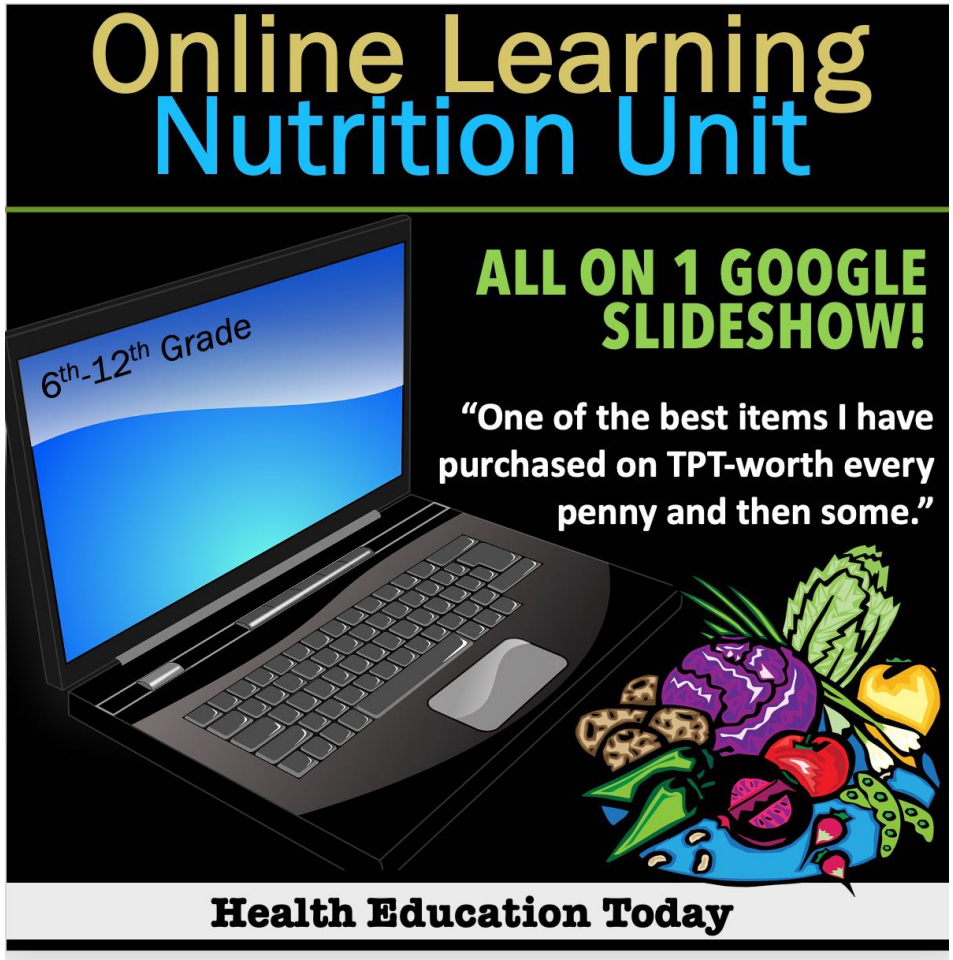
Thanks for previewing!



Health Education Today

Independent Study
Online & For Print

Nutrition Unit

1. This Program's Creator is a Qualified Teacher

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

2. The Program Meets Educational Health Standards:

It meets National and COMMON CORE STANDARDS FOR Health:

Common Core State Standards for English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects | ELA College and Career Anchor Standards

http://www.corestandards.org/ELA-Literacy/

	Writing Grades 9/10	ELA College an Writing
1	Write arguments focused on discipline-specific content.	Write arguments t topics or texts usin evidence.
2	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.	Write informative/ complex ideas and effective selection,
3	Incorporate narrative elements effectively into arguments and informative/ explanatory texts. *Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. In science and technical subjects, students must be able to write precise enough descriptions of the step-by-step procedures they use in their investigations or technical work that others can replicate them and (possibly) reach the same results.*	Write narratives to events using effect structured event se
4	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.	Produce clear and organization, and s audience.

The Centers for Disease Control and Prevention (the C.D.C.) National High School Health Education Standards

http://www.cdc.gov/healthyschools/sher/standards/index.htm

Standard 1	**Students will comprehend concepts related to health promotion and disease prevention to enhance health.**
1.12.1	Predict how healthy behaviors can affect health status.
1.12.2	Describe the interrelationships of emotional, intellectual, physical, and social health.
1.12.3	Analyze how environment and personal health are interrelated.
1.12.4	Analyze how genetics and family history can impact personal health.
1.12.5	Propose ways to reduce or prevent injuries and health problems.
1.12.6	Analyze the relationship between access to health care and health status.
1.12.7	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
1.12.8	Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.
1.12.9	Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.
Standard 2	**Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**
2.12.1	Analyze how the family influences the health of individuals.
2.12.2	Analyze how the culture supports and challenges health beliefs, practices, and behaviors.
2.12.3	Analyze how peers influence healthy and unhealthy behaviors.
2.12.4	Evaluate how the school and community can affect personal health practice and behaviors.
2.12.5	Evaluate the effect of media on personal and family health.
2.12.6	Evaluate the impact of technology on personal, family, and community health.
2.12.7	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
2.12.8	Analyze the influence of personal values and beliefs on individual health practices and behaviors.
2.12.9	Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
2.12.10	Analyze how public health policies and government regulations can influence health promotion and disease prevention.

Real Teacher Reviews:

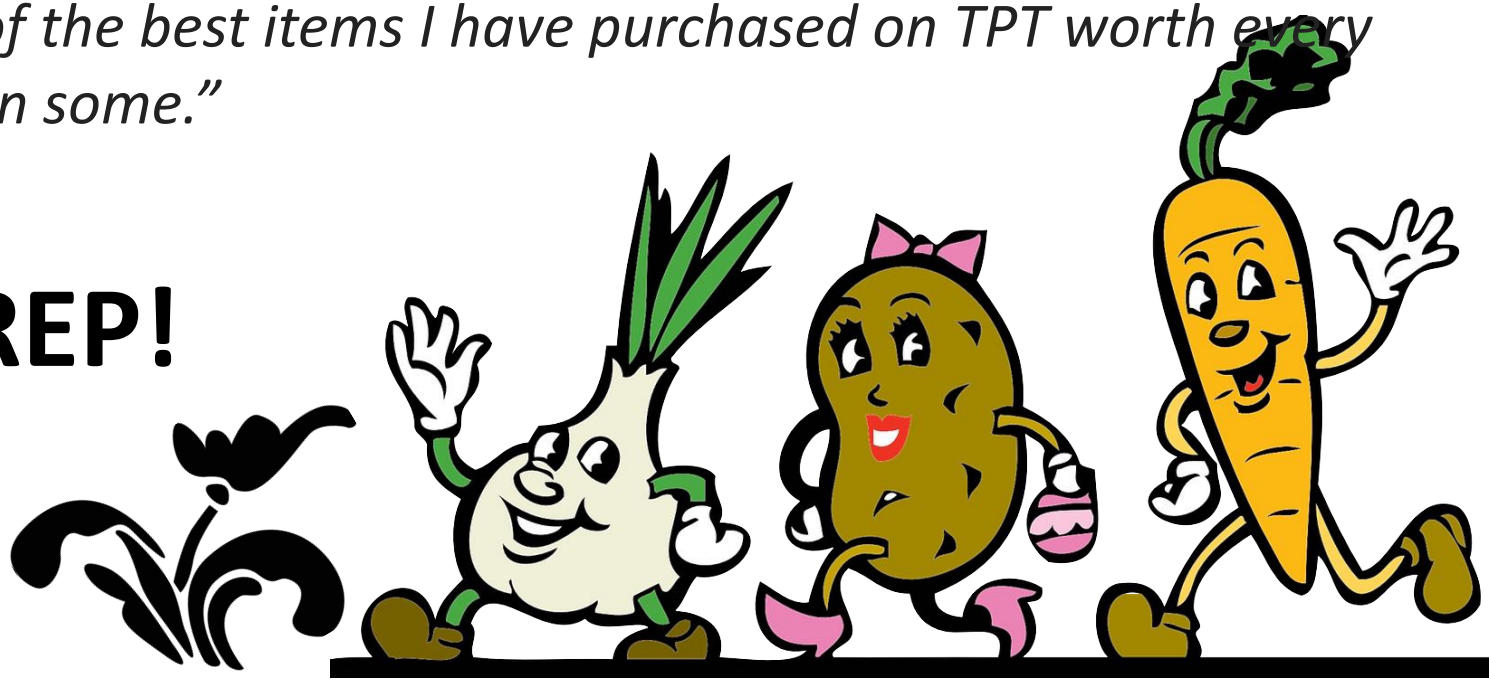
- "Incredibly comprehensive and a valuable resource."

- "Great resource…My students loved it… Very little work on my part!"

- "Very, very useful and engaging resource! Lots of helpful information and activities."

