

Nutrition

Facts

Card

Game =


Interactive

Learning!



1 ♥ Daily Exercise!

-When you exercise you burn calories and build muscle!



-Regular physical activity can help you prevent or manage a wide range of health problems, including stroke, Type 2 diabetes, stress, depression, certain types of cancer, + arthritis.

Things to Get More of ♥ 1

1 ♣ Watch Portion Sizes!

-One of the reasons we are so much fatter today than 40 years ago is portion sizes.




-We just eat a lot more than we need, so decrease the amount you dish up, and try eating slower.

Nutritional Facts Worth Knowing ♣ 1

1 ♠ Sugar!

-Sugar is empty calories and gives you nothing nutritionally.



-It spikes your blood sugar level and disrupts blood sugar.

-If you eat too much sugar, guess what your body stores it as?: FAT!

Foods to Eat Less of ♠ 1

1 ♦ It's all About Choices!

-Even in a fast food restaurant, there are better choices than the most fatty thing on the menu!!

-Be educated, read food labels and try to look for and choose the healthier version!

-All your small choices add up to your overall health!!

Gems to Know ♦ 1

Editable + Worksheet + Full Lesson

Full Card Deck!

3♥ Calcium

Teens need to bank 1300 mg. of calcium into their bodies per day to build strong bones. At about age 30, your bones go to the bank for their calcium. Hope it's there!

-A cup of milk has about 300 mg.



Things to Get More of ♥ 3

3♣ Relieve Stress in Healthy Ways

Stress may contribute to high blood pressure, heart disease and stroke, decreased immune defenses, cancer, stomach problems, poorer brain functioning, + serious mental health problems, like [depression](#) and [anxiety disorders](#).

*TRY TIME OUT, WORK OUT, OR REACH OUT to relieve stress.

Nutritional Facts Worth Knowing ♣ 3

3♠ Deep Fried Foods

-Fried foods clog arteries and lead to strokes!



-Hard deposits (plaque) forms. Then **your blood flow can become completely blocked and result in a heart attack or stroke.**

Foods to Eat Less of ♠ 3

3♦ Beware of Juice!

-Juice can be full of sugar and spike blood sugar and cause insulin disruptions + weight gain.

-If you do drink juice, limit it and make sure it's 100% juice. Remember, it's better to eat the real fruit itself.



Gems to Know ♦ 3

Fun card covers! →



4♥ Oatmeal

- Oatmeal is considered one of the top 10 healthiest foods!

-It's full of omega-3 fatty acids, foliate, and potassium. It has lots of fiber and can lower levels of LDL (or bad) cholesterol and help keep arteries clear.



Things to Get More of ♥ 4

4♣ Fad Diets

-Fad diets don't have balanced eating, they have too few calories so **they slow down** your metabolism, it's too drastic and you'll feel deprived, you lose weight too fast so you gain it back, and if you don't change lifestyle habits than you'll just gain the weight back!!

***Just eat healthy instead!

Nutritional Facts Worth Knowing ♣ 4

4♠ White Flour

-White flour is one of the most highly processed foods on the planet. (Think a stalk of tan-colored, pulpy wheat to white powder!!) -It's found in breads, pasta, crackers, flour tortillas, pancakes, cereals. It spikes blood sugar!

-Your best bet is to buy products that are whole-grain, like whole wheat, brown rice, oats or quinoa.

Foods to Eat Less of ♠ 4

♦ A milkshake

- If you must have some ice-cream, you're better off having a bowl of it or a sundae than a milkshake or Blizzard...

Why? Because ice-cream in a blender condenses down and LOTS MORE ice cream goes in that serving than in a bowl or cone!

*One large DQ Oreo Blizzard has 1150 calories and 43 grams of fat versus a large hot fudge sundae has 610 calories and only 21 grams of fat!

Gems to Know ♦ 4



Full 52-Card Deck + Worksheet!



2 Full Lessons!

Nutrition Facts

16 servings per container
Serving size 1/16 package (32g mix)

	Per 1/16 pkg mix	As prepared
Calories	130	180
	% DV**	% DV**

Total Fat 2.5g*	3%	9%
Saturated Fat 1.5g	7%	10%
Trans Fat 0g		
Cholesterol 0mg	0%	4%
Sodium 85mg	4%	4%
Total Carbohydrate 26g	10%	10%
Dietary Fiber < 1g	4%	4%
Total Sugars 18g		
Incl. Added Sugars 18g	35%	35%
Protein 1g		
Iron 1.6mg	8%	8%

Not a significant source of vitamin D, calcium and potassium.

* Amount in mix. As prepared, one serving provides 7g total fat (2g saturated fat), 10mg cholesterol, 90mg sodium, 2g protein, and 1.6mg iron.

** 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.

Name: _____ Per: _____ Date: _____
Food Label Worksheet

- Look at servings per container -
- Look at Serving size -
- Look at Calories -
- Look at Total Fat -
- Look at Total Sugars -

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%	

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

6. Total Fat x 9 = _____
= Calories

This is the % if you should eat about 2,000 calories per day

7. Total Sugar grams + Total Grams

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

- How many Serv
- Write the Servi
- How many Calc

Day 1: Nutrition Card Game Directions

[return to table of contents](#)

WA State 8th Grade Standards Met:

-Analyze interrelationships of personal dimensions of health. H1.W1.B
-Conduct a personal caloric needs assessment, based on age, gender, activity levels, and specific health requirements, to develop an eating plan. H7.N4.5
-Assess personal health behaviors that reduce or prevent health risks. H7.W2.8b

My State Standards Met:

WA State High School Standards Met:

Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS
Predict impact of consuming adequate or inadequate amounts of nutrients. H1.N1.HS
Cite evidence from Nutrition Facts labels useful for making informed and healthy choices. H5.N3.HS
Analyze trends in portion size as compared to recommended serving sizes. H3.N3.HS
Demonstrate how to balance caloric intake with caloric expenditure to maintain, gain, or reduce weight in a healthy manner. H7.N4.HS
Evaluate resources for accessing valid and reliable information, products, and services for healthy eating. H3.N1.HS

National Standards Met: 1, 2, 3, 5, 7

Common Core Standards Met: Reading 1, 3, 4, 7

Materials Needed:

PowerPoint Nutritional Facts Card Game Deck PowerPoint
Printed Materials "Deck of 14 Sheets" (Including Jokers) from the PowerPoint

-See Card Deck Folder

-Optional: The cards faces can just be blank, but if you want, you can print card faces

-If recommend you print 1 set of 14 sheets-52 cards for each group of 2 or 4 students) CARD STOCK PAPER WORKS BEST! Print in color if possible!

-Optional Worksheet

-Print 1 for each student or group your choice)

Other Materials Calculators (Optional Prizes if you want!

Before the Activity:

- Before you print the d make sure it is age appro

Heart-Healthy Things to Get

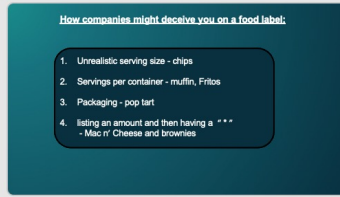
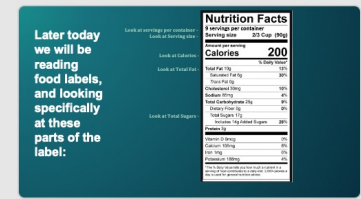
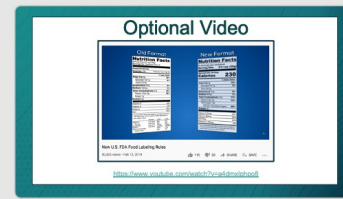
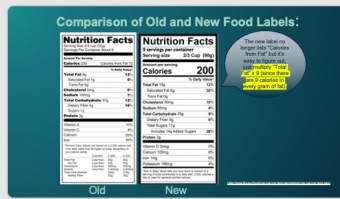
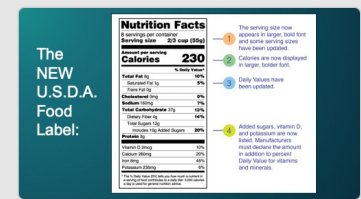
- Whole grains
- Calcium
- Whole grains
- Fruit
- Vegetables
- Lean Protein
- Good fats
- Almonds
- Be Educated about Nutri
- Jack Breakfast
- Queen Drink Water!
- King Sleep
- Ace Daily Exercise!

Spades: Foods to Eat Less of

- Soda Pop and Energy Drink
- Deep Fried Foods
- White Flour
- Cured Pork
- Mayonnaise Products
- Cream
- Cheese
- Calories in Drinks
- Saturated and Trans Fat
- Jack Fast Food
- Queen Trans Fat
- King Foods with More Than Ace Sugar!

Diamonds: Gems to Know:

- Media Literacy
- Beware of Juice!
- A milkshake



How to Read a Food Label



Card Games + ...

Go Fish

Introduction

The object is to collect **books**, which are sets of four cards (**I want books of 2 for this activity!**) of the same rank, by asking other players if you think they may have. Whoever collects most sets wins. The game is simple and they are often thought of as children's games.

This game is often just known as **Fish**, but the name "Fish" (or Russian Fish) is also sometimes used for the more complex parlor game **Literature**. Go Fish is best for 3-6 players, but it is possible for 2 players if a 52-card deck is used.

Pelmanism (Memory or Concentration)

This simple and popular memory game is also known as **Concentration** or **Memory**.

Players and Cards

Two or more people can play. A standard 52-card pack can be used, or any other kind of cards, provided that the backs are indistinguishable and the faces can be matched up in pairs or quartets.

Preparation

The cards are thoroughly shuffled and spread irregularly as desired on a table or floor. The cards should be spread irregularly as desired.

Play

Players take turns to play. A player turns over two cards and if they match, they take another turn. If they do not match, they change their position in the layout.

Nutrition Facts Worksheet

Name: _____

Per: _____ Date: _____

Directions: Write 1 fact about each concept below.

1. What's Wrong with Foods with More Than 5 Ingredients?

2. Daily Exercise!

3. Sleep

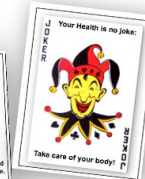
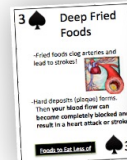
4. Breakfast

5. Soda Pop and Energy Drinks

6. Diets-Don't buy into advertising

7. Eating Disorders

8. Habits



Preview

Family Medical History PARENT-TEEN COMMUNICATOR

We completed the "Parent-Teen Communicator" assignment together.

Check here if you researched at least one health issue in your family history. For full points, this box must be checked. (Be sure to research your own unique ethnic/cultural risks for disease!)

Student Name (please print)

Parent Signature

Date: _____

-----cut and return this top section only-----

Dear Families:

Did you know that your family history might be one of the strongest influences on your risk of developing heart disease, diabetes, or cancer. This Parent-Teen Communicator deals with family medical risk factors. I am encouraging each student to research his or her family medical history now in the event





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Health Education Today



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Sub Plans Set of 6

*for any teacher
of teens!*

“My students loved these!”

“Awesome...Well organized.”

“Amazing quality, lots of
details!”

Lessons
taken from:



Health Education Today

