

Health Education Today Preview:

-Nutrition Unit -

NUTRITION



High School Health Unit

National Board-Certified Teachers
with Masters of Education Degrees
and 60+ years of experience teaching
K-12 PE & Health, with collegiate
athletic and coaching experience!



Experience
is the best
teacher!

Created by
Master Teachers!



A family of
educators,
for educators.



Health Education Today

WHY CHOOSE HEALTH EDUCATION TODAY?

Skills

- To help your teens acquire skills and wisdom to be above unhealthy influences.

Content

- To have relevant, inspiring, standards-based and medically accurate lessons.

Ease of Use

- For an editable program where you can choose to print or work online; using step-by-step directions and PowerPoints for visual student lessons!

The Program Meets Health Standards:

Aligned to National, Common Core, and State Standards!

Common Core State Standards for English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects ELA College and Career Anchor Standards https://learning.ccsso.org/common-core-state-standards-initiative		
	Writing Grades 9/10	ELA College and Career Anchor Standards for Writing
1	Write arguments focused on discipline-specific content.	Write arguments to support claims in an analysis of substantive topics or texts using valid reasoning and relevant and sufficient evidence.
2	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.	Write informative/explanatory texts to examine and convey complex ideas and information clearly and accurately through the effective selection, organization, and analysis of content.
3	Incorporate narrative elements effectively into arguments and informative/ explanatory texts. <i>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.</i>	Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details and well-structured event sequences.



Real Teachers' Reviews endorse This program:

“This is a lifesaver unit. It is fully developed and the teacher does not need to do anything but follow it!”

“Our health class was much more engaging thanks to you!”

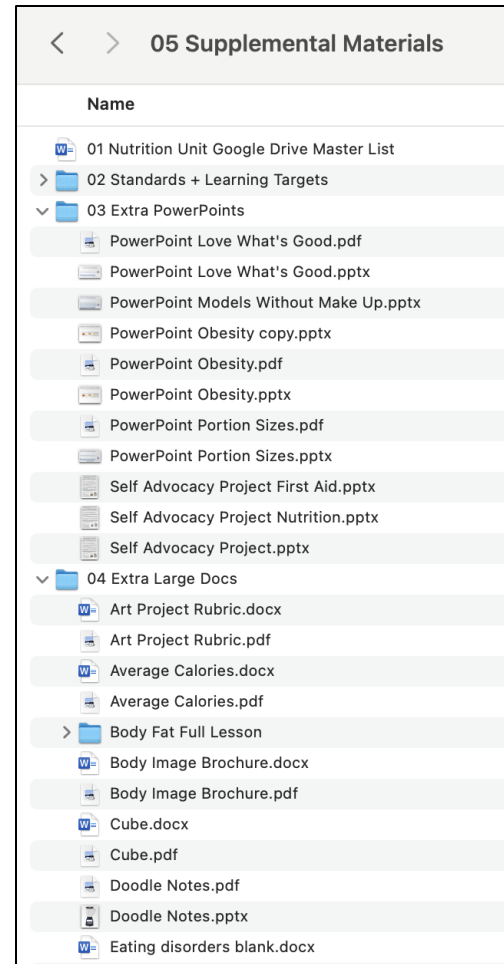
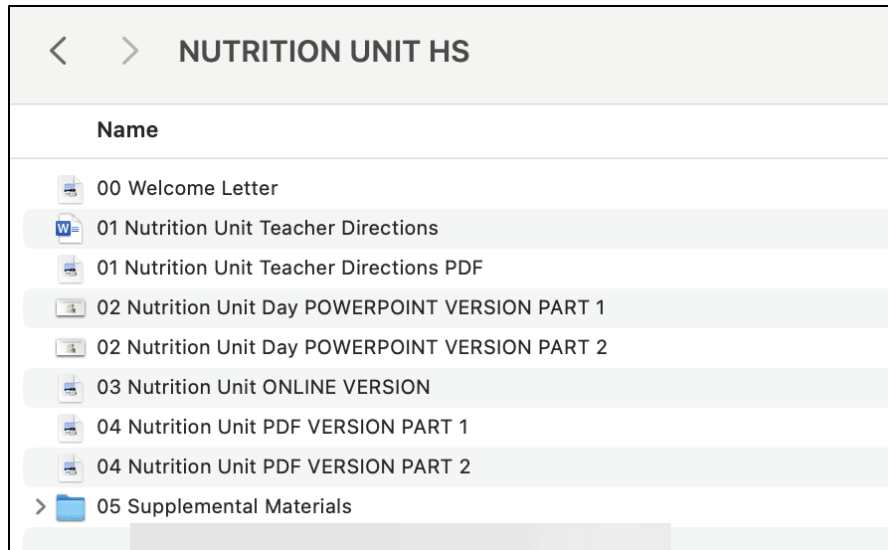
“My students loved using this resource!”

