

Thanks for Previewing!

Health Education Today

Nutrition Unit for
Middle/Jr. High School

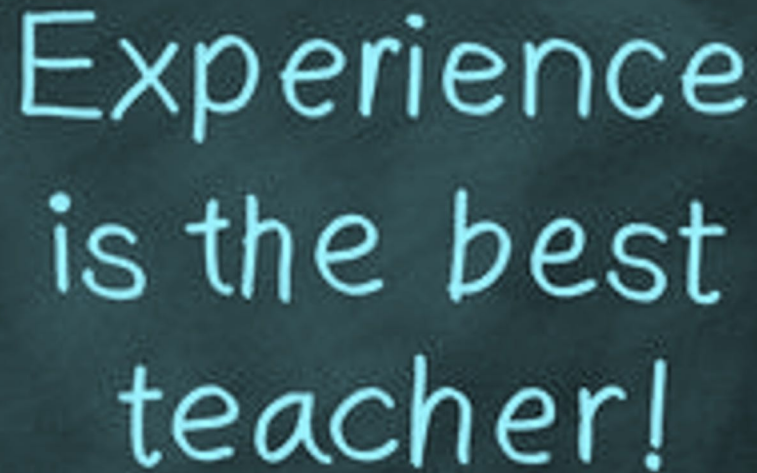


Nutrition Unit
For Middle/Jr. High School Health



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!

Standards are at the Beginning of Each Lesson:

Washington State Standards

Common Core Standards

Content Learning Target

Optional: Lesson Assessment

Day 1: MyPlate Food Groups

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<p>WA State 7th Grade Standards Met:</p> <ul style="list-style-type: none"> -Assess personal health behaviors in relation to dimensions of health. H1.W1.7 -Classify foods by food groups and nutrients. H1.N1.7a Summarize benefits of eating a variety of food from all food groups. H1.N1.7b -Determine availability of valid and reliable nutrition information, products, and services. H3.N1.7 -Demonstrate how to use Nutrition Facts labels to make healthier choices. H1.N1.7b -Demonstrate how to calculate nutritional value based on serving sizes. H1.N1.7b 	<p>My State Standards Met:</p>										
<p>National (By 8th Grade) Standards Met 1, 2, 3, 4, 5, 6, 7, 8</p> <p>6-8th Common Core Standards Met: Reading 3, 4, / Writing 9</p>											
<p>Materials Needed:</p>											
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Your Own State Standards

National Health Standards

Materials Needed

Behavioral Learning Target

1. LEVEL 2 INFORMATIONAL SLIDE: This is for teacher information.

2+3. UNIT TITLE AND DAY 1 TITLE: These are place markers.

4. INTRO: Discuss the 6 essential nutrients. Here is a website to help you:
<https://www.medicalnewstoday.com/articles/326132>

5+6. 2 VIDEOS: This is a fun way to help your students learn more about the MyPlate program!
 Here are two very different types of songs about MyPlate! These are both older videos, but favorites since they make MyPlate fun!

"Choose My Plate: A Lyrical Rendition" (4 min.)
<https://www.youtube.com/watch?v=NjwuzOCuM24>

PowerPoints Lead You Through the Lessons...

Day 1: MyPlate Food Groups

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- Assess personal health behaviors in relation to dimensions of health. H1.W1.7
- Classify foods by food groups and nutrients. H1.N1.7a
- Summarize benefits of eating a variety of food from all food groups. H1.N1.7b
- Determine availability of valid and reliable nutrition information, products, and services. H3.N1.7
- Demonstrate how to use Nutrition Facts labels to make healthier choices. H1.N1.7b
- Demonstrate how to calculate nutritional value based on serving sizes. H1.N1.7b

My State Standards Met:

National (By 8th Grade) Standards Met 1, 2, 3, 4, 5, 6, 7, 8

6-8th Common Core Standards Met: Reading 3, 4, / **Writing** 9

Materials Needed:

PowerPoint	-Level 1+2 PowerPoint	-It's in the main folder
Printed Materials	-"Food Group Clipart to Cut Out"	-Print 1 for each student Remember-all files are online! See Day 1 for links.
Other Materials	-Paper, preferably card stock -Scissors, glue or tape	
Learning Target	Content: I will learn the correct amounts on to eat from all food groups.	Behavioral: I will try to eat the correct amounts of the food groups.
Assessment	-"MyPlate Project" will be graded.	

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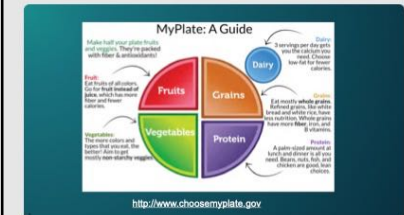
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5



6

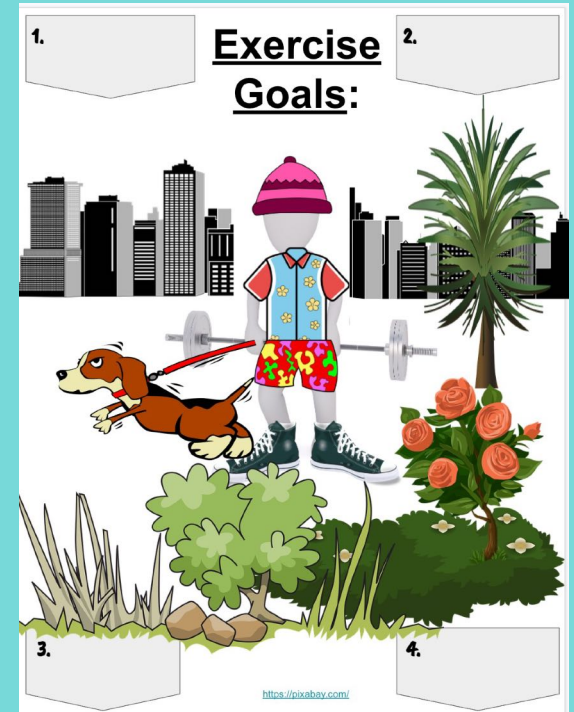
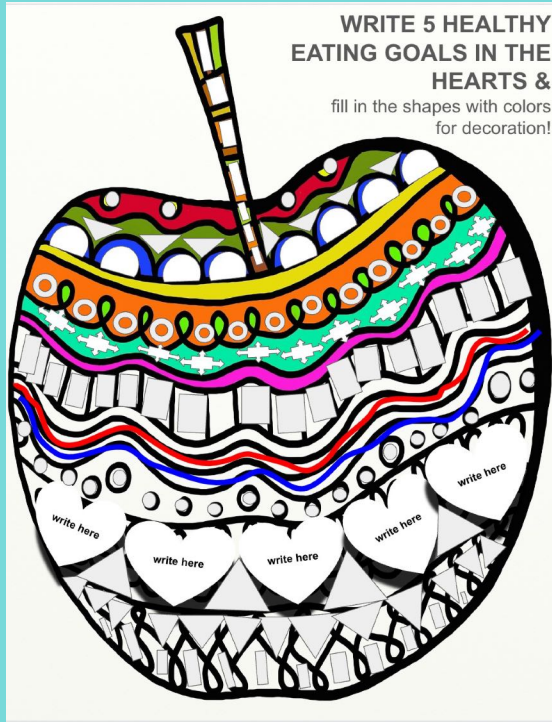


7



Middle Nutrition Unit Google Slides:

Fun “Apple Healthy Eating” and “Exercise” Goals!



Now School PowerPoints are on GOOGLE SLIDES too!



3 Beautiful New PowerPoint Backgrounds and Photos!

Level 1

Nutrition Unit L1
Learning to Eat Healthy for Life

Look at where the ingredient list things are. It goes from most to least!

The bad fats are **trans fat** + **saturated**. They're found in many dairy and animal products + tropical oils. It's "solid" at room temp.

-Trans fat-look for the word "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 **self-esteem**.

Level 2

7 Day 7: More on Cancer and Exercise

INTRO: "Is being weight or eating habits on your mind these days? There's no shortage of weight loss diets grasping for your attention. And no really, a diet most likely the good and bad will help you find pounds in the short term. The difference is whether they'll help you keep them off, and the answer is, unfortunately, that you can stick with it for life. Usually, fad diets that cut out entire food groups, heavily restrict or impose strict rules for eating (like keto) are likely out, unless they've been recommended to you for medical reasons by your healthcare team."

9/10 Day 9 + 10: Analyzing Diets

ON THE NEXT SLIDES ARE SOME EXAMPLES OF "FAD" DIETS:

■ YOU CAN CHOOSE TO RESEARCH ONE OF THESE DIETS TO SEE WHY THEY ARE LISTED AS A "FAD" AND LEARN WHY THEY ARE EITHER SOMEWHAT OR VERY UNHEALTHY.