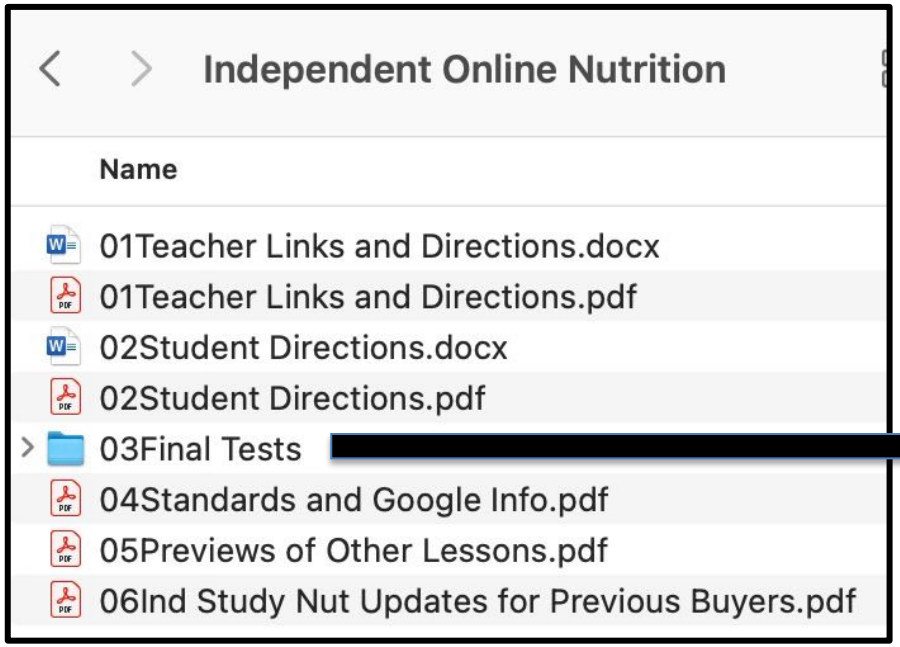
- "This is one of the best items I have purchased on TPT worth every penny and then some."

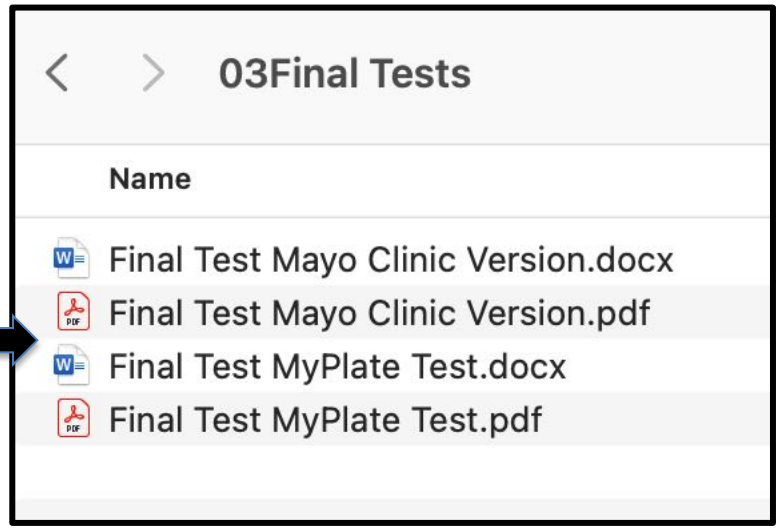
LOW PREP!



3. Here is a Look at the Files:

Newly revised so whole program is ALL on 1 Doc to print or 1 Google Slide!



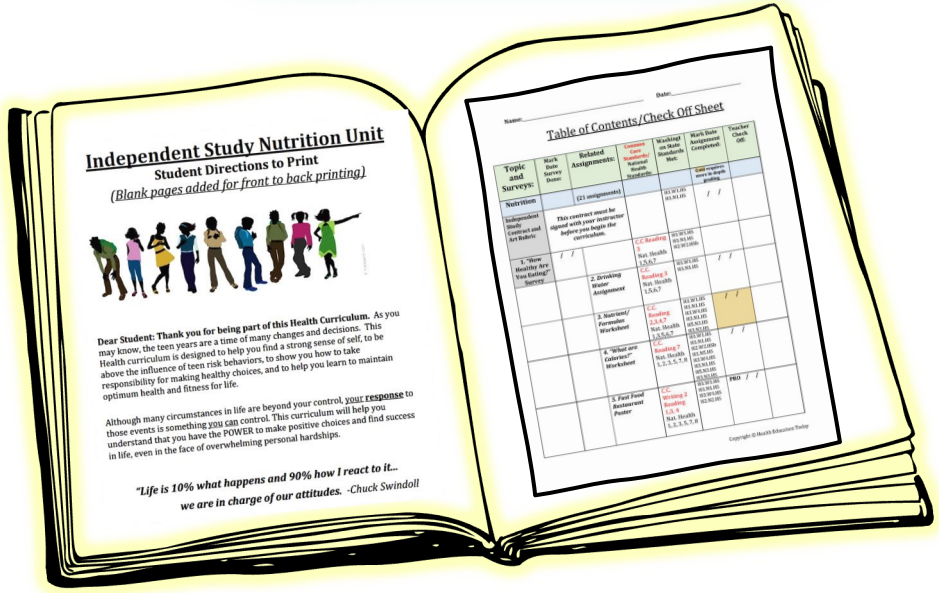


21 student worksheets, surveys and tests!

- 147 pages -

21 Worksheets + Full Directions: Online or Print!

- -Surveys/Quizzes
- -True Story Articles
- -Parent-Teen Communicator
- -Food Label Scavenger Hunt
- -Food Label Reading
- -Homework
- -Understanding Nutrients
- -Final Tests + more...



4. Step-by-Step STUDENT Directions:

Name:_____ Date:_____

Table of Contents/Check Off Sheet

Topic and Surveys:	Mark Date Survey Done:	Related Assignments:	Common Core Standards/ National Health Standards:	Washingt on State Standards Met:	Mark Date Assignment Completed:	Teach Chec Off:
Nutrition		(21 assignments)			Gold requires more in depth grading	
Independent Study Contract and Art Rubric	*This contract must be signed with your instructor before you begin the curriculum.*			H1.W1.HS H1.N1.HS	/ /	
1. "How Healthy Are You Eating?" Survey	/ /		C.C Reading 3 Nat. Health 1,5,6,7	H1.W1.HS H1.N1.HS H2.W2.HSb		
		2. Drinking Water Assignment	C.C. Reading 3 Nat. Health 1,5,6,7	H1.W1.HS H1.N1.HS	/ /	
		3. Nutrient/ Formulas Worksheet	C.C. Reading 2,3,4,7 Nat. Health 1,3,5,6,7	H1.W1.HS H1.N1.HS H3.W4.HS H3.N1.HS H5.N3.HS H3.N3.HS	/ /	
		4. "What are Calories?" Worksheet	C.C. Reading 7 Nat. Health 1, 2, 3, 5, 7, 8	H1.W1.HS H1.N1.HS H2.W2.HSb H1.N5.HS H3.W4.HS H3.N1.HS H5.N3.HS H3.N3.HS	/ /	
		5. Fast Food Restaurant Poster	C.C. Writing 2 Reading 1,3, 4 Nat. Health 1, 2, 3, 5, 7, 8	H1.W1.HS H1.N1.HS H3.W4.HS H2.N2.HS	PRO / /	

Nutrition and Fitness:

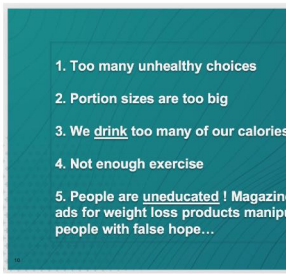
"Take care of your body. It's the only place you have to live."

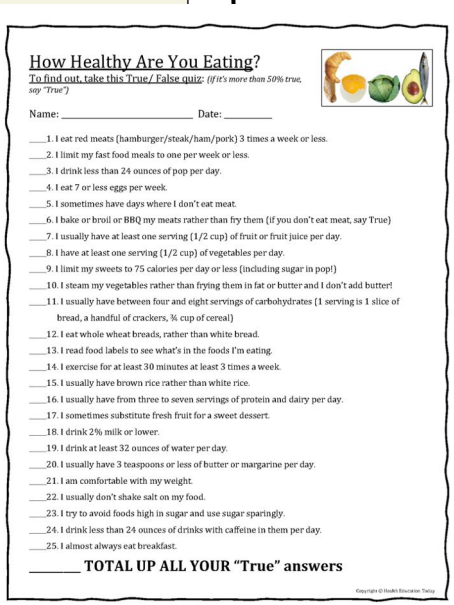
1. "How Healthy Are You Eating?" Survey Directions {Nat. Health Standards 1,5,6,7, / Common Core Reading 3}

Eating "healthy" in our world today is not an easy task. We are inundated with fast food restaurants on every corner, junk food snacks in grocery store aisles, and vending and beverage choices almost everywhere!

On top of so many unhealthy choices, our lives are just so busy that it's often difficult to fit in daily exercise. This "Nutrition and Fitness" program is set up to help you find your way through the diet myths and nutrition products that are constantly bombarding us with promises of quick weight loss or increased energy. It will teach you how to obtain optimal health for life by teaching you how to choose foods that are good for you. It will also focus on encouraging hea how to read a food label, drinking water, and eating breakfast; a individual fitness plan that you will be able to stick to for life!

Your Assignment #1:
Let's start by seeing how healthy you're eating habits are right now. Answer honestly on the "How Healthy are You Eating Survey. **You will not be graded on how healthy you are eating, rather you will be graded on if you completed the survey.**





How Healthy Are You Eating?