“Wow! This is an amazing, all-in-one resource for teaching this important subject. Thanks!”

“Everything you could ever want from an experienced teacher! AMAZING!”



File Organization:



***Editable in Word and Google Slides!**

Easy to Navigate “Table of Contents”:

Links to
each lesson
document!

Daily
Lesson
Topics

Weekly
Homework

Common
Core
Standards

National
Standards

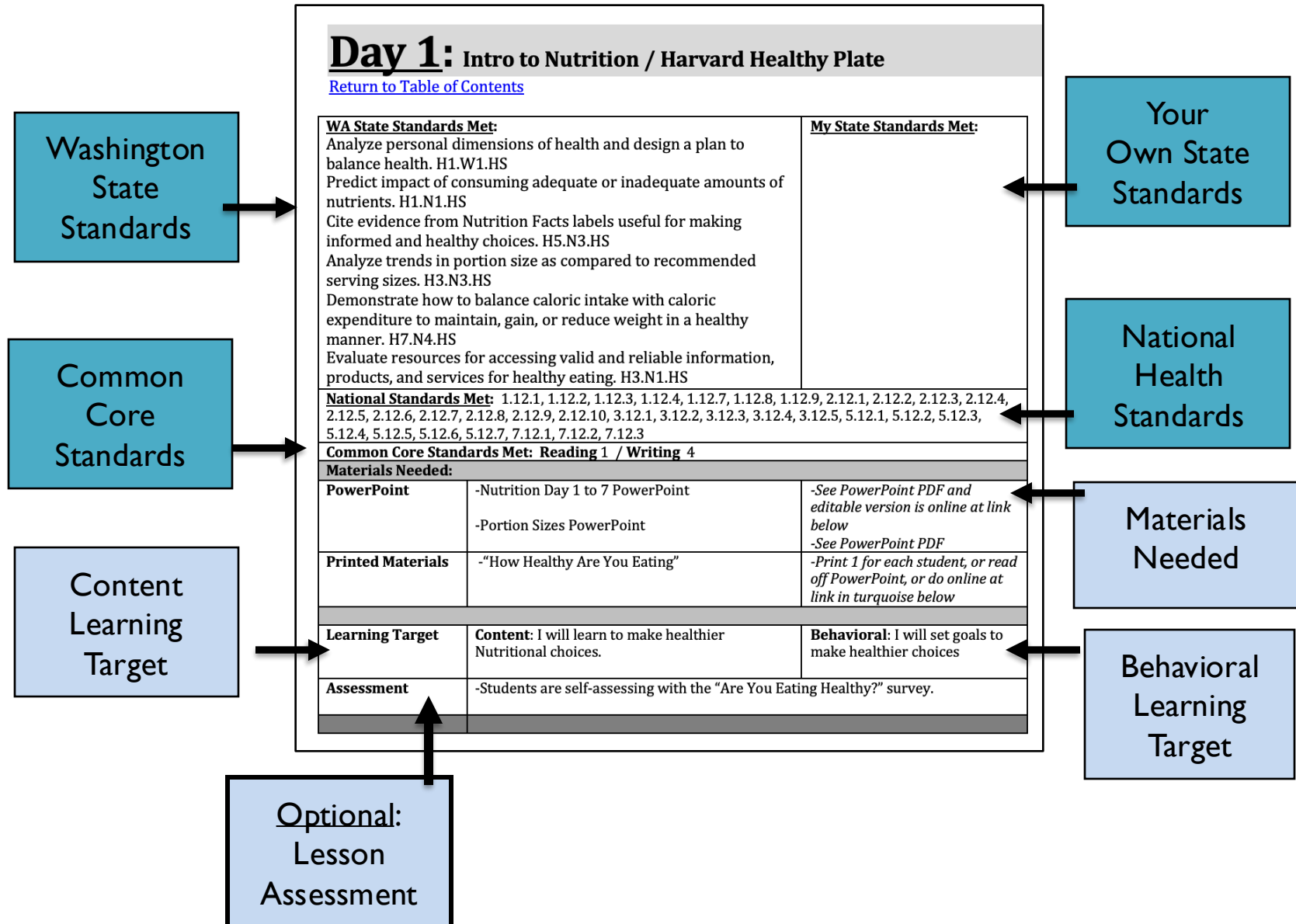
WA
State
Standards

Fill in
Your
State
Standards

Nutrition-Day 8	-Media Literacy: Grocery Store Savvy and product manipulation -“How to Read a Food Label Activity” -Optional “Interactive Food Label”	HOMEWORK Grocery Store Scavenger Hunt Homework	R 3 R 4 R 9	1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.5, 1.12.6, 1.12.7, 1.12.8, 1.12.9, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8, 2.12.9, 2.12.10, 3.12.1, 3.12.2, 3.12.3, 3.12.4, 3.12.5, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 7.12.1, 7.12.2, 7.12.3	H1.W1.HS H1.N1.HS H5.N3.HS H3.N3.HS H7.N4.HS H3.N1.HS H8.N1.HS	
Nutrition-Day 9	-“Food Label Reading” CHOICE OF: -“Food Label Scavenger Hunt” and/or -“Food Label Scramble” (MyPlate Version)		R 3 R 4 W 4	1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.5, 1.12.6, 1.12.7, 1.12.8, 1.12.9, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8, 2.12.9, 2.12.10, 3.12.1, 3.12.2, 3.12.3, 3.12.4, 3.12.5, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 7.12.1, 7.12.2, 7.12.3	H1.W1.HS H1.N1.HS H5.N3.HS H3.N3.HS H7.N4.HS H3.N1.HS	

Google Docs
Included!

Standards: Beginning each lesson



Step-by-step Teacher Directions



Your Lesson Planning is Done!

PRINT & ONLINE.

GOOGLE + MICROSOFT + ADOBE +
YOUTUBE + MORE!



Teacher Directions: Lead You Through the Lessons PowerPoint.

Step-By-Step
Teacher
Directions
follow
PowerPoint
slides to
make
teaching
this unit
easy!

Day 1: Intro to Nutrition / Harvard Healthy Plate

[Return to Table of Contents](#)