-FAD DIETS-

97

98

99

100

TYPES OF FAD DIETS:

- CONTROLLED CARBOHYDRATES
 - Dr. Atkins' New Diet Revolution
 - Whole30
 - Sugar Busters
 - The Zone
 - Dukan Diet
 - South Beach
 - Carnivore
 - Keto (high fat)

TYPES OF FAD DIETS:

- HIGH CARBOHYDRATE/LOW FAT:
 - Dr. Dean Ornish: Eat More, Weigh Less
 - The Good Carbohydrate Revolution
 - The Pritikin Principle

TYPES OF FAD DIETS:

- CONTROLLED PORTION SIZES
 - Dr. Shapiro's Picture Perfect Weight Loss
 - Volumetrics Weight-Control Plan

Optional: SHARE OUT FAD DIETS

Level 3

Nutrition Unit Level 3 Part 2

7 Day 7: Food Label Reading Part 2

How to Read a Food Label: Part 2

Just a bit more practice...

■ Is this product healthy for TOTAL FAT?

Pair Share

Discuss with your partner: There are a lot of pressures to be thin or to look a certain way in our society... Where are all these pressures to be "perfect" coming from?

Dangers from eating disorders

- low potassium: - can stop your heart
- can starve to death
- osteoporosis: bone disease
- serial problems

A Good Website

Andrew and Rubina - How Friends and Family Can Help

Our Dearest Fears

What are those of the biggest fears that someone with eating disorder need to face in order to recover from their eating disorder?

Listening to the Heart (with Anissa)

Eating Disorder "Practicing" Your Home

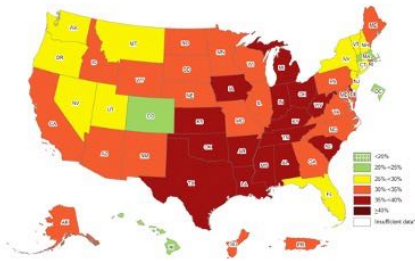
How Can I Stop FODDS?

11 Day 11: Nutrition Card Game Test Review

Also: “Obesity in the U.S.” PowerPoint:

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

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

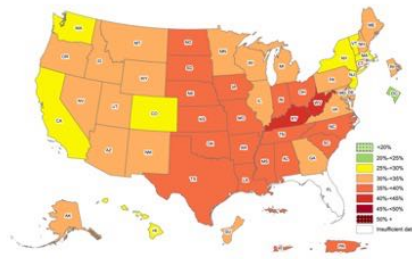


*Sample size <50, the relative standard error (dividing the standard error by the prevalence) ≥30%, or no data in a specific year.



Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2021

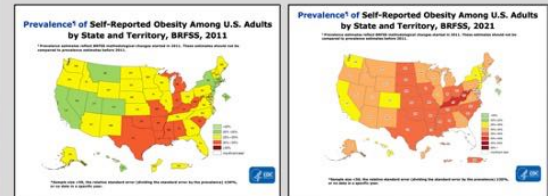
¹Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.



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



Comparison of 10 years!



39 total slides

“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

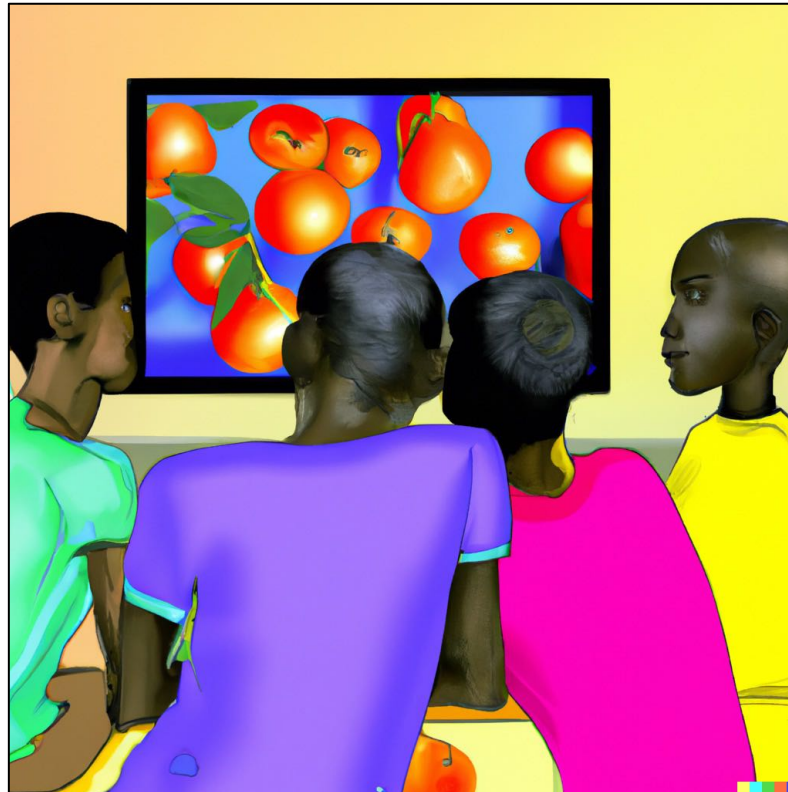
 How many calories are in today's portion?



14 total slides

Here are the Lessons Included:

- These lessons can also be mixed and matched to meet **YOUR** teaching line!



Level I: Intro to Nutrition-Best and Worst Foods:



Nutrition Facts
Serving Size 2 bars (42g)
Servings Per Container 6

Amount Per Serving	2 bars	1 bar
Calories	180	100
Calories from Fat	60	30
	% 20*	% 20*
Total Fat	7g 11%	3.5g 8%
Saturated Fat	1g 4%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	180mg 7%	90mg 4%
Total Carbohydrate	29g 10%	15g 8%
Dietary Fiber	2g 8%	1g 4%
Sugars	11g	6g
Protein	3g	2g
Iron	4%	2%

Ingredients: Whole Grain Oats, Sugar, Canola Oil, Rice Flour, Honey, Salt, Brown Sugar Syrup, Baking Soda, Soy Lecithin, Natural Flavor. **CONTAINS SOY; MAY CONTAIN PEANUT, ALMOND AND PECAN INGREDIENTS.**
DIST. BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA
© General Mills 3307623108
[Carbohydrate Choices: 2]

INGREDIENTS: IDAHO® POTATOES (A BLEND OF RUSSET AND RE MALTODEXTRIN, PARMESAN CHEESE BLEND ((PARTIALLY SKIMM CULTURE, SALT, ENZYMES), SODIUM PHOSPHATE, SALT, LACTIC A (CONTAINS ONE OR MORE OF THE FOLLOWING: COCONUT, SOYBE SUNFLOWER, CANOLA), SALT, CORN SYRUP SOLIDS, SUGAR, MO SODIUM CASEINATE, MODIFIED FOOD STARCH, HYDROLYZED SOY MILK, CALCIUM STEAROYL LACTYLATE, NATURAL AND ARTIFICIAL NATURAL SMOKE AND GARLIC FLAVOR), PARSLEY, GARLIC POWD COLOR, SODIUM ACID PYROPHOSPHATE (PROTECT FRESHNESS), PHOSPHATE, TRICALCIUM PHOSPHATE, SODIUM BISULFITE (PROT DISODIUM INOSINATE, DISODIUM GUANYLATE, CITRIC ACID (PROTE MIXED TOCOPHEROLS (PROTECT FRESHNESS) AND NOT MORE THAN 2.0 DIOXIDE ADDED AS AN ANTI-CAKING AGENT.
CONTAINS: MILK, SOY.



Here are the 10 worst foods for diabetics as well as people who are at risk of developing diabetes.

Contents

1. White Bread

White bread is a staple in many breakfast menus. It may be quick and convenient to have a slice or two of white bread with some jam or butter before leaving the house. But for diabetics, **white bread is not a good option.**

- Understanding and reading a food Label
- "Best and Worst Food Lists"
- Best and worst posters

Art Project Grading Rubric: NAME: _____ Per: _____

Year Score:	A 4 points	B 3 points	C 2 points	D or F 1 point
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.
Graphics: photos, pictures, and/or wording	*Graphics are very creatively displayed.	Graphics are somewhat creatively displayed.	Graphics are a bit creative.	Lacking creative graphics.
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.
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	12/16 = C			
15/16 = A-	11/16 = D+			
14/16 = B	10/16 = D-			
13/16 = B-	9/16 = F			

Level I:

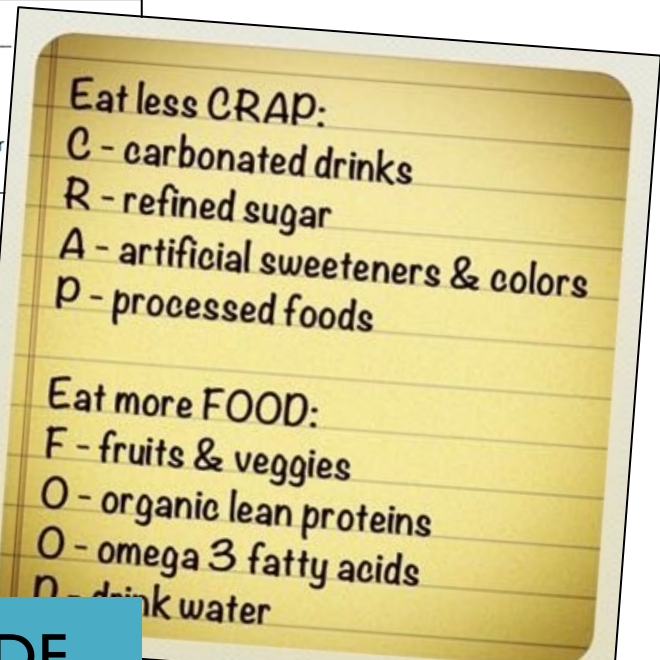
Name: _____ Date: _____
 The following lists are compiled from a number of sources cited at the end of this resource.