To find out, take this True/ False quiz: *(if it's more than 50% true, say "True")*

Name: _____ Date: _____

1. I eat red meats (hamburger/steak/ham/pork) 3 times a week or less.
2. I limit my fast food meals to one per week or less.
3. I drink less than 24 ounces of pop per day.
4. I eat 7 or less eggs per week.
5. I sometimes have days where I don't eat meat.
6. I bake or broil or BBQ my meats rather than fry them (if you don't eat meat, say True)
7. I usually have at least one serving (1/2 cup) of fruit or fruit juice per day.
8. I have at least one serving (1/2 cup) of vegetables per day.
9. I limit my sweets to 75 calories per day or less (including sugar in pop!)
10. I steam my vegetables rather than frying them in fat or butter and I don't add butter!
11. I usually have between four and eight servings of carbohydrates (1 serving is 1 slice of bread, a handful of crackers, ¾ cup of cereal)
12. I eat whole wheat breads, rather than white bread.
13. I read food labels to see what's in the foods I'm eating.
14. I exercise for at least 30 minutes at least 3 times a week.
15. I usually have brown rice rather than white rice.
16. I usually have from three to seven servings of protein and dairy per day.
17. I sometimes substitute fresh fruit for a sweet dessert.
18. I drink 2% milk or lower.
19. I drink at least 32 ounces of water per day.
20. I usually have 3 teaspoons or less of butter or margarine per day.
21. I am comfortable with my weight.
22. I usually don't shake salt on my food.
23. I try to avoid foods high in sugar and use sugar sparingly.
24. I drink less than 24 ounces of drinks with caffeine in them per day.
25. I almost always eat breakfast.

_____ **TOTAL UP ALL YOUR "True" answers**

Step-by-Step **STUDENT** Directions:

147 pages!

5. Fast Food Restaurant Poster Directions {Nat. Health Standar
Common Core Reading 1,3,4}

The Fat Grams Formula:
(First complete the fat formula on the "Nutrition Formulas Worksheet)

It looks like this →

FORMULA FOR HOW MAN
FAT GRAMS YOU SHOULD
EAT PER DAY:
calories you should eat pe
x .20 / .25 / .30 / .35 =
• divided by 9 = ____

If you want to lose body fat, or if you want to get rid of that belly fat, or you can't see those 6-pack abs you've been work they're under too much fat, or if you want to be more healthy on the in (cardiovascular health), than you will want to figure how many fat gra eat per day and watch your food labels carefully. Remember, we are c fat, but this total also includes the good fats (unsaturated and omegas).

The bad fats are saturated and Trans Fat, so you can look on the food la determine how many of the "Total" fat grams are the "bad" saturated o instance 1 Tablespoon of butter has 11 total grams of fat, and 7 of thos so butter is 64% bad fat!) Also, every fat gram has 9 calories, as oppos calories for protein and carbohydrates, so that's why things high in fat fat-more fat grams means more calories!

Your Assignment #5: Do you know how many fat grams you should ea Americans don't… no wonder so many of us are too fat! Look at the figure you got on how many fat grams you should eat per day on the "Nutritional Formulas Worksheet." **Most Nutritionists agree that no more than 35% of your total daily calories should come from fat.** Harvard Health Publishing suggests that as a guideline 30% of your daily calories should come from fat.

It's all about choices and bein

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**
Cheeseburger	4 oz (114 g)	300	110	12	19
Newman's Own® Ranch Dressing	2 fl oz (59 ml)	170	130	15	23

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5. Analyzing Fast Food Restaurants

Name:_____ Date:_____

What fast food restaurant are you researching?_____

I am comparing: (circle one) *CALORIES* *TOTAL FAT*

List items from best (least amount of calories or fat) to worst

Main Food items (burgers, tacos, chicken nuggets)	amount	Complimentary Items (fries, onion rings, Mexi- fries)	amount	Desserts (shakes, cookies, cinnam	amount

If you want to use Taco Bell, here are their food item's nutritional facts[10]:
http://www.tacobell.com/nutrition/information

1.

Item	serving size (g)	calories	calories from fat	saturated fat (g)	total fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	dietary fiber (g)	sugars (g)	protein (g)	Fresco style meets 25% reduction in fat**
Burritos													
1/2 lb.* Cheesy Potato Burrito	248	540	230	7	26	0.5	45	1360	59	7	4	19	-
1/2 lb.* Combo Burrito	241	460	170	7	18	0.5	45	1320	53	9	3	21	-
7-Layer Burrito	283	510	170	7	19	0	20	1090	68	11	4	16	√
Bean Burrito	198	370	100	4	11	0	5	960	56	9	3	13	-
Beefy 5-Layer Burrito	245	550	200	8	22	0	35	1270	66	8	5	19	√
Black Bean Burrito	218	410	110	4	12	0	10	1100	62	8	3	14	√
Burrito Supreme® - Chicken	248	390	110	5	12	0	40	1050	52	7	5	19	√
Burrito Supreme® - Steak	248	390	120	5	13	0	30	1090	52	7	5	17	√
Burrito Supreme® – Beef	248	420	140	7	16	0	35	1090	53	8	5	16	√
Cantina Burrito	458	760	240	6	27	0	60	1960	96	12	7	32	√
Chicken Burrito	177	420	170	5	18	0	35	870	48	3	3	17	√
Chili Cheese Burrito	156	380	150	8	17	0.5	35	930	41	5	2	16	√
XXL Grilled Stuft Burrito - Beef	445	880	360	14	42	1	75	2020	94	12	6	31	√
XXL Grilled Stuft Burrito - Chicken	445	830	320	11	35	0	85	1940	91	10	6	37	√
XXL Grilled Stuft Burrito - Steak	445	820	320	12	36	0.5	70	2020	91	10	7	33	√
Chalupas													
Chalupa Supreme® - Chicken	153	340	160	4	18	0	40	530	29	3	4	16	√
Chalupa Supreme® - Steak	153	340	170	4	18	0	30	570	29	3	4	14	√
Chalupa Supreme® - Beef	153	370	190	5	21	0	30	570	31	4	4	13	-
Condiments and Sauces													
Avocado Ranch Dressing	14	80	70	1.5	8	0	5	50	1	0	0	0	N/A
Border Sauce - Fire	7	0	0	0	0	0	0	60	0	0	0	0	N/A
Border Sauce - Hot	7	0	0	0	0	0	0	45	0	0	0	0	N/A
Border Sauce - Mild	7	0	0	0	0	0	0	35	0	0	0	0	N/A
Cilantro Dressing	28	90	80	1.5	9	0	10	210	2	0	0	0	N/A
Creamy Jalapeno Sauce	14	70	70	1	7	0	0	50	1	0	1	0	N/A
Fire Roasted Salsa	7	5	0	0	0	0	0	50	1	0	0	0	N/A
Green Tomatillo Sauce	28	10	0	0	0	0	0	170	2	0	1	0	N/A
Guacamole	21	35	25	0	3	0	0	125	2	1	0	0	N/A
Pepper Jack Sauce	14	70	60	1	7	0	5	90	1	0	0	0	N/A

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Example:
Calories at Zeke's Drive-in

Unhealthy:

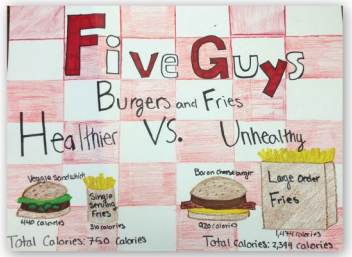
Double Cheeseburger - 1050
Chili Cheese Fries - 900
Oreo Cookie Shake - 1100

TOTAL=3050

Healthier

Grilled Chicken Burger - 750
Salad w/ Italian Dressing - 450
Diet Coke – 0

TOTAL = 1200



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5. TEACHER Version with Directions, Keys, and Some Lesson Extensions!

7. Food Label Scavenger Hunt: KEY:

BLUE – FAST FOOD		
Questions:	**Answers:**	
Which one has fewer Calories? Costco Pizza, or a Costco Hot Dog ?	**1. Costco hot dog has fewer calories**	
People with high blood pressure should watch their sodium. The maximum per day is 2400 mg. Compare the Sodium in these 2 foods:	**2. Burger Master Fish and Chips : 633 mg.**	**3. Kraft Macaroni and Cheese: 669 mg.**
What % fat are Lasagna and Croissan'wich? Is this "healthy?" **HINT: Put Total Fat into your calculator, multiply by 9 and divide by Total Calories* ** HINT "Healthy?": No more than 35% of total daily calories should come from fat*	**4. Lasa** **6. Heal Circle:**	
Which has less total fat – McDonald's Grilled Chicken Sandwich or Cowboy Crispy (deep fried) Chicken?	**8. McI**	
I want to have salad dressing on my salad at McDonalds. Which one has the least amount of both Calories and Total Fat: Italian or Ranch?	**Italian: Ranch 13. Wh**	
Is McDonald's salad less or more calories than a Quarter Pounder burger? List calories.	**14. Sal**	