WA State Standards Met: Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS Predict impact of consuming adequate or inadequate amounts of nutrients. H1.N1.HS Cite evidence from Nutrition Facts labels useful for making informed and healthy choices. H5.N3.HS Analyze trends in portion size as compared to recommended serving sizes. H3.N3.HS Demonstrate how to balance caloric intake with caloric expenditure to maintain, gain, or reduce weight in a healthy manner. H7.N4.HS Evaluate resources for accessing valid and reliable information, products, and services for healthy eating. H3.N1.HS		My State Standards Met:
National Standards Met: 1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.7, 1.12.8, 1.12.9, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8, 2.12.9, 2.12.10, 3.12.1, 3.12.2, 3.12.3, 3.12.4, 3.12.5, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 7.12.1, 7.12.2, 7.12.3		
Common Core Standards Met: Reading 1 / Writing 4		
Materials Needed:		
PowerPoint	-Nutrition Day 1 to 7 PowerPoint -Portion Sizes PowerPoint	-See PowerPoint PDF and editable version is online at link below -See PowerPoint PDF
Printed Materials	-“How Healthy Are You Eating”	-Print 1 for each student, or read off PowerPoint, or do online at link in turquoise below
Learning Target	Content: I will learn to make healthier Nutritional choices.	Behavioral: I will set goals to make healthier choices
Assessment	-Students are self-assessing with the “Are You Eating Healthy?” survey.	

The numbers below with **ALL CAPITAL** titles, correspond to the same # slide on the main unit PowerPoint presentation.

1. **TITLE UNIT SLIDE:** This is a place marker slide, there is nothing to say to students on this slide!
2. **TITLE DAY 1 SLIDE:** This is a place marker.
3. **EATING HEALTHY:** Discuss these ideas with students-Eating “healthy” in our world today is not an easy task. We are inundated with fast food restaurants and junk food snacks.
4. **GLOBAL DIET PRODUCTS MARKET NUMBERS:** Discuss these staggering numbers with your students!
5. **QUICK WEIGHT LOSS:** Discuss the content on this slide. Many people want weight loss quick!