Eat Less

1.

Take the 60-Question Survey: Put an "x" by ANYTHING you feel is a problem for

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 percent of all Americans consume one-half pound of sugar PER DAY—translating to a whopping 180 pounds of sugar per year!! Sugar calories and gives you nothing nutritionally. It spikes your blood sugar level and disrupts blood sugar. If you eat sugar, guess what your body stores it as? FAT! (See "Sugars Worst to Best" PowerPoint Slide in the "Docs" folder)
2.	White flour	Found in breads, pasta, crackers, flour tortillas, pancakes, cereals. White flour is one of the most highly processed planet. It's bleached, stripped of its fiber and nutrients (which are added back but your body won't absorb it) white "Wonder" bread spikes your blood sugar faster than a bowl of ice cream! Your best bet is to buy whole-grain, like whole wheat, brown rice, oats or quinoa.
3.	Other white stuff	A book called, "No White at Night" explains that bread, pasta, potatoes, rice, and corn should be avoided each have a high glycemic index and can increase your blood sugar about 90% FASTER than sugar! Then blood crashes, which leads to hunger, and even decreased blood sugar the next day. Diabetes is also a risk. (In type 2 diabetes, the organ that secretes insulin, is destroyed, and insulin must be either injected or pumped into the body. In type 1 diabetes is primarily called "insulin resistance." In the early stages of type 2 diabetes, there's plenty of insulin but it doesn't work well. To treat type 2 Diabetes, a healthy diet and plenty of exercise must be added to the person's lifestyle.) Here is a self-test: If your energy slumps within one to two hours after eating, you've probably had too many carbs.
4.	Saturated fats	These fats are found in many dairy and animal products. They increase the level of cholesterol in your blood, which increases the risk of heart disease. (Examples include butter, margarine, coconut oil, palm oil, and animal products like pepperoni, salami, ham) and almost anything with a high fat content. Do you spend too much time in the kitchen?
5.	Cured pork	(Bacon, sausage, pepperoni, salami, ham) Research shows that eating processed meats such as bacon, preserved by smoking or curing, is associated with an increased risk of both heart disease and cancer.
6.	Red meats	This includes hamburger and steak, and cured pork. Research shows that eating red meat is linked to higher risk of dying from cancer and heart disease.

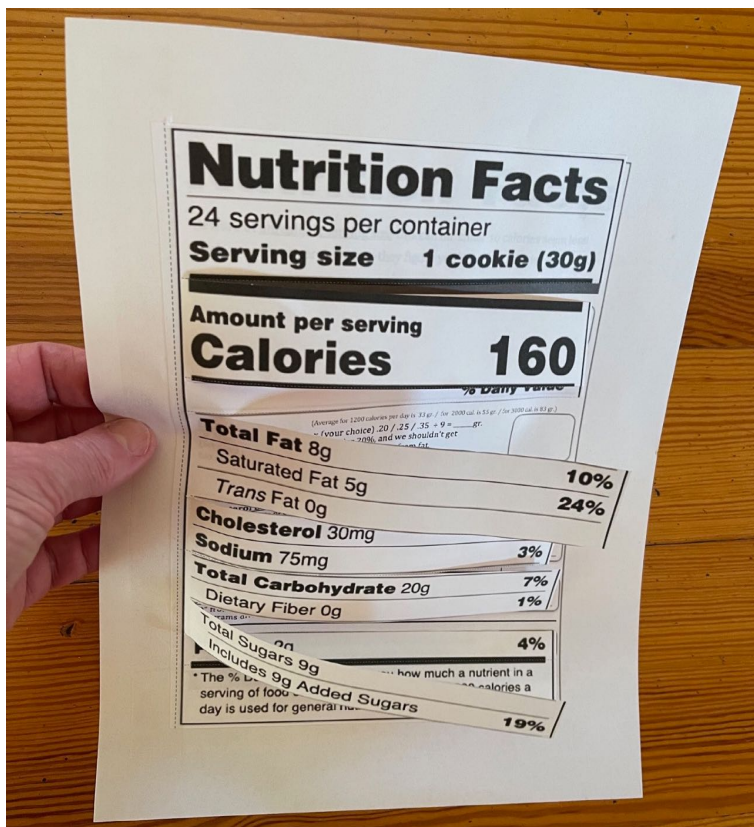


Docs are in PDF and also in Word so you can edit!

- "Where is Your Health?" personal food habits survey with 60 questions!
- Acronym art activity
- Personal Health Assessment



Level 1: Here are some Examples Unit Lessons:



- Interactive Food Label!
- Article on understanding food labels
- Video on how to read food labels

Level I: Food Label Scramble!



17



18



- 1. McDonald's Cheese Burger 
- 2. KFC Popcorn Chicken 
- 3. 1 Grilled Chicken Breast 

- 4. Banana Nut Jumbo Muffin 
- 5. Capn' Crunch Cereal (1 cup without milk) 
- 6. Cheerios Cereal (1 cup without milk) 

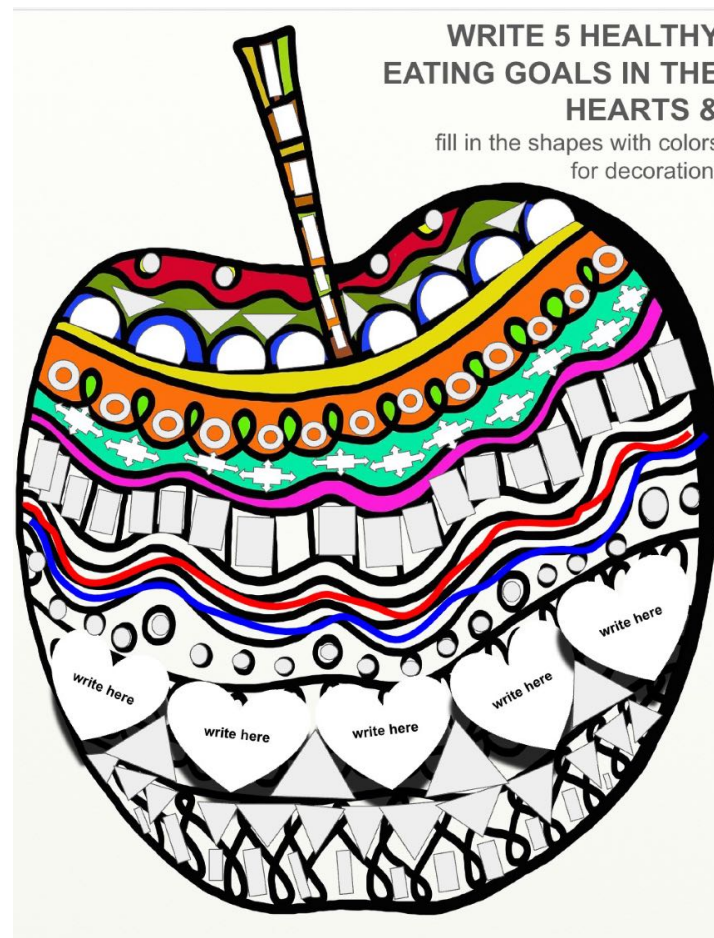
- "Food Label Scramble"
- Have students walking around the room reading food labels with a focus on the MyPlate program



Level 1: Online Apple Healthy Eating Goals!

Get More Directions: Put an "x" by ANYTHING you feel is something you need more of.