Teaching This Lesson:	**5. Fast Food Restaurant Posters**
Lesson Intro:	
1. Before the lesson it's fun to go around to your local restaurants and get their actual brochures with nutritional facts and pull them out and read some of the facts to your students!	
Teaching This Lesson:	
1. Go over FAT information. If you can have real products to show them Trans Fat it's much more effective. Bring in product wrappers for examples: I show Oreo Fudge cookies and yogurt pretzels. 2. Ask if anyone knows how many fat grams they SHOULD eat...No one will know, so point out that this is partly why Americans are so overweight, food labels don't mean anything if you don't know how many grams of fat you are supposed to have! Do the formula to figure how much fat each should eat as directed on the PowerPoint slides. They'll use the total calories from yesterday's formula. Point out on page 3 slide where they'll write it in ...e how healthy they want to eat. Since experts say v...me from fat and no more than 35% this is the rar...hen you transfer calories into grams by dividing 3. Now that they know ...otal fat means something to them. Show some prod...enus and ask students what they like and tell them t...et out their calculators and we have fun seeing how ...timate Cheeseburger, then add fries and an Oreo s...ow about the chili cheese fries," and this is a grea... 4. CHEESE BURGER and ...between a MacDonald's Ranch dressing vs a che...nd know how to look at the nutrition information a...be shouting out, "look up the Blizzard, or how ab...oduce your fast food poster project. 5. FAST FOOD POSTER ...ssignment. Before the lesson you will need to get fast... the lesson with links. **Explain posters**: -first they will decide if their group wants to analyze calories or fat -next they will fill out the worksheet listing foods in order from best (least amount of calories or fat) to worst (highest calories or fat on the menu) -tell them that after they fill out their worksheet they will compare two items or two meals showing Unhealthy versus healthier / this or that? (see sample on directions) **And be sure to save some examples after you have one class complete the posters so you can show it Next time!)** THEY MUST SHOW YOU THEIR COMPLETED WORKSHEET BEFORE YOU GIVE THEM A PIECE OF POSTER PAPER	

Art Projects:

Art Project Grading Rubric:

Student Name: _____ Date: _____

Give your art project the grade you believe it deserves according to this rubric.

Your Score:		A 4 points	B 3 points	C 2 points	D or F 1 point
___/4	Content Accuracy and Relevance	*Understanding of topic is very evident and message is very clear and positive.	Understanding is partially clear and message is somewhat clear and relevant.	Understanding is unclear or the message isn't clear or relevant.	Understanding is unclear and message is incorrect or negative.
___/4	Graphics: photos, pictures, and/or wording	*Graphics are very creatively displayed.	Graphics are somewhat creatively displayed.	Graphics are a bit creative.	Lacking creative graphics.
___/4	Attractiveness	*Looks really good in design, layout, and neatness.	Looks good in design, layout and neatness.	Is acceptably attractive though it may be a bit messy.	Is messy or poorly designed. seems time was not taken to complete it.
___/4	Grammar	*No grammatical mistakes. (Spelling)	Just one or two grammatical mistakes. (Spelling)	Several grammatical mistakes. (Spelling)	There are many grammatical mistakes. (Spelling)
___/	16/16 = A 15/16 = A- 14/16 = B 13/16 = B-	12/16= C 11/16 = D+ 10/16 = D- 9/16 = F			

Comments:

REMEMBER TO SITE YOUR SOURCE

~For the art projects in this curriculum so I have provided an "**Art Project Rubric**" in Lesson 5 (the first project) that the students can/should fill out. For the online versions, I included an "Art Rubric" after each art project assignment because it really raises the level of work done by students! They give themselves a grade and then you can see that and give them your grade as well. You will need to add these in to your print version, or delete these on the online version if you don't want to use the "Art Rubric." One other great way I use the student art is to make it a competition! Tell students you will choose the top 10 projects (or a certain # from each class) and each of those students will get 10 points of extra credit! In my classroom, I posted the winning names on the board with each art project and it was really fun, and students totally got into it! If your students are working online, you could send out the winners (and with their permission) with a picture of their project online!)

GRADING:

~Although the topics and assignments in this curriculum will lend themselves to some impactful, powerful conversations should you as the teacher want to have them, the curriculum is set up to be independent and student-driven, with contemplative reflections, and it needs very little input from the teacher.

~**Students can completely do this curriculum on their own without teacher instruction by simply following the curriculum directions and worksheets provided**

6. Worksheets! Here are a few examples:

MAIN MEALS:

Original Food Labels by: https://www.nutritionix.com/ **Edited to match U.S.D.A. food labels format. Added sugars data from:** https://www.fooducate.com

Costco Pizza:

Costco Hot Dog:

Nutrition Facts
1 serving per container
Serving Size 1 Slice
Amount per serving
Calories 760

	% Daily Value*
Total Fat 30g	46%
Saturated Fat 13g	65%
Trans Fat 1g	
Cholesterol 70mg	23%
Sodium 1740mg	72%
Total Carbohydrates 80g	27%
Dietary Fiber 7g	28%
Sugars 5g **Added Sugars Data Not Available**	
Protein 40g	

Nutrition Facts
Costco Hot Dog
1 serving per container
Serving Size 1 Hot Dog (120 g)
Amount per serving
Calories 316

	% Daily Value*
Total Fat 16g	25%
Saturated Fat 6g	30%
Trans Fat 0g	
Polyunsaturated Fat 1.4g	
Monounsaturated Fat 6.7g	
Cholesterol 28mg	9%
Sodium 871mg	36%
Potassium 228mg	7%

Burger Master Fish and Chips (2 fish):

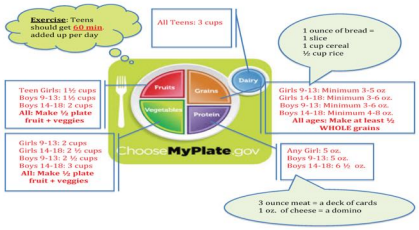
Kraft Mac n' Cheese:

Nutrition Facts
1 serving per container
Serving Size 2 Pieces
Amount per serving
Calories 813

	% Daily Value*
Total Fat 49.3g	76%
Satura	
Trans	
Choleste	
Sodium	
Total Ca	
Dietary	
Sugars	
Protein 3	

Nutrition Facts
Kraft Mac N Cheese
3 servings per container
Serving Size 1 Cup (198 g)
Calories 376

	% Daily Value*
Total Fat 16g	25%
	18%
rg	
.3g	
	2%
	28%
	7%



http://www.choosemyplate.gov

Nutrition Facts
12 servings per container
Serving size 1 bar (68g)
Amount per serving
Calories 250

	% Daily Value*
Total Fat 5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 44g	16%
Dietary Fiber 4g	15%
Insoluble Fiber 3g	
Total Sugars 22g	
Includes 20g Added Sugars	40%
Protein 9g	17%
Vitamin D 2mcg	8%
Calcium 203mg	15%
Iron 2mg	10%

6. Name: _____ **Date:** _____
Food Label Worksheet

1. Look at servings per container - Look at Serving size -
3. Look at Calories -
4. Look at Total Fat -
5. 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%
um 105mg	8%
mg	6%
ium 188mg	4%

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 %

x - the product must have fat and sugar in it:

t here: _____

18. Healthy Eating for Life Survey

Name: _____ **Date:** _____

Everyone has different negative eating habits, so losing weight or eating healthier is a very individual task. There's no need to "go on a diet," simply take small steps towards changing your eating habits for life! Circle any statements you feel are a problem for you.

WHAT I EAT (or don't eat!):

- I eat too much fast food
- I don't eat enough fruit
- I eat too much junk food
- I eat too much fat
- I do too much munching between meals
- I eat too many sweets
- I obsess too much about what I eat
- I don't take vitamins or minerals
- I drink too much fattening alcohol!
- I eat out of the bag/container too often
- I munch instead of eating regular meals
- I get too many calories from drinks (lattes, mochas, juice, pop, alcohol)
- I don't eat enough dairy
- I don't eat enough vegetables
- I don't drink enough water
- I never read food labels
- I don't eat enough variety
- I drink too much pop
- I eat too much sodium (salt)
- I eat too much when I bake/cook

WHEN I EAT (or don't eat!):

- I eat too much on the weekends
- I eat too much late at night
- I get up at night when I can't sleep and eat!
- ıge
- ather than have snacks to curb my appetite

t eat!):

- or on the couch
- ı I eat out at a restaurant or movie theater, etc.
- I skip breakfast
- I skip meals
- I eat on the run
- I eat in the car
- I won't eat in front of people

ıt!):

- em to be "starving"
- the day anyway...
- I eat to reward myself
- I can't control my eating
- I eat when I'm depressed

Product/Category Name of the 5 that have the highest amount of **Caffeine** per Container?	Mg. of Caffeine:	Product/Category Name of the 5 that have the highest amount of **Sugar** per Container?	Grams of Sugar:
Energy Drinks Name:		**Energy Drinks Name:**	
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	
Energy Shots Name:		**Energy Shots Name:**	
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	
Soda Pop Name:		**Soda Pop Name:**	
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	
Coffee Name:		**Coffee Name:**	
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	
Tea Name:		**Tea Name:**	
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	

TOP 2 DRINK CONTAINERS (BESIDES COFFEE SECTION!) WITH THE HIGHEST MG. of CAFFEINE?:

TOP 3 DRINK CONTAINERS WITH THE HIGHEST GRAMS OF SUGAR?:

How Do the Drinks You Like Compare? (look up 3 drinks you and/or your partner like):	List the Caffeine in the containers of each of the drinks you like	List the sugar in each of the containers of drinks you like:
1.		
2.		
3.		