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Nutrition Unit Part 1

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Day 1:

- Intro
- Global Advertising Pressure
- Healthy Eating Survey

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 machines 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 some daily exercise.



The global weight loss and diet market size was more than USD 175.44 billion in 2022.

The market is expected to grow at 8.50% between 2023 and 2028, reaching USD 282.53 billion by 2028.



In the U.S we spend over \$119 billion dollars a year on diet products, and yet still over half of us are overweight^{1,2}

Why are people purchasing?



PowerPoints
walk you through
the lessons



Daily PowerPoint Slides:

 **Health Education Today**



1 ☆

Nutrition Unit Part 1

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2

Day 1:

- Intro
- Global Advertising Pressure
- Healthy Eating Survey

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 machines 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 some daily exercise.



4

The global weight loss and diet market size was more than USD 175.44 billion in 2022.

The market is expected to grow at 8.50% between 2023 and 2028, reaching, USD 282.53 billion by 2028.



5

In the U.S we spend over \$119 billion dollars a year on diet products, and yet still over half of us are overweight.*2

Why are people purchasing?



6

Many people want weight loss quick, and they get desperate to get it and will try crazy things. These ads almost always have a doctor with a stethoscope around his/her neck; they make crazy, unrealistic claims; they have digital before and after pictures that are not real; and you should always be sure to read the small print!



7

Small Print Example:



Do you see a Doctor with a stethoscope?

*Results Not Typical and depend on your diet and training program. Brandy has been remunerated for her appearance. Brandy lost 31 lbs. in 10 weeks by combining diet, exercise and Hydrowater. Average weight loss expected is 8.4 lbs. in 8 weeks. *This product contains caffeine and may cause serious adverse health effects if used improperly. IMPORTANT: READ THE WARNING ON THE LABEL BEFORE USE AND CAREFULLY FOLLOW THE LABELED DIRECTIONS FOR USE.

8

Always read the small print:
**Results Not Typical.



*Results Not Typical and depend on your diet and training program. Brandy has been remunerated for her appearance. Brandy lost 31 lbs. in 10 weeks by combining diet, exercise and Hydrowater. Average weight loss expected is 8.4 lbs. in 8 weeks. *This product contains caffeine and may cause serious adverse health effects if used improperly. IMPORTANT: READ THE WARNING ON THE LABEL BEFORE USE AND CAREFULLY FOLLOW THE LABELED DIRECTIONS FOR USE.

Dr.



Dr.



Whaaat? "Lose weight without the slightest effort!" Wow!

How healthy do you think you are eating?

Let's start the unit with this anonymous "How Healthy Are You Eating Survey!"



Speaker Notes:

Guides you through each PowerPoint/Google Slide.

Many people want weight loss quick, and they get desperate to get it and will try crazy things. These ads almost always have a doctor with a stethoscope around his/her neck; they make crazy, unrealistic claims; they have digital before and after pictures that are not real; and you should always be sure to read the small print!



7. **QUICK WEIGHT LOSS:** Discuss the content on this slide. Many people want quick weight loss and they desperate to lose weight and will try crazy things. Discuss how these ads almost always have a "doctor" or "professional" who make crazy, unrealistic claims, have digital before and after pictures that are not real, and they include small print they figure most people won't read.

Engaging Lessons
walk you through
with activities



Presentations + Student Documents: Located on Google Drive/Google Slides

Now on
GOOGLE
DRIVE!

How Healthy Are You Eating?