Mark "x" if you want to add or get more of this:	Get More:	Explanation:
1.	Activity	<p>When you engage in physical activity, you burn calories. The more intense the activity, the more density lipoprotein (HDL), or "good," cholesterol and decreases unhealthy triglycerides. In fact, regular physical activity can help you prevent or manage a wide range of health conditions, including type 2 diabetes, depression, certain types of cancer, arthritis and falls.⁴</p> <p>Physical activity also stimulates various brain chemicals that may leave you feeling happier, improve your muscle strength and boost your endurance, and it can help you fall asleep better.</p> <p>Find a physical activity you enjoy, and just do it. If you get bored, try something new. Set goals for yourself and have fun meeting those goals!</p>
2.	Intense activity	<p>Exercising for one hour everyday will not only keep you fit, it's also one of the best ways to improve your health. Walking to and from work, experts agree that physical activity increases your energy level, but ideally exercise every single day.</p> <p>When it comes to exercising, you should ensure that you put all your energy into it. Short bursts of exercise are just as effective, if not more so, than long periods of slow exercise.¹</p>
3.	Water	<p>Water will do wonders for your looks! It flushes out impurities in your skin, and leaves you looking younger. It helps you lose weight. One of the liver's main jobs is metabolizing the nutrients in the food you eat. The liver's duties is to pick up the slack for the kidneys, which need plenty of water to do their work along with its own, lowering its total productivity. It then cleans up the mess or efficiently as it could when the kidneys were pulling their own weight.</p> <p>Lots of students think they are tired, when really they're just dehydrated! If you DRINKING WATER ALSO GIVES YOU MORE ENERGY!!</p>
4.	Balanced eating	<p>No single food provides all of the nutrients that your body needs, so the idea is to eat a variety of foods in the right proportions to get all the necessary nutrients and other substances that promote good health. The U.S. Department of Agriculture's (USDA) MyPlate and the servings per day.</p> <p>-Carbohydrates: Get 4-8 servings (Emphasize whole-grain products) -Protein and Dairy: Get 3-7 serving. (These are things like beans, lentils, soy products)</p>



- "Apple Healthy Eating on Google Slides"
- List of "Healthy Habits" to choose from!
- Online Doodle Art!

Your Choice of Grade Level: Eat This Not That!



-1550 calories
-60 grams of fat



-730 calories
-31 grams of fat

Name: _____ Per: _____
Eat This Not That

1. Walk around the room and **circle** the meal you feel is healthiest from each restaurant.
2. Sit down until all are done guessing.
3. Walk around and **correct it** - cross out any you missed and circle the correct meal, and also while you are at each restaurant, **write one tip from that page.**
4. **Add up** how many you guessed correctly.
5. With your table partner, fill in the **reflection.**

Circle what you think is the healthiest:		Write one tip/reflection from each sheet:
1. Crispy strips w/ mashed pots + gravy	or	Popcorn chicken w/ potato wedges
2. Potato skins	or	Half rack of Ribs
3. Strawberry sundae	or	Strawberry shake
4. Whopper Jr. , no mayo w/ onion rings	or	Cheeseburger w/ small fries
5. Chicken Fingers w/ celery and ranch	or	Grilled chicken w/ brocc.
6. Turkey Lurkey w/ carrots, mashed pots + gravy	or	Grilled chicken strips w/ salad and ranch

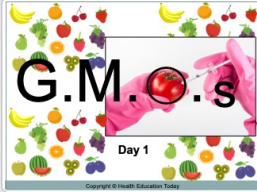
Choices!


- "Eat This Not That" Activity
- A fun way for students to see what they've learned


Your Choice of Grade Level: GMO's





D
E
B
A
T
E

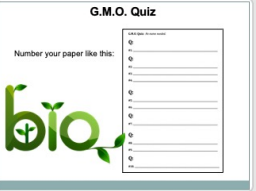
1  <https://www.youtube.com/watch?v=7TmC7YsBz8k>

2  <https://www.youtube.com/watch?v=x3FqocEtdG20>

3  <https://www.youtube.com/watch?v=x3FqocEtdG20>

 <https://www.youtube.com/watch?v=cyt8VvD6Gk>

 <https://www.youtube.com/watch?v=GmopPQ7H4A>

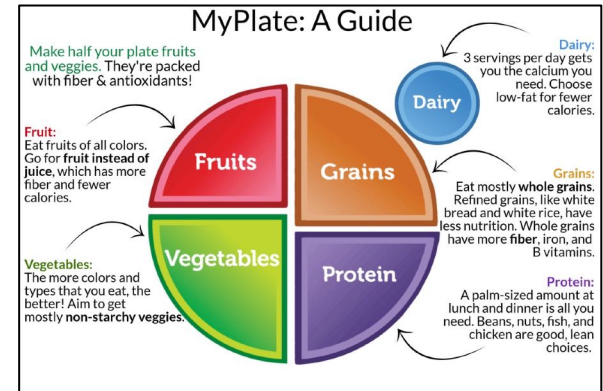
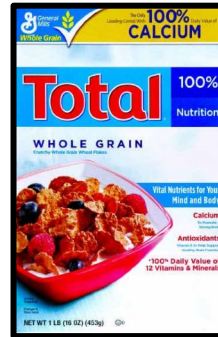




- G.M.O.s group research
- G.M.O. videos
- Quiz and correct
- Group debates!

Level 2:

Intro to MyPlate:



Exercise: Teens should get **60 min.** added up per day

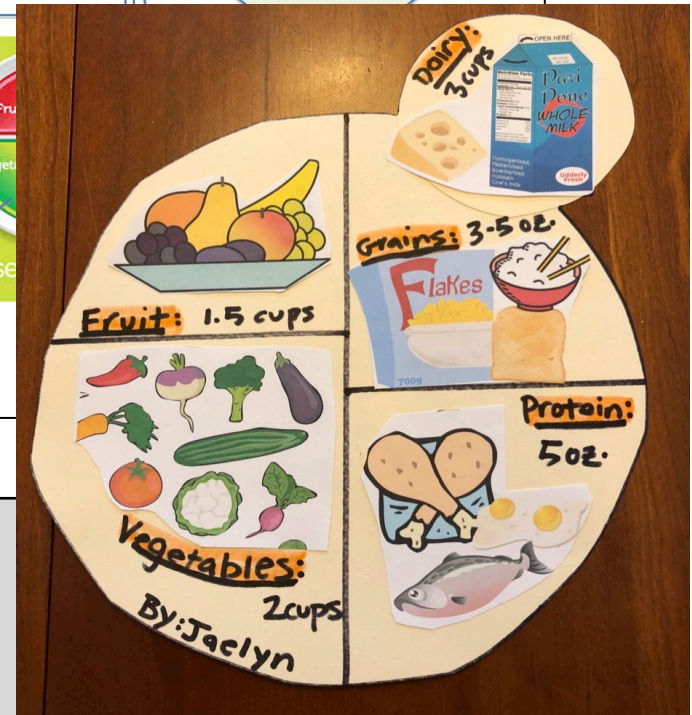
All Teens: 3 cups

1 ounce of bread =
1 slice
1 cup cereal
½ cup rice

Teen Girls 9-18: 1½-2 cups
Boys 9-13: 1½-2 cups
Boys 14-18: 2-2 ½ cups
All: Make ½ plate fruit + veggies

Girls 9-13: 1 ½-3 cups
Girls 14-18: 2 ½-3 cups
Boys 9-13: 2-3 ½ cups
Boys 14-18: 2 ½-4 cups
All: Make ½ plate fruit + veggies

Choose



- "MyPlate fun videos
- What's on MyPlate?
- Interactive Plate Activity

Level 2: Vending Machine Activity :

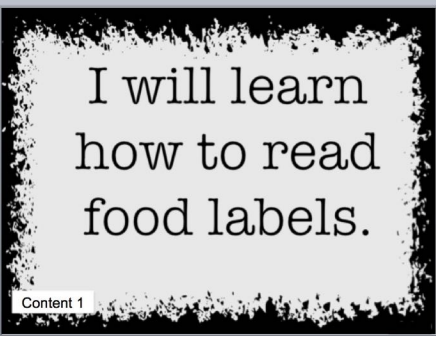
Name: _____ Per.: _____ Week Of: ____/____/____

Content: Write the daily content learning target:	Content End of Class Rating- Circle One:	Behavioral: Write the daily exit success criteria:	Behavior End of Class Rating- Circle One
Monday: I will	I learned this: 4 Very well - without mistakes or help 3 Pretty well - with a few mistakes or some help 2 O.K. - I need a little more help 1 I can't do this right now	In the future I will	Yes No Undecide
Tuesday: I will	I learned this: 4 Very well - without mistakes or help 3 Pretty well - with a few mistakes or some help 2 O.K. - I need a little more help 1 I can't do this right now	In the future I will	Yes No Undecide
Wed		future I will	Yes No

Name: _____ Per.: _____ Date: _____

After you have researched your vending machine product and written your findings in the top row, ask your classmates about their product and record their data. Figure out if these vending machine items are less than BOTH 35% Fat and Sugar and circle if they SHOULD in in the machine.

