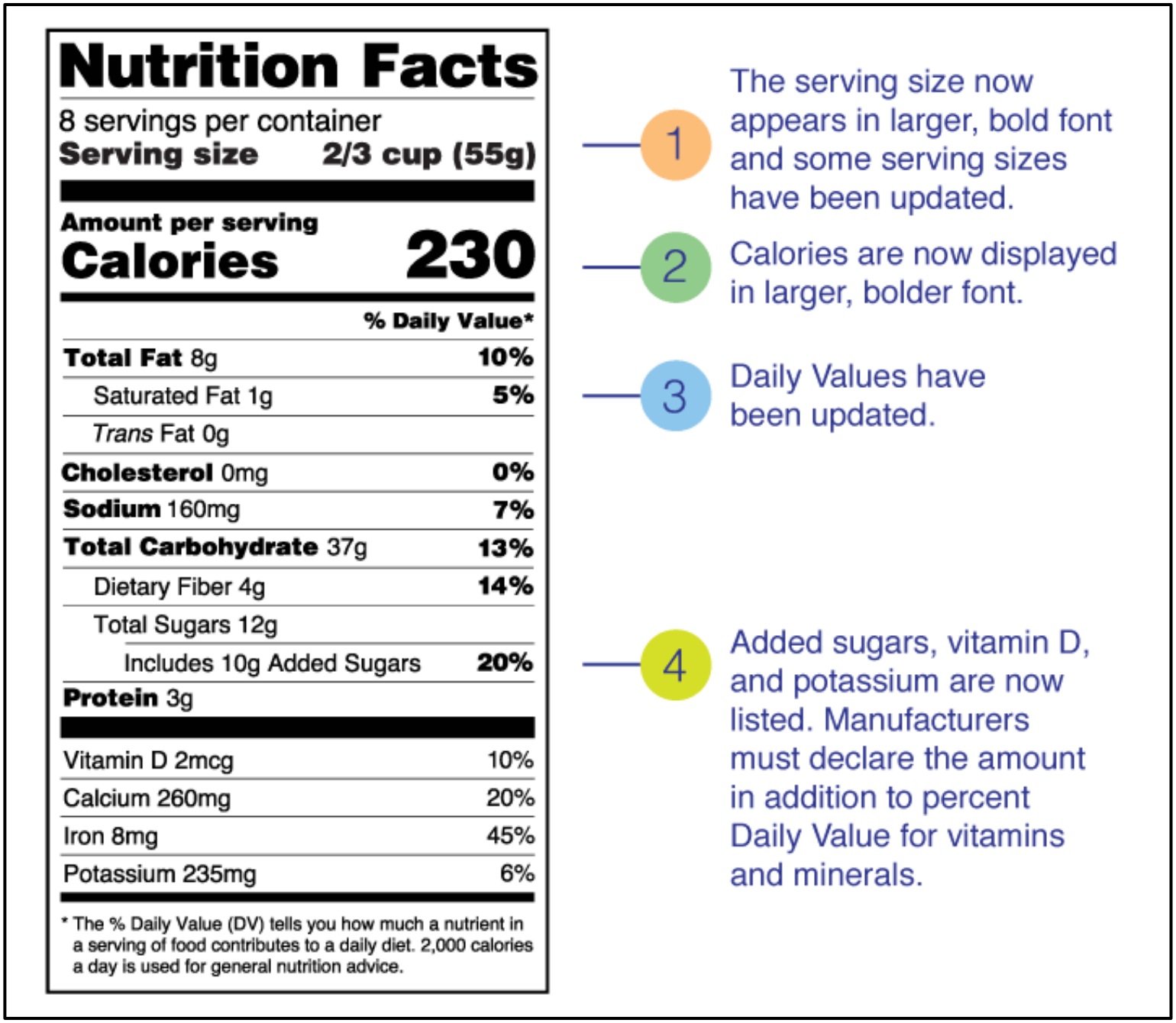
Calories 200

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 85mg	**4%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 0g	**0%**
Total Sugars 17g	
Includes 14g Added Sugars	**28%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 1mg	6%
Potassium 188mg	4%

*The % Daily Value 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.