Health Condition:	"x" if I have	Name of Family Member(s) Who Had or Have and Their Relationship to Me:	Age Family Member Was When they Got it /Age of Death if They are Deceased:	Research at least one health issue in your family. Use reliable websites such as .gov's, .edus or .orgs. Try www.cdc.gov.
DON'T TURN IN THIS PAGE-IT'S PERSONAL. YOU WILL GET POINTS FOR THE SIGNATURE. CUT THAT SMALL PART OFF AND ONLY TURN IT IN.				**Optional:** Use this space to list warning signs, symptoms, and precautions for all your family's medical issues:
Alzheimer's Disease				
Arthritis				
Asthma/Allergies				
Breast Cancer				
Ovarian Cancer				

7.

The Whole Student Program is on 154 GOOGLE SLIDES

LOW PREP!

8. Here are some Examples Unit Lessons:


ADVERTISEMENT

AMAZING: Unflavored Apple Cider Vinegar Capsules.

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-eliminating virtues, it is actually believed to be the most natural fat eater of all time. This recently rediscovered mysterious liquid weight-loss substance is now available as weight-loss capsules with incredible life changing results.

A Simple Yet Brilliant 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 then 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 development of new fat cells. They actually reverse the weight gaining process 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, butt and thighs in a very brief period of time.

Frequently Asked Questions:

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 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.

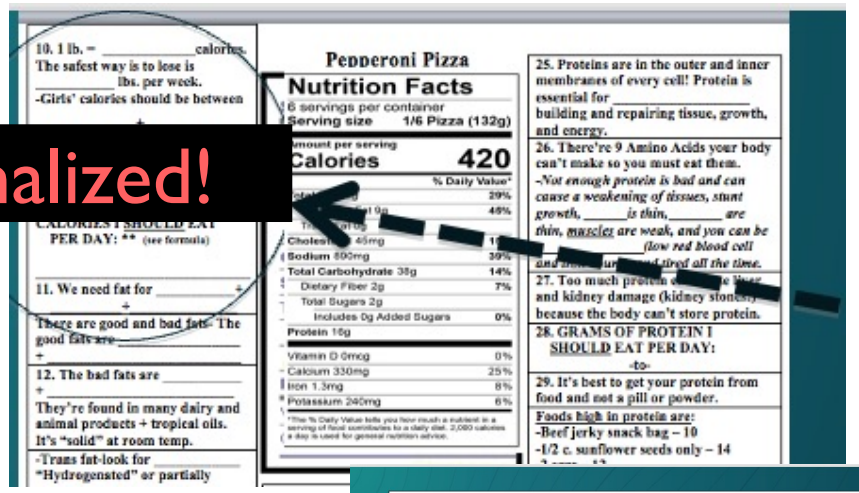
Do Apple Cider


"Losing 31 pounds was *so easy* with Hydroxycut!"*

Last 31 lbs!

www.hydroxycut.com

Be aware of fad Diets!


10. 1 lb. = _____ calories.
The safest way is to lose is _____ lbs. per week.
-Girls' calories should be between

PER DAY: ** (see formula)

11. We need fat for _____

There are good and bad fats- The good fats are _____

12. The bad fats are _____

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

-Trans fat-look for "Hydrogenated" or partially

Personalized!

Pepperoni Pizza

Nutrition Facts

6 servings per container
Serving size 1/6 Pizza (132g)

Amount per serving
Calories 420

	% Daily Value*
	29%
	46%
Cholesterol 45mg	
Sodium 800mg	35%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 330mg	25%
Iron 1.3mg	8%
Potassium 240mg	6%

*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.

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 _____ (low red blood cell and _____ tired all the time.

27. Too much protein _____ 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

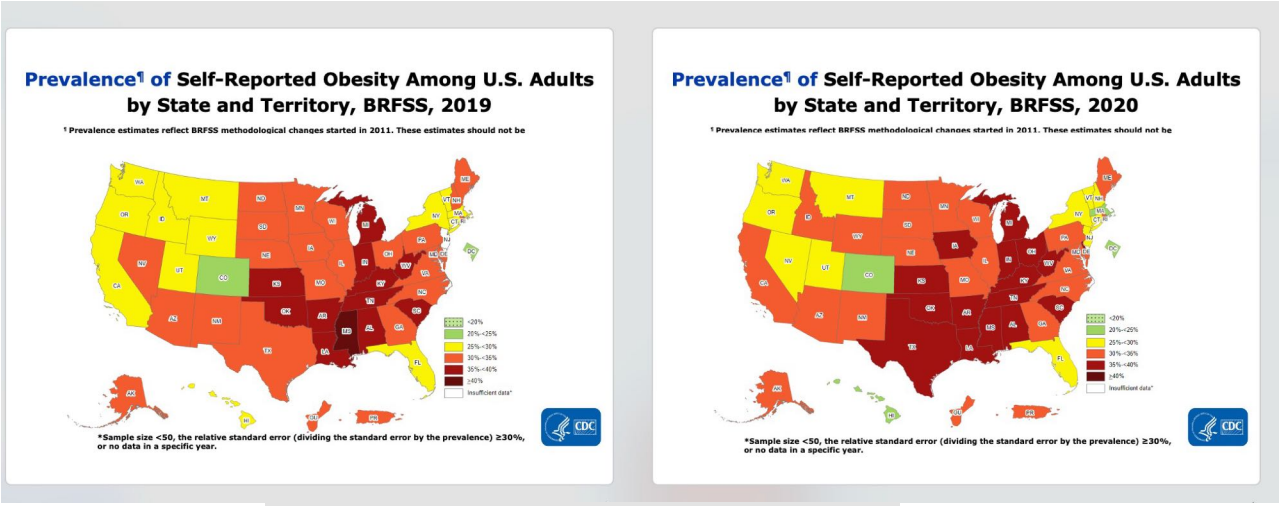
What is the difference between "diet healthy"?

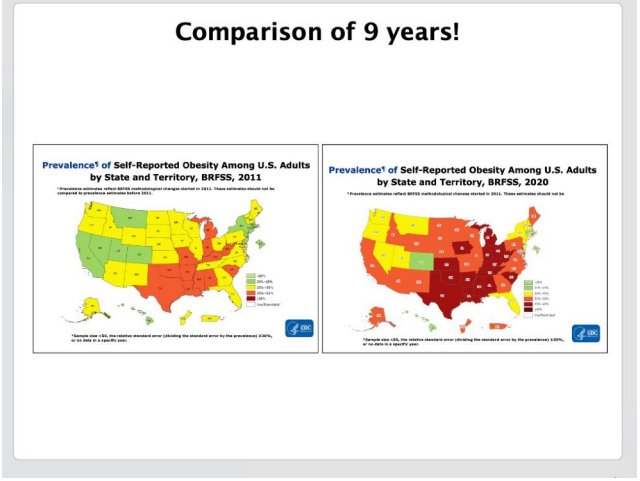
- Most diets have too few _____ metabolism slows down
- You feel deprived, or lose it just for some event, or it up long-term
- If you lose weight too fast, you'll _____ it tissue, but gain back fat)
- Many diets don't have you eat a balanced diet (eatin
- If you don't look at your behaviors and why you gain change those problems, you will end up repeating tho back 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!

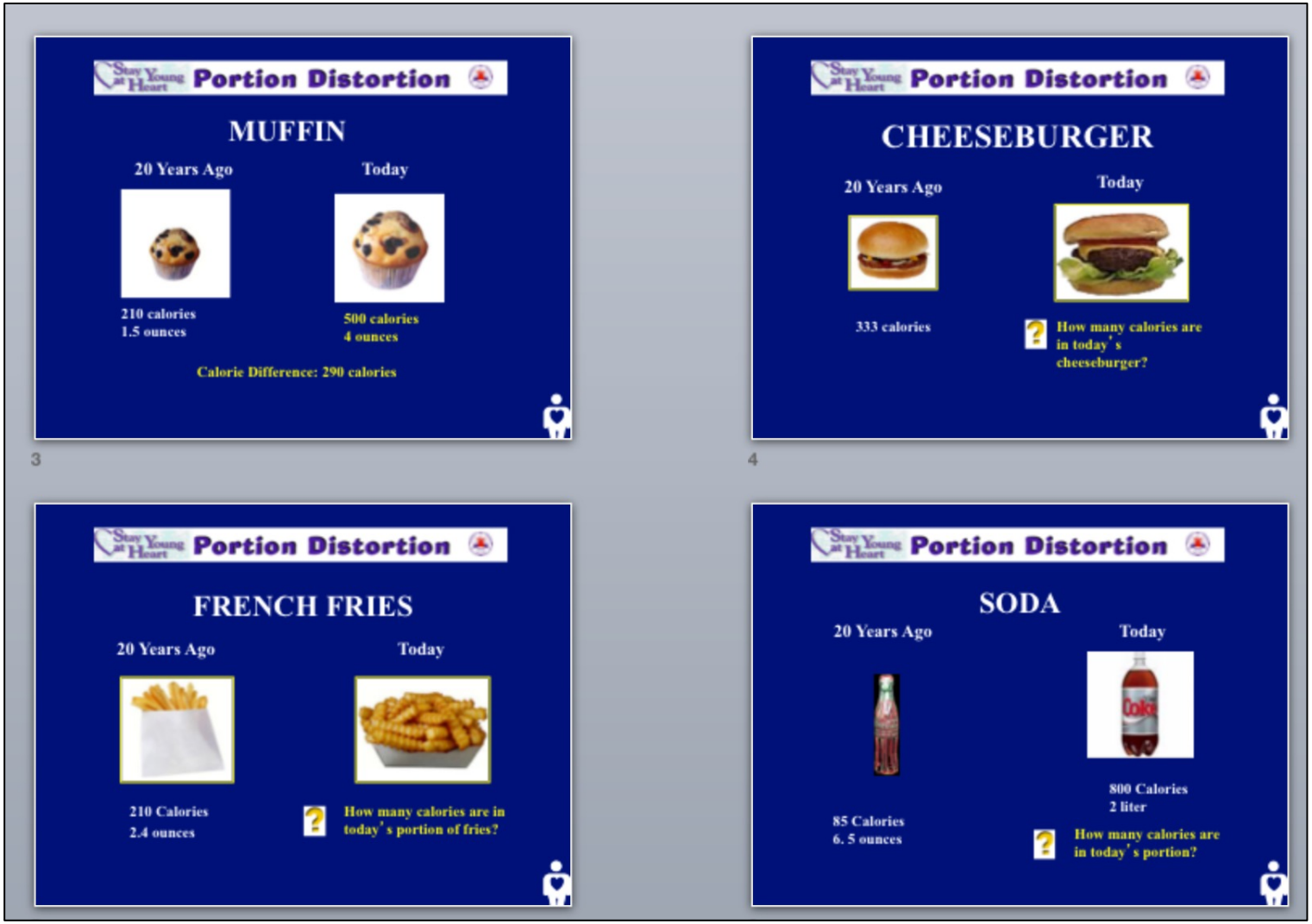
Link to: "Obesity in the U.S." PowerPoint:





39 total slides

Link to: "Portion Distortion" PowerPoint:



14 total slides

Here are some Examples Unit Lessons:

Simply Sea Salt Microwave

Nutrition Facts

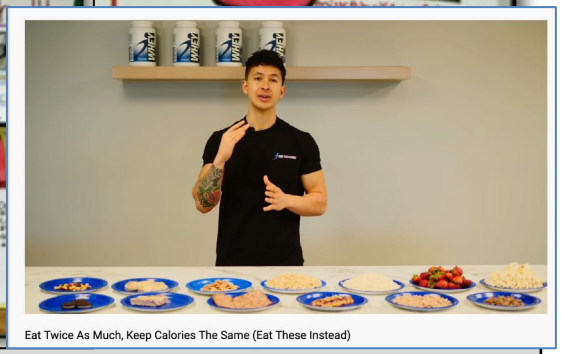
About 3 servings per bag.
About 9 servings per container.
Serving size 2 tbsp (33g) unpopped (makes about 3 cups popped)

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 21g	**7%**
Dietary Fiber 4g	**16%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 1mg	4%
Potassium 73mg	2%

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%**

A STUDENT FAVORITE!

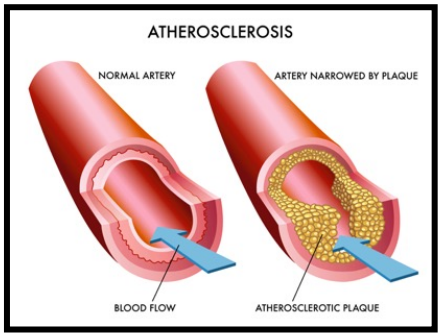


NEW USDA Labels!

- Understanding how calories relate to weight loss or gain.
- ♦Formula - How many calories do I need per day for my age?
- 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?

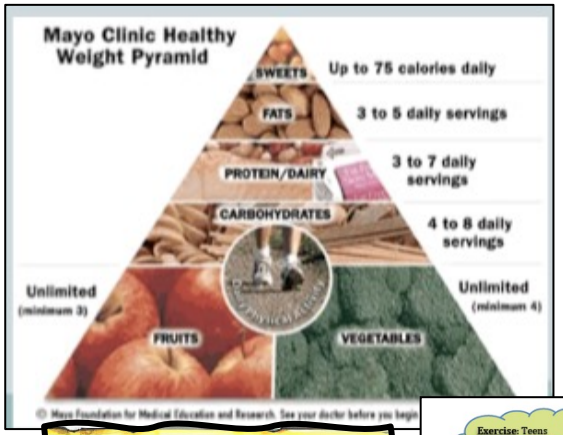
Program is personalized for each student!

Here are some Examples Unit Lessons:

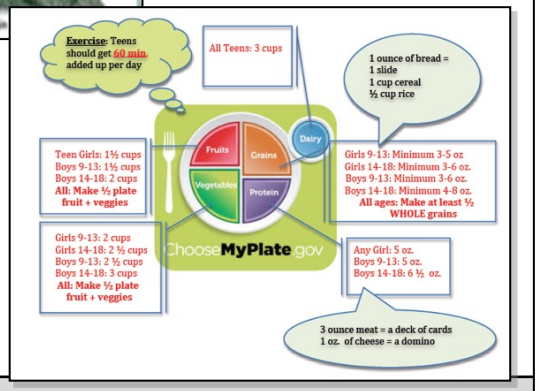


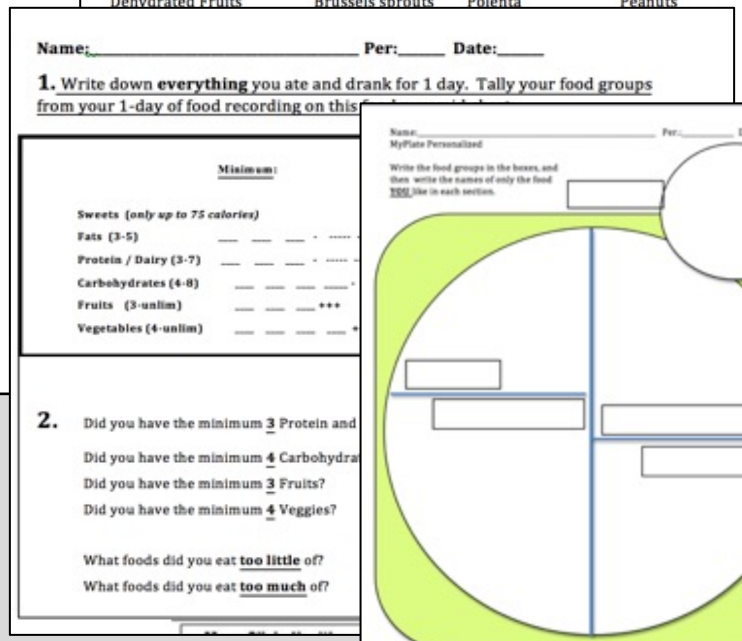
Label lists 3 Fat grams, but if you MAKE IT it's really 15 gr. x 6 servings = 90 Fat gr.!!

- What is cholesterol?
- ♦Formula- How much cholesterol do I need?
- Carbohydrates: the good (whole grains) and the bad (sugar and white flour)
- ♦Formula - How many carbohydrates do I need per day?
- ♦Formula- What should my limit on sugar be per day?
- Food container deception!



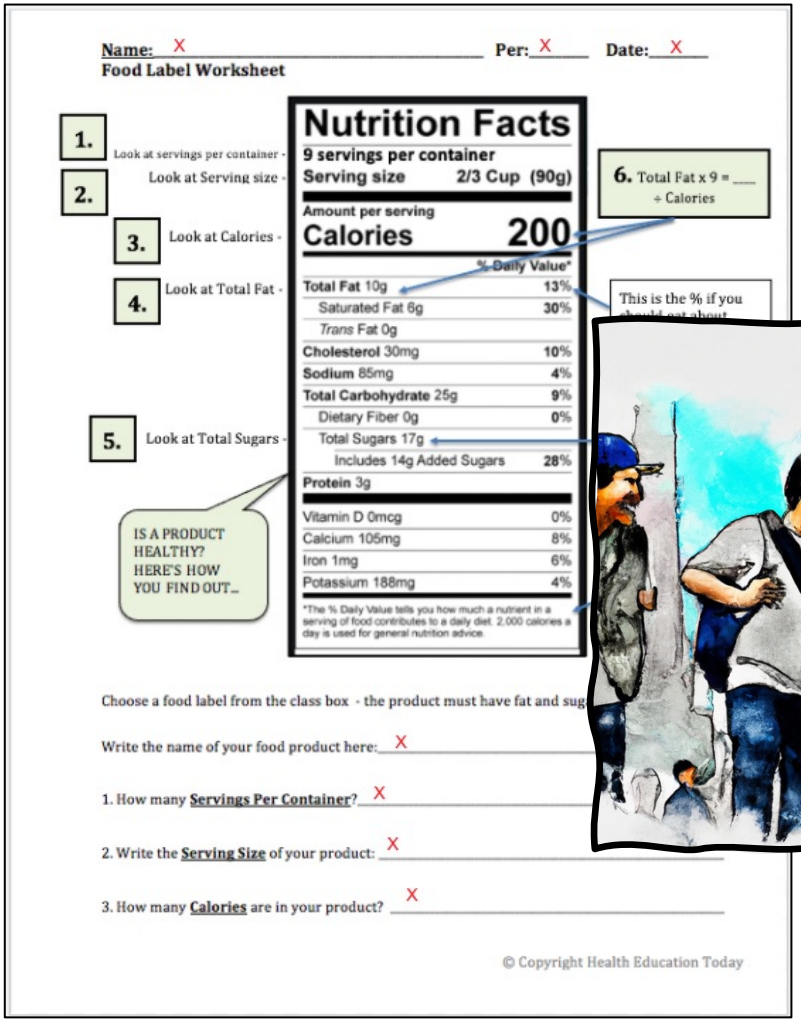
Fruits:	Vegetables:	Grains:	Dairy/Protein:
Avocados	Asparagus	Crackers	Milk
Bananas	Corn	Chips	Choc. milk
Apples	Carrots	Tortillas	Yogurt
Canned Apricots	Green Beans	Bread	Ice-cream
Canned Fruit	Green Peas	Rolls	Frozen yogurt
Grapefruit	Beets	Pancakes	Almonds
Mandarin Oranges	Sweet Corn	Waffles	Cheese
Mangoes	Tomatoes	French toast	Fruit smoothie
Peaches	onions	Bagels	Fish, sushi, shrimp
Pomegranate	Mushrooms	Pasta	Eggs
Pears	Cucumbers	Oatmeal	Fish-salmon,
Cherries	Olives	Quinoa	Halibut, cod
Pineapple	Broccoli	cream of wheat	Chicken
Plums	Spinach	Cereals	Hamburger
Rasp+ blk. berries	Cauliflower	Graham crack.	Steak
Strawberries	Corn on cob	English muff	Chili beans
Tropical Fruit Salad	Lettuce	Rice	Refried beans
Dehydrated Fruits	Brussels sprouts	Polenta	Peanuts