Student Name:	Vending Machine Product	% Total Fat (Fat calories ÷ total calories)	Total Sugar Weight % (Sugar gr. ÷ total gr.)	Are both of these less than 35%? Circle one:
Yours				Yes / No
1.				Yes / No
2.				Yes / No
3.				Yes / No
4.				Yes / No
5.				Yes / No
6.				Yes / No
7.				Yes / No
8.				Yes / No
9.				Yes / No



Learning Target posters and check off sheets are included

NEW USDA Labels!

- Funny Fast Food Versus Reality Video
- "Interactive Food Label" activity
- Vending Machine Activity: Determine if foods are "healthy"
- Vending Machine Worksheet: Collecting class data

Level 2: Important Minerals

Name: _____ Per.: _____ Week _____

Content: Write the daily content learning target:	Content End of Class Rating- Circle One:	Behavior exit success
Monday: I will	I learned this: 4 Very well - without mistakes or help 3 Pretty well - with a few mistakes or some help 2 O.K. - I need a little more help 1 I can't do this right now	In the future
	I learned this: 4 Very well - without mistakes or help 3 Pretty well - with a few mistakes or some help 2 O.K. - I need a little more help 1 I can't do this right now	In the future
	I learned this: 4 Very well - without mistakes or help 3 Pretty well - with a few mistakes or some help 2 O.K. - I need a little more help 1 I can't do this right now	In the future

I will learn how to make healthier nutrition choices.

Content 50


Causes of Anemia:

- diet low in iron
- diet low in minerals
- menstruating female
- internal bleeding

Symptoms of Anemia:

- Often, no symptoms
- Paleness
- Feeling tired
- Unusual shortness of breath during exercise
- Fast heartbeat
- Cold hands and feet
- Brittle nails
- Headaches

Na Sodium



30. Sodium: Too much sodium causes high blood pressure.

31. You only need 1/10 of a teaspoon! It regulates metabolism and body fluids.

32. MAXIMUM GRAMS OF SODIUM I SHOULD EAT: 2400 mg.

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

Level 2:

7 Signs of Cancer:^{*15} (as designated by the American Cancer Society)

CAUTION:

C hange in bowel or bladder habits.

A sore that does not heal.

U nusual bleeding or discharge.

T hickening or lump in the breast, testicles, or elsewhere.

I ndigestion or difficulty swallowing.

O bvious change in the size, color, shape, or thickness of a wart, mole, or mouth sore.

N agging cough or hoarseness.



<https://www.facebook.com/pp/beleiqhvenoah>

20 Exercise Benefits

1. Reduces body fat
2. Increases lifespan
3. Oxygenates body
4. Strengthens muscles
5. Manages chronic pain
6. Wards off viruses
7. Reduces diabetes risk
8. Strengthens heart
9. Clears arteries
10. Boosts mood
11. Maintains mobility
12. Improves memory
13. Improves coordination
14. Strengthens bones
15. Improves complexion
16. Detoxifies body
17. Decreases stress
18. Boosts immune system
19. Lowers blood pressure
20. Reduces cancer risk

www.facebook.com/montereybayholistic

NAME: _____
How Many Calories Does Exercise Burn?

Conclusion: Write a few sentences about what you learned doing this exercise. Were you

Look up these foods on: www.dietfacts.com	# of calories:	How many minutes take for you to burn calories: (use the caloriescount.com website) WALKING BRISK
1. Mars Snickers Candy Bar		
2. Apple (large size with skin)		
3. Mountain Dew MDX Energy 20 oz.		

- Understanding Cancer
- Cancer warning signs
- "Dear 16-Year Old Me" Video
- "Family Medical History Homework"
- Why is exercise important?
- Exercise video and review sheet
- How many calories will I burn during different types of exercise?
- FITT Plans
- Longevity and goal setting
- Optional "Measuring Body Fat" Activity/Homework



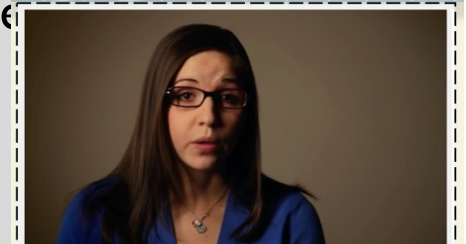
Name: _____ Per: _____ Date: _____
23 and ½ hours: What is the Single Best Thing We Can Do For Our Health?

1. When patients in the video did this intervention they reduced:

Knee Arthritis by _____ %
Dementia by _____ %
Diabetes by _____ %
Anxiety by _____ %
Depression by _____ %

2. The medicine is _____.

3. The BEST thing you can do for your health _____.



Dear 16-year-old Me

Level 2: Energy Drinks!





Name(s): _____ Date: _____

Energy Drinks Worksheet

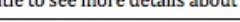
Resources Used: <https://www.caffeineinformer.com/the-caffeine-database>
<https://www.caffeineinformer.com/sugar-in-drinks>

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/fl oz
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. 

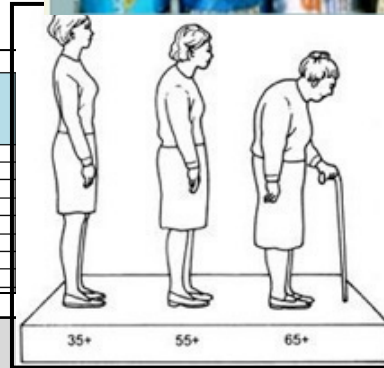
BOTTOMLINE: Doses of caffeine greater than 400 mg per day can elicit mild to severe caffeine overdose symptoms in adults. This can occur with much smaller doses in children/teens or those with underlying heart conditions. While the safe amount of caffeine can vary based on a person's tolerance, sex and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

SEVERE LEVEL: 350 mg

EXTREME

Product/Category Name of the 5 that have the highest amount of **Caffeine** per Container?

Energy Drinks Name:
1.
2.
3.
4.
5.



- The importance of calcium for teens
- ◆ **Formula**- "How Much Calcium do I Need Daily?" Worksheet"
- "The Dangers of Energy Drinks" Activity
- "Athletes and Energy Drinks" article
- Energy drink dangers videos

A STUDENT FAVORITE!!

Level 2: Is This Diet Healthy?

Answer Fitness® > Diet Reviews > Top 10 Dumbest Fad Diets | Diet Reviews

Top 10 Dumbest Fad Diets | Diet Reviews

Posted by [Profile] in Diet Reviews

36 SHARES

Table of Contents

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 - 1.1. How Do You Qualify For The Top Ten Dumbest Fad Diet List?
 - 1.2. Are All of Top Ten Fad Diets Unhealthy?
2. Top 10 Dumbest Fad Diets
 - 2.1. 1. Kimkins Diet
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 - 2.3. 3. Cabbage Soup Diet
 - 2.4. 4. Grapefruit Diet
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SlimFast
South Beach
Weight Watcher
The Ultimate
Peel a Pound Soup Diet
7-Day Color Diet
Paleo Diet
Sugar Busters

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USNews HEALTH » Hospitals Doctors Senior Living Wellness Diets Medicare

Best Diets for Healthy Eating 2022

U.S. News has ranked 40 diets based on input from a panel of health experts. These are the diets that the experts ranked highly for overall healthy eating. Browse our diet profiles by narrowing down your results until you find the ones that are right for you.

READ THE BEST DIETS METHODOLOGY »

40 Diets Clear Filters Ranking: Best Diets for Healthy Eating

Find a Diet

Choose Diet

Mediterranean Diet

#1 in Best Diets for Healthy Eating

Is This Diet Healthy?