Food Label Reading Pre-Lesson

The NEW USDA Food Label:



Comparison of Old and New Food Labels:

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

Old

Nutrition Facts

9 servings per container
Serving size **2/3 Cup (90g)**

Amount per serving
Calories **200**

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 85mg	**4%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 0g	**0%**
Total Sugars 17g	
Includes 14g Added Sugars	**28%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 1mg	6%
Potassium 188mg	4%

*The % Daily Value 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.

New

The new label no longer lists “Calories from Fat” but it’s easy to figure out, just multiply “Total Fat” x 9 (since there are 9 calories in every gram of fat).

https://www.fda.gov/food/new-nutrition-facts-label/whats-new-nutrition-facts-label

How companies might deceive you on a food label:

1. Unrealistic serving size - chips
2. Servings per container - muffin, Fritos
3. Packaging - pop tart
4. 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)

"Strawberry" Poptarts

Nutrition Facts

Serving Size 2.5 oz
(70g / about 1/6 Box)
(Makes about 1 cup)
Servings Per Container about 6

Amount Per Serving	As Packaged	As Prepared
Calories	260	400
Calories From Fat	25	170
	% Daily Value**	
Total Fat 3g*	**5%**	**28%**
Saturated Fat 1.5g	**8%**	**23%**
Trans Fat 0g		
Cholesterol 10mg	**3%**	**3%**
Sodium 570mg	**24%**	**30%**
Total Carbohydrate 48g	**16%**	**16%**
Dietary Fiber 1g	**4%**	**4%**
Sugars 7g		
Protein 9g	**10%**	**11%**
Vitamin A	0%	15%
Vitamin C	0%	0%
Calcium	10%	15%
Iron	10%	10%

* Amount in Box. Margarine and 2% Reduced Fat Milk preparation adds 15g total fat (3g sat fat, 3g trans fat), 150mg sodium, 1g total carbohydrate (1g sugars), and 1g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower

IS THIS PRODUCT HEALTHY?[13]

Ever wondered, "Is this product 'healthy'?...

Today you will see how to determine if a product is "healthy" for you.

Nutrition Facts

9 servings per container
Serving size **2/3 Cup (90g)**

Amount per serving
Calories **200**

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 85mg	**4%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 0g	**0%**
Total Sugars 17g	
Includes 14g Added Sugars	**28%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 1mg	6%
Potassium 188mg	4%

*The % Daily Value 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.

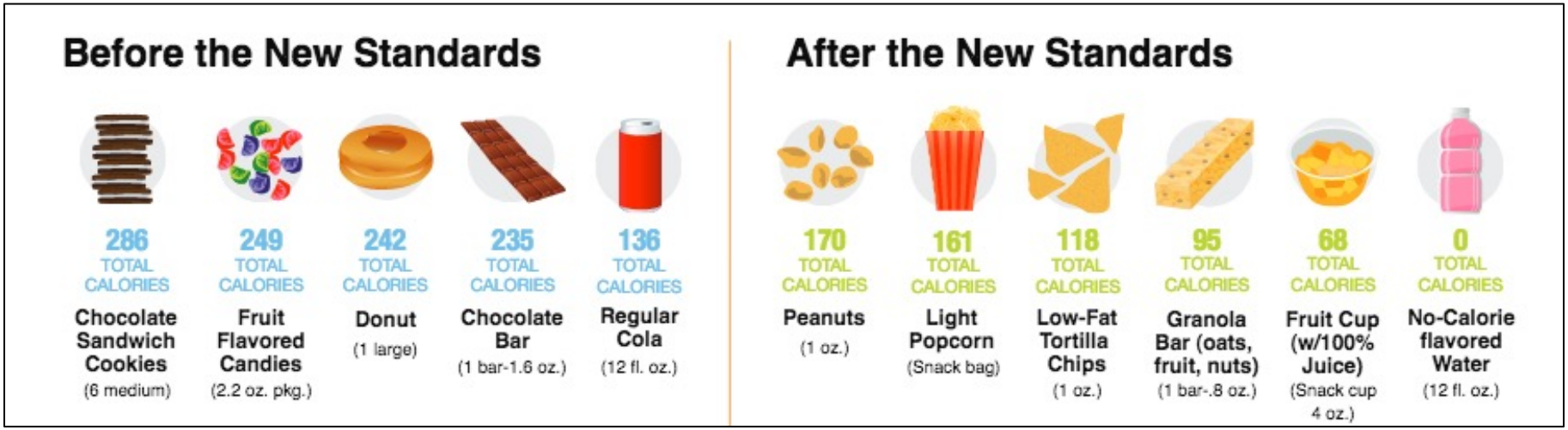
To be in the vending machines at many schools it has to be less than:

< 35% (calories from) fat **+**
< 35% (weight from) sugar
(or no more than 15 grams)

Is your school a “Healthy School?”

- Hopefully your state has adopted a healthy policy, but even if they haven’t you can fight to make your school healthy!!

Less than 35% Total Fat and less than 10% Saturated Fat and 0 Trans Fat
Less than 35% Sugar Weight (Divide Sugar grams by total product grams)



https://www.fns.usda.gov/cn/smart-snacks-school

Ice-Cream

To be considered for our school's vending machine it has to be less than:

< 35% calories from fat

-Fat Calories divided by total calories=_____

AND

< 35% weight from sugar

-Sugar Grams divided by total grams = _____

Nutrition Facts

9 servings per container

Serving size **2/3 Cup (90g)**

Amount per serving

Calories **200**

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 85mg	**4%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 0g	**0%**
Total Sugars 17g	
Includes 14g Added Sugars	**28%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 1mg	6%
Potassium 188mg	4%

*The % Daily Value 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.

#6
Total Fat
X 9 =_____
divided by
Total
Calories
=

_____

Yes_____
or
No____

Ice-Cream

Nutrition Facts

9 servings per container
Serving size **2/3 Cup (90g)**

Amount per serving
Calories **200**

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 85mg	**4%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 0g	**0%**
Total Sugars 17g	
Includes 14g Added Sugars	**28%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 1mg	6%
Potassium 188mg	4%

*The % Daily Value 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.

#6
Total Fat
10 X 9 = **90**
divided by
Total
Calories
(200) =
45%

Yes_____
or
No__X__

Nutrition Facts

9 servings per container
Serving size **2/3 Cup (90g)**

Amount per serving
Calories **200**

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 85mg	**4%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 0g	**0%**
Total Sugars 17g	
Includes 14g Added Sugars	**28%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 1mg	6%
Potassium 188mg	4%

*The % Daily Value 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.

Ice-Cream

IS THIS PRODUCT **HEALTHY** ENOUGH TO BE IN THE SCHOOL VENDING MACHINE OR SOLD AT YOUR SCHOOL?:YES _____ NO__X___

It has to be under 35 **for both!**

“Where is Your Health?”
Personal Wellness Assessment

“Where is Your Health?” Assessment:

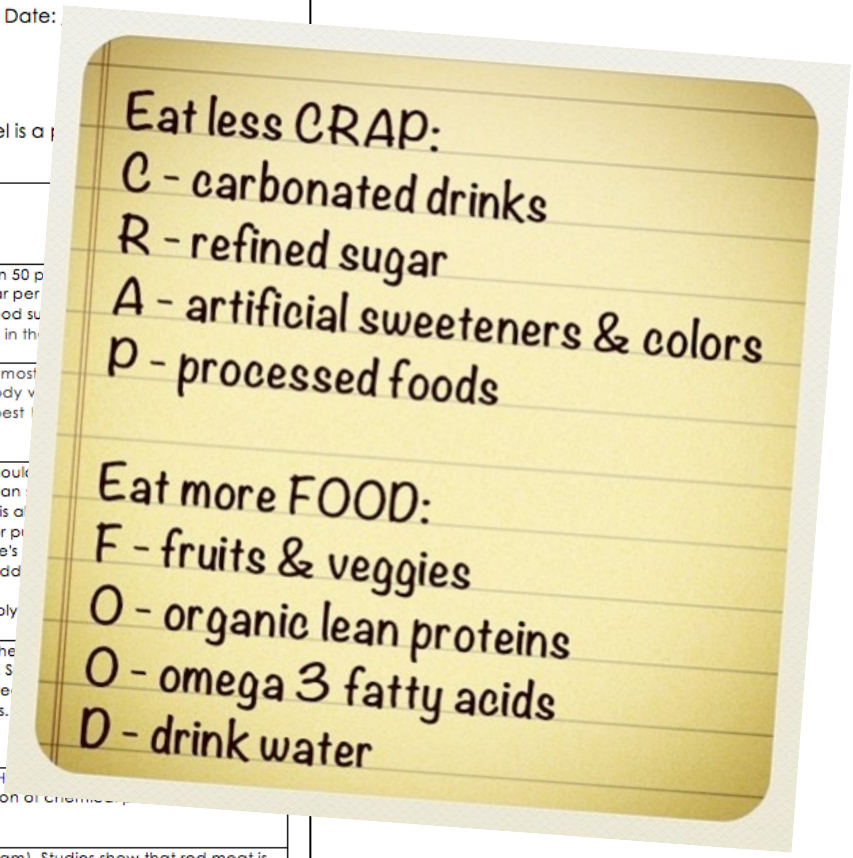
Name:_____ Date:

The following lists are compiled from a number of sources cited at the end of this resource.

Eat Less

1. Take the 60-Question Survey: Put an “x” by **ANYTHING** you feel is a p

Mark “x” if a problem for you	Eat Less:	Explanation:
1.	**Sugar**	Did you know you don't need any sugar for the rest of your life? And yet, In 2009, more than 50 p consume one-half pound of sugar PER DAY—translating to a whopping 180 pounds of sugar per calories and gives you nothing nutritionally. It spikes your blood sugar level and disrupts blood su sugar, guess what your body stores it as? FAT! (See “Sugars Worst to Best” PowerPoint Slide in th
2.	**White flour**	Found in breads, pasta, crackers, flour tortillas, pancakes, cereals. White flour is one of the most planet. It's bleached, striped of its fiber and nutrients (which are added back but your body v white “Wonder” bread spikes your blood sugar faster than a bowl of ice cream! Your best whole-grain, like whole wheat, brown rice, oats or quinoa.
3.	**Other white stuff**	A book called, “No White at Night”[3] explains that bread, pasta, potatoes, rice, and corn shoul each have a high glycemic index and can increase your blood sugar about 90% FASTER than crashes, which leads to hunger, and even decreased blood sugar the next day. Diabetes is a pancreas, the organ that secretes insulin, is destroyed, and insulin must be either injected or p diabetes is primarily is called “insulin resistance.” In the early stages of type 2 diabetes, there's doesn't work well. To treat type 2 Diabetes, a healthy diet and plenty of exercise must be add Here is a self-test: If your energy slumps within one to two hours after eating, you've probably
4.	**Saturated fats**	These fats are found in many dairy and animal products and tropical oils. They are one of the the level of cholesterol in your blood, which increases your risk of heart disease and strokes. S room temperature like palm or coconut oil, butter, Crisco, red meats like hamburger and ste pepperoni, salami, ham) and almost anything with the word cream in it, and some cheeses. **Do you specifically struggle with any of #5-13?**
5.	**Cured pork**	(Bacon, sausage, pepperoni, salami, ham) Researchers from the Harvard School of Public H processed meats such as bacon, preserved by smoking, curing or salting, or with the addition of chemical p associated with an increased risk of both heart disease and diabetes.
6.	**Red meats**	This includes hamburger and steak, and cured pork (bacon, sausage, pepperoni, salami, ham). Studies show that red meat is linked to higher risk of dying from cancer and Heart Disease.[7]



“Where is Your Health?” Assessment:

1. Take the 60-Question Survey

Name:_____
Answer Sheet for the "Eat Less-Get More" Survey

Eat Less: Mark "x" for anything you feel you have a problem with:

1. _____ Sugar
2. _____ White flour
3. _____ Other white stuff
4. _____ Saturated Fats
5. _____ Cured Pork
6. _____ Red Meats
7. _____ Hot dogs, sausage, processed lunchmeats
8. _____ Fried foods
9. _____ Mayonnaise, Ranch, Thousand Island, Blue Cheese
10. _____ Butter and margarine
11. _____ Cream
12. _____ Cheese
13. _____ Trans Fat
14. _____ Fast Food
15. _____ Soda Pop
16. _____ Energy drinks
17. _____ Alcohol
18. _____ Coffee, lattes, tea and other drinks

Get More: Mark "x" for anything you would like to add more of in your life :

1. _____ Activity
2. _____ Intense Activity
3. _____ Water
4. _____ Balanced eating
5. _____ Whole grains
6. _____ Fruits
7. _____ Vegetables
8. _____ Lean Protein
9. _____ Beans
10. _____ Nuts
11. _____ Meals Without Meat
12. _____ Poultry
13. _____ Fish
14. _____ Calcium and Vitamin D
15. _____ Breakfast
16. _____ Oatmeal
17. _____ Small meals throughout the day
18. _____ Flaxseed
19. _____ Good oils

“Where is Your Health?” Assessment:

Get More

Directions: Put an “x” by ANYTHING you feel is something you need to add in your life:

Mark “x” if want to **add or get more of this:**	**Get More:**	Explanation:
1.	**Activity**	When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. Being active boosts high-density lipoprotein (HDL), or "good," cholesterol and decreases unhealthy triglycerides, which decreases your risk of cardiovascular diseases. In fact, regular physical activity can help you prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls.[4] Physical activity also stimulates various brain chemicals that may leave you feeling happier and more relaxed. Regular physical activity can improve your muscle strength and boost your endurance, and it can help you fall asleep faster and deepen your sleep.[4] Find a physical activity you enjoy, and just do it. If you get bored, try something new. Walking is awesome, and having a step counter can help you set goals and have fun meeting those goals!
2.	**Intense activity**	Exercising for one hour everyday will not only keep you fit, it’s also one of the best ways to lose weight. Whether it is sweating down the gym, walking to and from work, experts agree that physical activity increases your energy and stamina. Make an effort to exercise at least 3 times a week, but ideally exercise every single day. When it comes to exercising, you should ensure that you put all your energy into it. Research has shown that short periods of highly intensive exercise are just as effective, if not more so, than long periods of slow exercise.[1]
3.	**Water**	Water will do wonders for your looks! It flushes out impurities in your skin, and leaves you with a clear, glowing complexion. It also makes your look younger. It helps you lose weight. One of the liver’s main jobs is metabolizing the fat you ate. The liver’s duties is to pick up the slack for the kidneys, which need plenty of water to work properly. If the kidneys are water-deprived, the liver has to do their work along with its own, lowering its total productivity. It then can’t metabolize fat as quickly or efficiently as it could when the kidneys were pulling their own weight. **Lots of students think they are tired, when really they’re just dehydrated!** If you feel thirsty, you’re already becoming dehydrated. DRINKING WATER ALSO GIVES YOU MORE ENERGY!!

About the Author:

◆ Thank you for previewing!

- I am a certified K-12 Physical Education and Language Arts teacher and I also have 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.

Works Cited:

Owl and Yosemite Photos by me.

WA Standards From: http://www.k12.wa.us/healthfitness/Standards.aspx

NYC Standards From:
http://www.p12.nysed.gov/sss/schoolhealth/schoolhealtheducation/healthPEFACSLearningStandards.pdf

Photos From:

http://www.pixabay.com *(almost all PowerPoint and shadow photos are from Pixabay)*

http://www.fotosearch.com

http://www.shutterstock.com/index-in.mhtml

http://stokpic.com

https://unsplash.com

https://static.pexels.com