- The MAYO Clinic Food Guide Pyramid
- The USDA MyPlate Program
- Personal food records tally
- The importance of water!
- "Extra Credit -Drinking Water"
- Why eating balanced is important, and knowing if a typical day of meals for me meet the healthy standards?

Food Label Reading:



NEW USDA Labels!

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

Food Label Scavenger Hunt:

How many packets of Instant Oatmeal could I eat + still have fewer calories than the Cinnabon?: ***HINT:** Put Cinnabon **Calories** into your calculator and divide by **Calories** in 1 packet of Oatmeal)*	27
Let's compare bacon and sausage.	28 29
We should get some **Carbohydrates** for energy in the morning-would a PopTart be a good source? ***Hint for #30:** put **Sugars** into your calculator and divide by **Total Carbs**): %*	**30** 31 **H**
PURPLE – DESS	
How many **Calories** less is Ben & Jerry's Frozen Yogurt compared to B & J's Peanut Butter Cup?	32 33 Ci
How much **Total Fat** do the Cherry Twizzlers have? People often think food with no fat is automatically good for them, but if I love Twizzlers and I eat 20 of them, how many **Calories** will I eat?	34 35
When I start eating Oreos, I can't stop!. If I eat 12 cookies, how many **Calories and Total Fat** will I eat? ***HINT**: 3 cookies is one serving, so multiply by 4…*	36 37
I'm deciding between a Snickers and piece of Cheese Cake. Which one has fewer calories?	38
Which of the all the desserts has the highest number of **Calories**?	39
BROWN – SNA	
I'm deciding between Dannon Light Yogurt and Dannon Regular Strawberry, both are 6 oz. Which one should I choose? Give 2 reasons.	40 41 42

BLACK – BEVERAGES			
	18. Which has more **Calories**: X	19. Which has: more **Sugar**? X	20. Which has more: **Sodium**? X
es is **SUGAR**! How many colate Shake? ivide by 4	21X tsp.		
of the following foods?: closest whole number)	22. Caramel Frappuccino: X	23. Orange Juice: X	24. Coca Cola: X
			25.Orange Soda: X
ORANGE – BREAKFAST			
put **Calories from Fat** into	26. Circle: Blueberry Muffin or Glazed Doughnut		

Lasagna:

Nutrition Facts
Lasagna
4 servings per container
Serving Size 1.5 cups (385 g)
Amount per serving
Calories 602

	% Daily Value
Total Fat 32g	49%
Saturated Fat 15g	75%
Trans Fat 0.3g	
Polyunsaturated Fat 2.6g	
Monounsaturated Fat 11g	
Cholesterol 166mg	55%
Sodium 1576mg	66%
Potassium 1041mg	30%
Total Carbohydrates 35g	12%
Dietary Fiber 3.9g	16%
Sugars 11g	
Protein 44g	

Croissan'wich

Nutrition Facts
Croissanwich
1 serving per container
Serving Size 1 Croissan'wich (127 g)
Amount per serving
Calories 386

	% Daily Value
Total Fat 25g	38%
Saturated Fat 14g	70%
Polyunsaturated Fat 1.4g	
Monounsaturated Fat 7.5g	
Cholesterol 216mg	72%
Sodium 551mg	23%
Potassium 174mg	5%
Total Carbohydrates 29g	10%
Protein 13g	

McDonald's Artisan Grilled Chicken

Nutrition Facts
1 serving per container
Serving Size 1 Sandwich (204 g)
Amount per serving
Calories 380

	% Daily Value
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1120mg	47%
Total Carbohydrates 45g	15%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 36g	

Cowboy Chicken Crispy Chicken Sandwich:

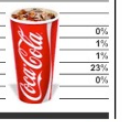
Nutrition Facts
1 serving per container
Serving Size 1 Sandwich (10.6 oz.)
Amount per serving
Calories 760

	% Daily Value
Total Fat 37g	57%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 1370mg	57%
Total Carbohydrates 64g	21%
Dietary Fiber 1g	4%
Sugars 20g	
Protein 37g	

Large Coke:

Nutrition Facts
Coke
1 serving per container
Serving Size 22 fl oz (675 g)
Amount per serving
Calories 284

	% Daily Value
Total Fat 1.7g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Potassium 34mg	1%
Total Carbohydrates 70g	23%
Dietary Fiber 0g	0%
Sugars 67g	
Protein 0g	



Large Mountain Dew:

Nutrition Facts
Mountain Dew
1 serving per container
Serving Size 22 fl oz (660 g)
Amount per serving
Calories 308

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 116.6mg	5%
Potassium 13mg	0%
Total Carbohydrates 83.6g	28%
Dietary Fiber 0g	0%
Sugars 83.6g	
Protein 0g	

16 Ounces of Whole Milk:

16 ounces of low fat - 2% Milk:

Nutrition Facts
4 servings per container
Serving Size 2 cups
Amount per serving
Calories 320

	% Daily Value
Total Fat 20g	31%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 250mg	10%
Total Carbohydrates 30g	10%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 20g	

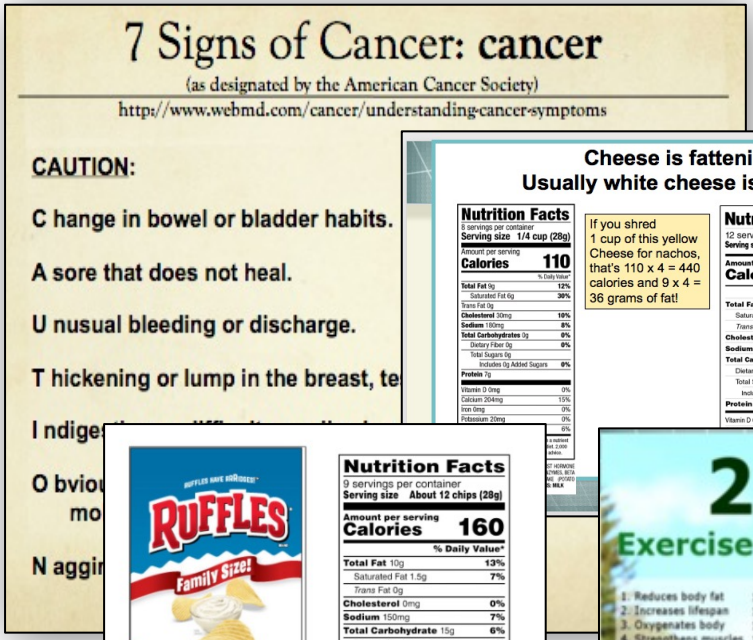
Nutrition Facts
Reduced Fat Milk
4 servings per container
Serving Size 2 cups (488 g)
Amount per serving
Calories 244