YOUR NAME: _____ PER: _____ DATE: _____

NAME OF THE DIET: _____

Total up your yes answers and write the score, and grade for your diet. (These questions are based on the Mayo Clinic Food Guide Pyramid, and the Dietary Guidelines for Americans: <http://www.mayoclinic.com/invite.cfm?objectid=357FAABB-312F-414A-A8D6401C15EE66B4>)

1 point for yes, leave blank for "No"
If you don't know, leave it blank:

Yes or No:

_____ 1. Does the diet include a variety of food daily from these parts of the Mayo Food Guide Pyramid? (breads/grains, fruits, veggies, and proteins/dairy) _____

_____ 2. Does the diet program also encourage you to exercise? _____

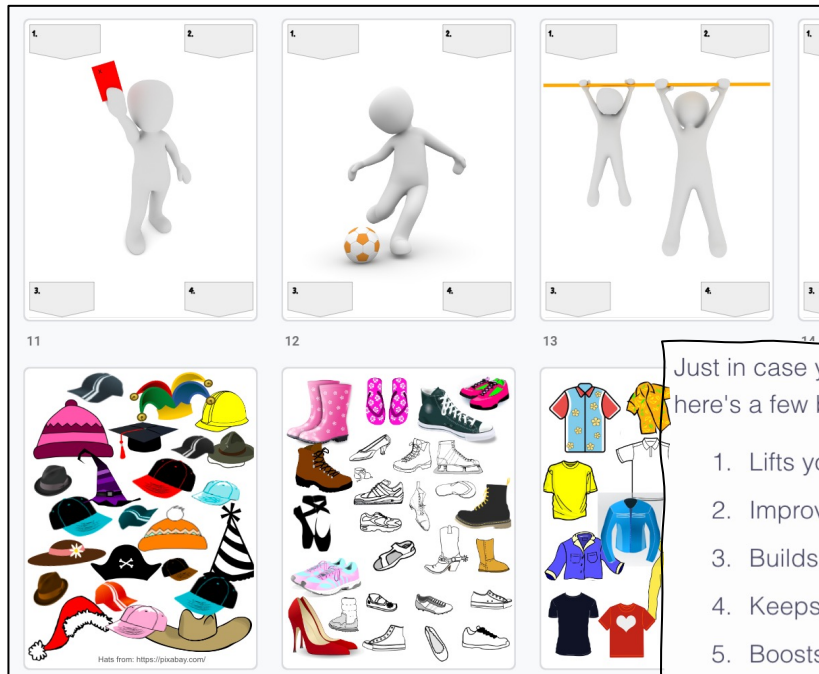
_____ 3. Does the diet include foods daily that will provide plenty of fiber such as whole-grain breads, cereals, pasta, rice, veggies, and fruit? _____



- "Is This Diet Healthy?" with PowerPoint and student share out
- 16 diets to print and use
- Why many diets DON'T work
- Why a diet needs to be a "diet for life"
- Unhealthy habits and how to successfully lose or gain weight.

Level 2:

Online Exercise Goals!



Just in case you need a few reasons to exercise, here's a few benefits of exercise you can enjoy:

1. Lifts your mood
2. Improves learning abilities
3. Builds self-esteem
4. Keeps your brain fit
5. Boosts mental health
6. Keeps your body fit & able
7. Boosts your immune system
8. Reduces stress
9. Makes you feel happier
10. Has anti-aging effects



-Fun Online Exercise Goals!
“50 Reasons to Exercise” list

Level 3: 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%**

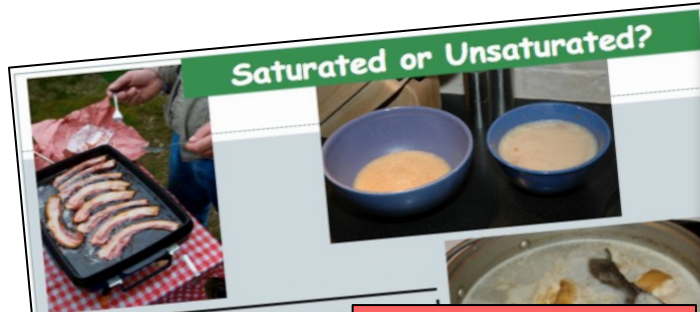
Protein 3g

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!



Eat Twice As Much, Keep Calories The Same (Eat These Instead)

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!

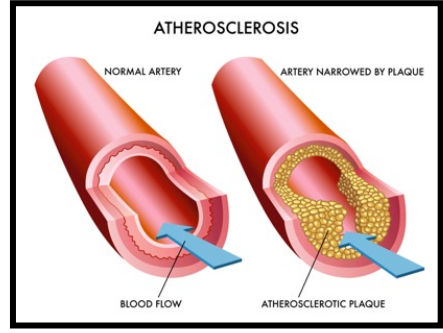
Level 3: Here are some Examples Unit Lessons:

22. Foods high in sugar are: **pop**, flavored drinks, energy drinks, juice, sweet desserts, cookies, candy, **breakfast cereal**

WARNING: sugar is sometimes hidden!

Check your food labels for these words...

Fructose	Honey	Lactose
Corn syrup	Sucrose	
Molasses	Maltose	Galactose



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)
- Understanding Diabetes
- ◆ **Formula** - How many carbohydrates do I need per day?
- ◆ **Formula**- What should my limit on sugar be per day?
- Food container deception!



Nutrition Facts		
Serving Size 2.5oz (70g / about 1/6 Box) (Makes about 1 cup)		
Servings Per Container about 6		
	As Packaged	As Prepared
Amount Per Serving	260	400
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.

Level 3:

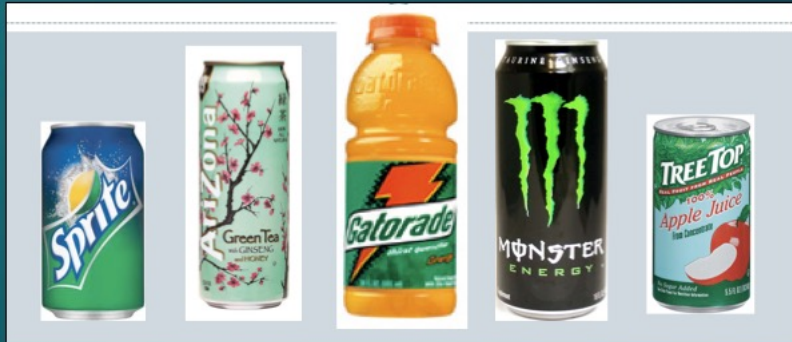


Sugar in 1 Can of Apple Juice



Nutrition Facts	
Serving Size:	1 can
Servings Per Container:	1
Calories:	170
Total Fat:	0g
Total Carbohydrate:	38g
Sugars:	38g

Rank these drinks in order of lowest to highest in teaspoons of **SUGAR**:
(best for you to worst)



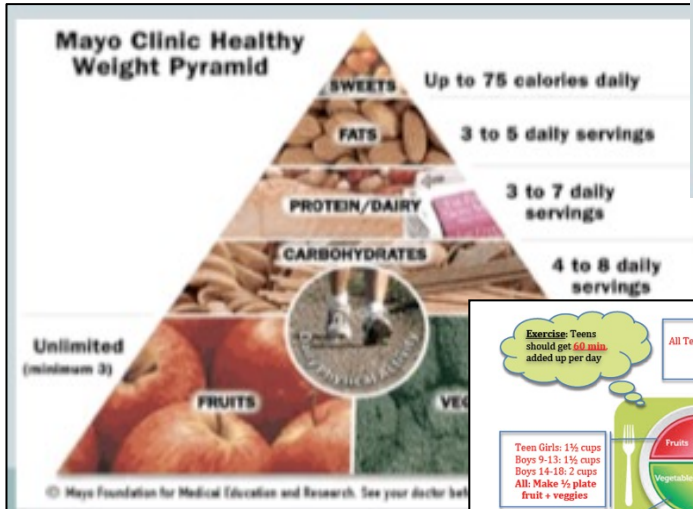
There are 4 grams in 1 tsp.

Nutrition Facts	
Servings Per Container:	3
Serving Size:	1/3 jumbo muffin (55g)
Amount Per Serving	
Calories	211
Total Fat:	11g
Saturated Fat:	3g
Trans Fat:	0g
Cholesterol:	25mg
Sodium:	124mg
Total Carbohydrate:	27g
Dietary Fiber:	1g
Sugars:	16g
Protein:	3g

Sugars: 16 grams x 3 = _____ divided by 4 = _____ tsp.
(to transfer into teaspoons)

- Analyzing food labels to know if a product is "healthy"
- "Fat and Sugar Experiment Lesson": Measure Crisco and sugar into baggies
- Reflection to personalize!
- Better choices!
- "Fat and Sugar Homework"

Level 3:



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
	Brussels sprouts	Polenta	Peanuts
			Peanut butter

Exercise: Teens should get 60 min. added up per day.

All Teens: 3 cups

1 ounce of bread = 1 slice
1 cup cereal
½ cup rice

1 ounce meat = a deck of cards
1 oz. of cheese = a domino

Teen Girls: 1½ cups
Boys 9-13: 1½ cups
Boys 14-18: 2 cups
All: Make ½ plate fruit + veggies

Girls 9-13: 2 cups
Girls 14-18: 2½ cups
Boys 9-13: 2½ cups
Boys 14-18: 3 cups
All: Make ½ plate fruit + veggies

Girls 9-13: Minimum 3-5 oz.
Girls 14-18: Minimum 3-6 oz.
Boys 9-13: Minimum 3-6 oz.
Boys 14-18: Minimum 4-8 oz.
All ages: Make at least ½ WHOLE grains

Any Girl: 5 oz.
Boys 9-13: 5 oz.
Boys 14-18: 6½ oz.

Name: _____ Per: _____ Date: _____

1. Write down everything you ate and drank from your 1-day of food recording on this food record.

Write the food groups in the boxes, and then write the names of only the food **YOU** ate in each section.

Minimum:

- Sweets (only up to 75 calories)
- Fats (3-5)
- Protein / Dairy (3-7)
- Carbohydrates (4-8)
- Fruits (3-unlim)
- Vegetables (4-unlim)

2. Did you have the minimum 3 Protein and ...

Did you have the minimum 4 Carbohydrates?

Did you have the minimum 3 Fruits?

Did you have the minimum 4 Veggies?

What foods did you eat **too little** of?

What foods did you eat **too much** of?

My Own MyPlate

- 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?

Level 3:

Name: Per: Date:
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

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	28%
Includes 14g Added Sugars	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 1mg	6%
Potassium 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 %

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

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:

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

NEW USDA Labels!



Nutrition Facts		
Serving Size 1/16 pkg (33g mix)		
Servings Per Container 16		
Amount Per Serving	Mix	Prepared
Calories	130	180
Calories from Fat	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%
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



#2 Write the Serving Size of your product

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	28%
Includes 14g Added Sugars	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 1mg	6%
Potassium 188mg	4%

Ice-Cream



*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.

- 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%

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	
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	
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

NO!

Level 3: Here are some Examples Unit Lessons:

They will be able to read food labels with confidence!

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)* 2

Let's compare bacon and sausage. 2

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**:* % 3

PURPLE - DESSERTS


How many **Calories** less is Ben & Jerry's Frozen Yogurt compared to B & J's Peanut Butter Cup? 3

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? 3

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...* 3


I'm deciding between a Snickers and piece of Cheese Cake. Which one has fewer calories? 3

Which of the all the desserts has the most calories? 3




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	
Polysaturated Fat 2.6g	
Monounsaturated Fat 11g	
Cholesterol 160mg	55%
Sodium 1570mg	66%
Potassium 1041mg	30%
Total Carbohydrates 35g	12%
Dietary Fiber 3.9g	16%
Sugars 11g	
Protein 44g	




Croissan'wich

Nutrition Facts	
Croissan'wich	
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%
Polysaturated 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	
McDonald's Artisan Grilled Chicken	
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	
Cowboy Chicken Crispy Chicken Sandwich	
1 serving per container	
Serving Size	1 Sandwich (18.6 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	

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BLACK - BEVERAGES

18. Which has more **Calories**? X

19. Which has more **Sugar**? X

20. Which has more **Sodium**? X

21. X tsp.

22. Caramel Frappuccino: X

23. Orange Juice: X

24. Coca Cola: X

25. Orange Soda: X

ORANGE - BREAKFAST

26. Circle: Blueberry Muffin or Glazed Doughnut

Large Coke:

Nutrition Facts	
Coke	
1 serving per container	
Serving Size	22.8 fl oz (672 mL)
Amount per serving	
Calories	284
% Daily Value	
Total Fat 1.7g	3%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Polysaturated Fat 0g	0%
Monounsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Potassium 34mg	0%
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	22.8 fl oz (662 mL)
Amount per serving	
Calories	308
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Polysaturated Fat 0g	0%
Monounsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 116.5mg	9%
Potassium 13mg	0%
Total Carbohydrates 83.6g	28%
Dietary Fiber 0g	0%
Sugars 83.6g	
Protein 0g	

16 Ounces of Whole Milk:

Nutrition Facts	
Reduced Fat Milk	
4 servings per container	
Serving Size	2 cups (480 mL)
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	

16 ounces of low fat - 2% Milk:

Nutrition Facts	
Reduced Fat Milk	
4 servings per container	
Serving Size	2 cups (480 mL)
Amount per serving	
Calories	244
% Daily Value	
Total Fat 9.7g	15%
Saturated Fat 6.1g	31%
Trans Fat 0.4g	
Polysaturated Fat 0.4g	
Monounsaturated Fat 2.7g	
Cholesterol 39mg	13%
Sodium 220mg	10%
Potassium 60.2mg	20%
Total Carbohydrates 23g	8%
Dietary Fiber 0g	0%
Sugars 25g	
Protein 16g	

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Edited to Match USDA Labels!*

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

Level 3:

Name: _____

Per: _____

Healthy Eating for Life Survey

Circle any statements that 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 don't eat enough dairy
- I eat too much fat
- I don't eat enough vegetables

The good side: Habits free up our minds from dull or repetitive tasks.

The bad side: habits can be difficult to stop once they're started, and some habits are "bad" habits.

GOOD HABITS / BAD HABITS



Take the
Habit
Survey

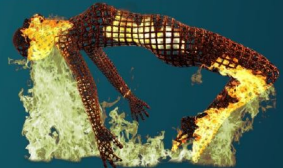
1. Weight Goal: _____	M /	T /	W /
2. Weekly Weigh In: _____			
3. Daily Calorie Goal: _____ mark "x" if met			
4. Food Groups Tally: 3-7 dairy/protein			
4-8 carbs			
3 fruits			
4 veggies			
sweets-no more than 525 per week			
5. Exercise for at least 30 min.: mark "x" if did			
6. Drinking water goal: _____ oz. mark "x" if met			
7. Multiple vitamin: mark "x" if took it			
8. HEALTHY FOR LIFE GOAL 1: mark "x" if met. Write goal here:			

Our brain says yes to pleasure, and no to pain 5

Whenever we encounter pain, our brain immediately searches for a way to avoid it. (Survival instinct)

Similarly, whenever we encounter joy or gratification, our brain stores those neurological linkages so we can benefit from that pleasure in the future.

Some people use food, alcohol/drugs or other tasks as a way to get out of depression or boredom. These habits that are closely linked to our ways for [getting into](#) pleasure (TO FEEL GOOD) and out of pain (TO NOT FEEL BAD) are often the most difficult to remove.



- "Eating Healthy for Life Survey" and goal-setting
- Habits, the brain, and eating
- Healthy versus unhealthy weight loss
- Weight loss videos

The ways these people lost weight:

- Cut portion sizes
- Baby steps!!!!
- 6-8 small meals
- Work out, get outside
- Quit bingeing at night
- Worked out with someone
- Cut out pop
- Get a trainer
- Eat less + exercise more
- Find a plan that works for you
- Weight watchers
- Find balance in your eating
- Find an exercise you like
- Believe in yourself!

Level 3:

The average American woman is:

5'4" 140 lbs

The average model is:

5'11" 115 lbs

Video

Watch this Transformation to Healing

Pair Share

Discuss with your partner:

There are a lot of pressures to be thin or to look a certain way in our society...

Where are all these pressures to be "perfect" coming from?

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.
 _____ 8. I have an "I don't care" attitude about a lot of things in life.
 _____ 9. I sneak or hide food.
 _____ 10. I have overly high expectations for myself.
 _____ 11. I am self-conscious about how my body looks.
 _____ 12. I wish I looked different.
 _____ 13. I think about food and losing weight.



- Understanding eating disorders
- "Eating Disorders Self-Survey"
- "Emotions and Eating Survey"
- Understanding the symptoms of anorexia and bulimia.
- Eating disorders videos

Level 3:



underweight. Distorted PERCEPTION of their body shape and size)

"Tips for Improving Body Image to Like to heart"

- Remember that your body is the vehicle that will carry you to your future dreams. It is an amazing vehicle. Appreciate what your body can do.
- Remind yourself that true beauty is not simply skin-deep. Carry yourself with pride, confidence and self-acceptance, which will make you beautiful regardless of whether or not you look like a super model! Remember beauty is a state of mind, not a state of your body.
- Remind yourself how ridiculous it is to believe that thinner people are happier or "better."
- Replace the time you spend criticizing your appearance with more positive, satisfying pursuits!
- Create a list of people you admire who have contributed to your life:

And then ask yourself if their appearance was important to their accomplishments.

Improving Body Image

Perceptions

mind, choose not to focus on specific body parts. See yourself as you want others to see you – as a whole person.

- Surround yourself with positive people. It is easier to feel good about yourself when you are around others who are supportive and who recognize the importance of liking yourself just as you naturally are.
- Shut down those voices in your head that tell you your body is not "right" or that you are a "bad" person. You can change your thinking!
- Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.
- Become a critical viewer of media's messages, images, slogans, and attitudes that make you feel bad about your body.
- Eat healthy and don't "diet." Make healthy eating a lifestyle, not a temporary fix.
- Count your blessings, not your blemishes!
- Every night when you go to bed, thank your body for all it's allowed you to do today.
- Choose to find beauty in the world and in yourself. (Life is too short to waste hating myself!)
- LOVE WHAT'S GOOD

MAGAZINE ADS TRY TO INADEQUATE (LIKE YOU ENOUGH), OR MAKE THEM THEMSELVES SO THEY THEIR PRODUCT!!!

From Fritze to Zero in Nothing Flat

LOVE WHAT'S GOOD

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

CHANGE WHAT YOU COULD

- 1.
- 2.
- 3.