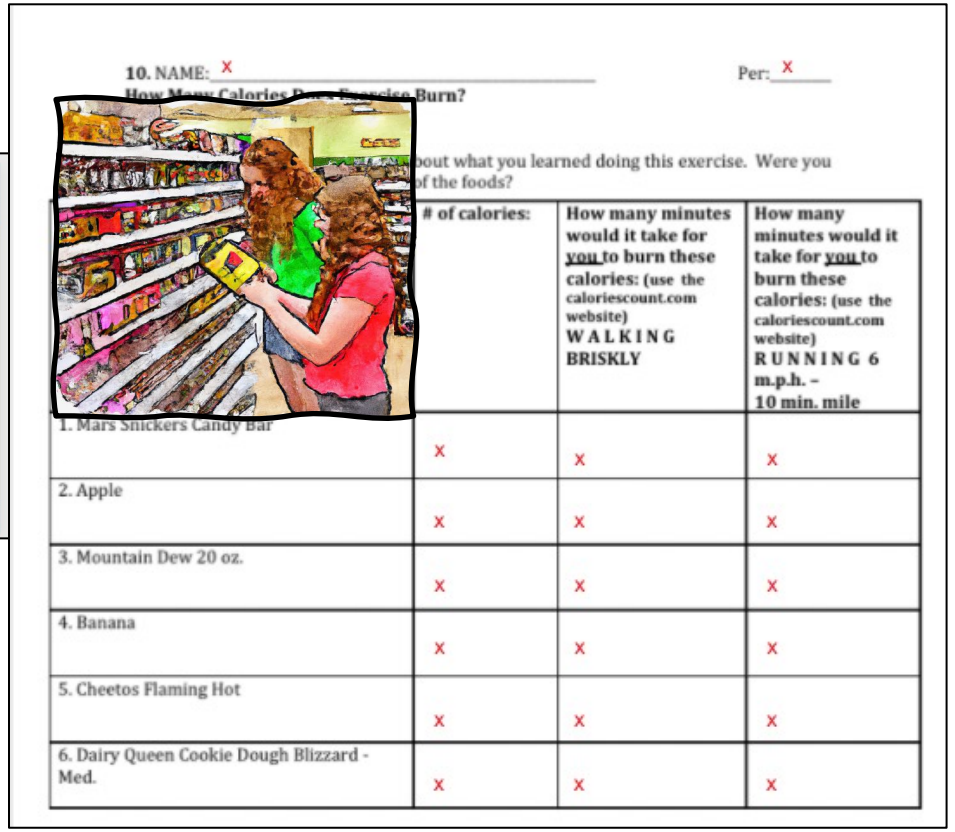
	% Daily Value
Total Fat 9.7g	15%
Saturated Fat 6.1g	31%
Trans Fat 0.4g	
Polyunsaturated Fat 0.4g	
Monounsaturated Fat 2.7g	
Cholesterol 39mg	13%
Sodium 229mg	10%
Potassium 683mg	20%
Total Carbohydrates 23g	8%
Dietary Fiber 0g	0%
Sugars 25g	
Protein 16g	

They will be able to read food labels with confidence!

- "Food Label Scavenger Hunt"
- Have students walking around the room reading food labels

Protein, Fat, Cancer, Exercise:





24. Protein grams you should eat per day[9]:

weight / 2.2 x .8=__gr. - weight / 2.2 x 2= __ gr.

lowest to highest

- ♦Formula- Protein: How much do I need?
- What does protein do for the body?
- Should I take a protein supplement?
- ♦Formula - Iron, sodium, and sodium: Their importance and how much do I need of each?

Energy Drinks:

Name(s): _____ Date:_____

Energy Drinks Worksheet

Resources Used: https://www.caffeineinformer.com/the-caffeine-database
https://www.caffeineinformer.com/sugar-in-drinks

1. Using the "Caffeine Content of Drinks" online chart, find the 5 drinks that have the **most caffeine** in each of the categories below.
Click on the category first,
then IF YOU CLICK ON THE "Caffeine (mg)" column heading, they will sort from highest to lowest!

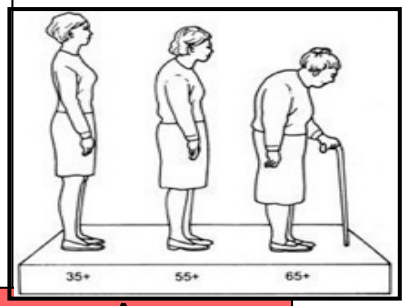
Record your findings on the blank table below.

Drink	fl oz	Caffeine (mg)	mg/ floz
Performance Caffeine	2	180	90.0

NOTE: Although this activity will help you see how many milligrams are in individual containers (and most teens will drink the whole container) but do realize that some smaller containers might actually have stronger mg per fluid oz, but the container just doesn't hold as much!

You can also click on the title to see more details about the drink:

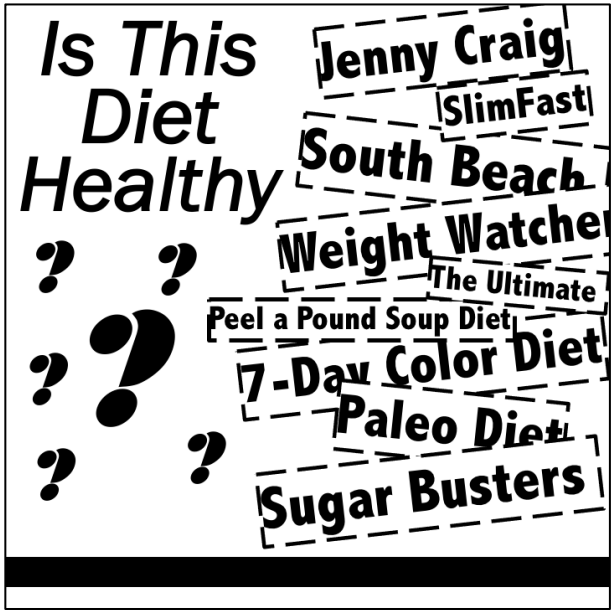
BOTTOMLINE: Doses of caffeine greater than 400 mg per day can elicit mild to severe caffeine overdose symptoms in adults. This can occur with much smaller doses in children/teens or those with underlying heart conditions. While the safe amount of caffeine can vary based on a person's tolerance, sensitivity, weight, age and health history there are some established guidelines recognized by health authorities:



A STUDENT FAVORITE!

- The importance of calcium for teens
- Formula- "'How Much Calcium do I Need Daily?' Workshee
- "The Dangers of Energy Drinks" Activity
- Energy drink dangers videos

Emotions and Eating Disordered Eating:



Do I Have an Eating Disorder?

EMOTIONS AND EATING SURVEY

Read the following statements. In front of each statement on the line, write a score of 0-4, according to how you usually feel. Then total your score and look to see what your total score means.

4 - very frequently...almost every to every other day
3 - often...one to three times per week
2 - occasionally...two to three times per month
1 - seldom...one to four times a month
0 - never...not at all

_____1. I eat when I am bored or depressed.
_____2. I eat when I have trouble sleeping.
_____3. I eat foods that I know are "bad" for me.
_____4. I prefer to eat alone.
_____5. I feel embarrassed when I eat with others.
_____6. My parents have sweets around the house and they encourage me to eat them.
_____7. I am afraid that I will gain weight, and I worry about it.

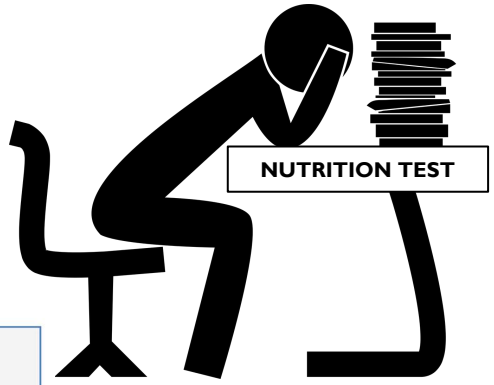
Analyzing Fad Diets FACTS:

- Successful weight loss is defined as losing weight **and keeping it off for at least five years.**
- This can be accomplished by making positive changes to **both eating habits and physical activity patterns**.
- Fad diets will not result in long-term weight loss because these diets do not promote healthy and **sustainable** diet and lifestyle habits."

12

- Understanding eating disorders
- "Eating Disorders Self-Survey"
- "Emotions and Eating Survey"
- Understanding the symptoms of anorexia and bulimia.
- Eating disorders videos
-"Is This Diet Healthy?"

Unit Test:



37-40. Food Label Reading: Use the food label to answer the questions:

Nutrition Facts

9 servings per container
Serving size About 12 chips (28g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 1.5g	**7%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**7%**
Total Carbohydrate 15g	**6%**
Dietary Fiber 1g	**5%**
Total Sugars less than 1g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.6mg	2%
Potassium 350mg	6%
Vitamin C	6%

Not a significant source of added sugars.

* 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.

37. _____How many total fat grams are in one serving?
38. _____How many fat grams will I eat if I eat the whole container?
39. _____What is this food's percent of fat? (Hint: Total Fat x 9 divided by total calories)
40. _____What is the top percent of your total daily calories that should come from fat? (Hint: No more than _____ %)

Nutrition Test - KEY

Multiple Choice:

c. a nutrient in food
d. the oxygen count of food

lose 1 lb.?

c. 35
d. 3500

c. 1 - 2 lbs. per week
d. 2 -3 lbs. per week

__D__4. Name a food high in fat
__C__5. Name a food high in salt
__K__6. The definition for anorexia
__I__7. Which are the "good" carbohydrates?
__J__8. Name a food high in sugar
__B__9. The definition for bulimia
__A__10. One of the worst kinds of fat
__H__11. Lack of calcium can cause

A. saturated
B. eats and then makes sel
exercises or
C. soy sauce
D. Salad dressing
E. simple carbohydrates
F. overeats and gains weig
G. unsaturated
H. osteoporosis

- Nutrition Unit Assessment
- Optional videos
- "Health and Fitness Career" research and assignment

9. 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 lesson challenges and touches the lives of teens!

10. 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 nutritional info

11.

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.

Works Cited:

Owl and Yosemite Photos by me.

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