ACCEPT WHAT YOU SHOULD

your choice on how many here—height, wide feet, need contacts, short legs.

verywellmind

EATING DISORDERS > SYMPTOMS

Signs of Anorexia to Watch for in Teens

By Barbara Ponclet | Reviewed by Rachel Goldman, PhD, FTOS | Updated on March 02, 2020

Signs of Anorexia in Teens

- Not maintaining healthy weight
- Extreme fear of weight gain
- Continuous dieting
- Excessive and compulsive exercising
- Being obsessed with diets, calories, etc.
- Very restricting of what they eat
- Avoiding food or denying hunger
- Developing rituals regarding food

Angelina Jolie-Pitt

Tyra Banks

Jennifer Lopez

Mila Kunis


- The importance of positive body image
- Analyzing media's false messages
- Improving body image videos
- "Body Image Brochure"
- "Real Models Without Their Make-Up Presentation!"
- "Love What's Good, Change What You Could" Activity
- Cube art project
- Review for unit assessment

I will learn how advertisers use ad appeals to manipulate us.

Content 20

Level 3:

Fun Card Game!

<p>5 ♥ Fruit</p> <p>-It's always healthier to eat the fruit, rather than drink it in juice since juice spikes blood sugar faster and may have added sugar.</p> <p>-Blueberries have antioxidants, and apples can actually reduce the risk of death from heart disease.</p>  <p><u>Things to Get More of</u> ♥ 5</p>	<p>5 ♣ Eating Disorders</p> <p>-Eating Disorders are serious! They are mental illnesses and it takes an average of 7 years to overcome one!</p> <p>-Anorexia is when someone is obsessed with being thin and will eat very little and/or over exercise. Bulimia is also an obsession with being thin but this person overeats and throws up and may also over-exercise.</p> <p><i>*GET HELP FOR THEM NOW!!!!</i></p> <p><u>Nutritional Facts Worth Knowing</u> ♣ 5</p>
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Nutrition Facts Card Game

"Go Fish!" Directions

Deal each player 7 cards, place stack face down

Player to left of dealer starts. Ask 1 person by name-"Do you have any..." -must be a # you have in your hand.




If the asked player has the #, they must hand it over. If not they say, "Go Fish!"

Got what you wanted, go again!

A "book" is 2 matching # cards and if you get a book you must read the info on each card outloud before setting it down

Play till all cards in stack are gone- Most books wins!

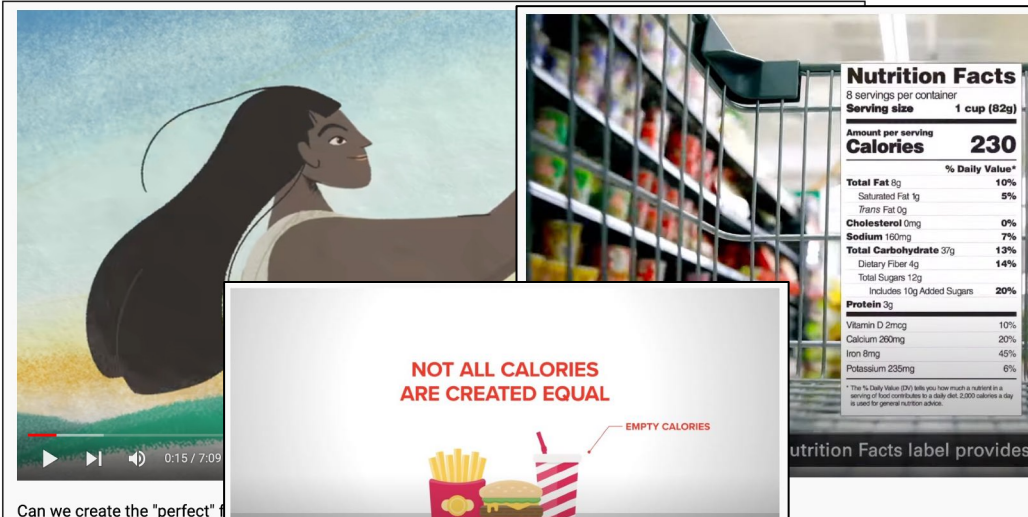


<p>1 ♥ Daily Exercise!</p> <p>-When you exercise you burn calories and build muscle!</p>  <p>-Regular physical activity can help you prevent or manage a wide range of health problems, including stroke, type 2 diabetes, stress, depression, certain types of cancer, + arthritis.</p> <p><u>Things to Get More of</u> ♥ 1</p>	<p>1 ♣ Watch Portion Sizes!</p> <p>-One of the reasons we are so much fatter today than 40 years ago is portion sizes.</p>  <p>-We just eat a lot more than we need, so decrease the amount you dish up, and try eating slower.</p> <p><u>Nutritional Facts Worth Knowing</u> ♣ 1</p>
<p>1 ♠ Sugar!</p> <p>-Sugar is empty calories and gives you <u>nothing</u> nutritionally.</p>  <p>-It spikes your blood sugar level and disrupts blood sugar.</p> <p>-If you eat too much sugar, guess what your body stores it as?: FAT!</p> <p><u>Foods to Eat Less of</u> ♠ 1</p>	<p>1 ♦ It's all About Choices!</p> <p>-Even in a fast food restaurant, there are better choices than the most fatty thing on the menu!</p> <p>-Be educated, read food labels and try to look for and choose the healthier version!</p> <p>-All your small choices add up to your overall health!</p> <p><u>Gems to Know</u> ♦ 1</p>

- "Nutrition Facts Card Game!"
-Unit Test Review

LINKS TO FREE VIDEOS:

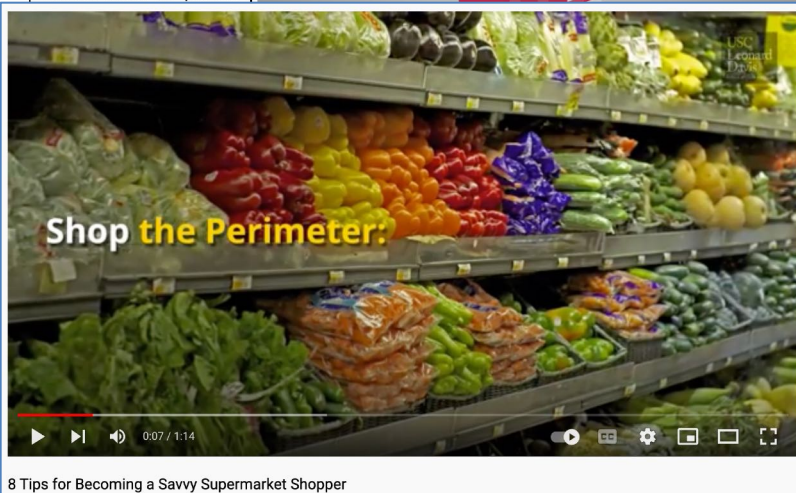
What are G.M.O.s?
"Can We Create the Perfect Farm?"



Nutrition Facts	
8 servings per container	
Serving size	1 cup (82g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

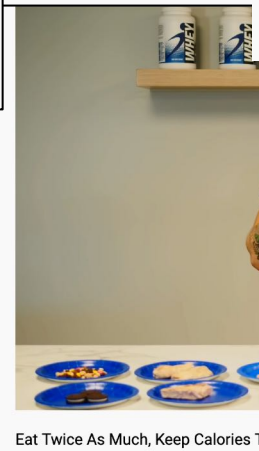
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Can we create the "perfect"?

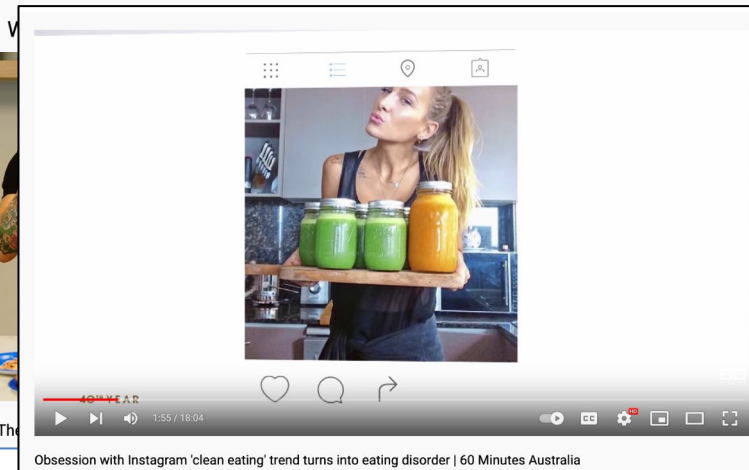


Shop the Perimeter:

8 Tips for Becoming a Savvy Supermarket Shopper



Eat Twice As Much, Keep Calories The



Obsession with Instagram 'clean eating' trend turns into eating disorder | 60 Minutes Australia

38 Links to FREE Videos!

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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