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

Name: X Date: X



X 1. I eat red meats (hamburger/steak/ham/pork) 3 times a week or less

X 2. I limit my fast food

X 3. I drink lots of water

X 4. I eat 7 or more servings of fruits and vegetables

X 5. I sometimes eat fast food

X 6. I bake or broil instead of fry

X 7. I usually eat a healthy diet

X 8. I have at least 30 minutes of exercise most days

X 9. I limit my sugar intake

X 10. I steam or boil my vegetables

X 11. I usually eat a healthy diet

X 12. I eat whole grains

X 13. I read food labels

X 14. I exercise most days

X 15. I usually have a healthy diet

X 16. I usually have a healthy diet

X 17. I sometimes eat fast food

X 18. I drink 2% milk

X 19. I drink at least 8 glasses of water a day

X 20. I usually have a healthy diet

X 21. I am comfortable with my weight

X 22. I usually don't eat fast food

X 23. I try to avoid sugary drinks

X 24. I drink less than 12 ounces of soda a day

X 25. I almost always eat a healthy diet

X 26. I almost always eat a healthy diet

X 27. I almost always eat a healthy diet

X 28. I almost always eat a healthy diet

X 29. I almost always eat a healthy diet

X 30. I almost always eat a healthy diet

X 31. I almost always eat a healthy diet

X 32. I almost always eat a healthy diet

X 33. I almost always eat a healthy diet

X 34. I almost always eat a healthy diet

X 35. I almost always eat a healthy diet

X 36. I almost always eat a healthy diet

X 37. I almost always eat a healthy diet

X 38. I almost always eat a healthy diet

X 39. I almost always eat a healthy diet

X 40. I almost always eat a healthy diet

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

CALORIES YOU SHOULD EAT PER DAY:

1) Estimated BMR:

current wt. X
x 10 (boys x 11)

= X Box 1

2) Activity Level:

Box 1 x X
(choose .3, .5, or .7)

= X Box 2

x .3 if light
x .5 if moderately active
x .7 if very active (sports)

3) Take

Box 1 X

+ Box 2 X

= X Box 3

4) Take

Box 1 X

+ Box 2 X

+ Box 3 X

= X TOTAL CALORIES TO MAINTAIN

6) Optional:

or if you want to lose wt. X

or if you want to gain wt. X

= X

7. Know that 1 lb. = X calories. The safest way to lose weight is to eat X calories a day less than you need to maintain your weight.

*Women should never go below X calories a day

*Men should never go below X calories a day

8. Set-point theory: "Body weight is regulated at a predetermined, or set-point, by the body's metabolism. When you cut calories below the 1200/1500, your body's metabolism sends hunger pains, and fat cells don't release fat!"

9. Yo-yo Syndrome when you lose too much weight too fast, you lose weight again.



Fill this in for
your own
weight and
exercise level

Name: X

"Food Label Scramble"

Look at the product pictures on the PowerPoint and circle "Yes" or "No". If the product is HEALTHY (less than 35% Fat AND less than 35% Sugar.) Next, use the % Fat and Sugar the products are and write it in the correct column.

	Product:	Is it HEALTHY? Circle 1:	% Fat:	% Sugar:	
1.	McDonald's Cheeseburger	Yes or No	<u>X</u> %	<u>X</u> %	Yes or No
2.	K.F.C. Popcorn Chicken	Yes or No	<u>X</u> %	<u>X</u> %	Yes or No
3.	Grilled Chicken Breast	Yes or No	<u>X</u> %	<u>X</u> %	Yes or No

Name: X

MyPlate Personalized

Write the food groups in the boxes, and then write the names of only the food you like in each section.

Per: X Date: X

1. X

2. X

3. X

4. X

5. X

6. X

7. X

8. X

9. X

10. X

11. X

12. X

13. X

14. X

15. X

16. X

17. X

18. X

19. X

20. X

21. X

22. X

23. X

24. X

25. X

26. X

27. X

28. X

29. X

30. X

31. X

32. X

33. X

34. X

35. X

36. X

37. X

38. X

39. X

40. X

41. X

42. X

43. X

44. X

45. X

46. X

47. X

48. X

49. X

50. X

51. X

52. X

53. X

54. X

55. X

56. X

57. X

58. X

59. X

60. X

61. X

62. X

63. X

64. X

65. X

66. X

67. X

68. X

69. X

70. X

71. X

72. X

73. X

74. X

75. X

76. X

77. X

78. X

79. X

80. X

81. X

82. X

83. X

84. X

85. X

86. X

87. X

88. X

89. X

90. X

91. X

92. X

93. X

94. X

95. X

96. X

97. X

98. X

99. X

100. X

101. X

102. X

103. X

104. X

105. X

106. X

107. X

108. X

109. X

110. X

111. X

112. X

113. X

114. X

115. X

116. X

117. X

118. X

119. X

120. X

121. X

122. X

123. X

124. X

125. X

126. X

127. X

128. X

129. X

130. X

131. X

132. X

133. X

134. X

135. X

136. X

137. X

138. X

139. X

140. X

141. X

142. X

143. X

144. X

145. X

146. X

147. X

148. X

149. X

150. X

151. X

152. X

153. X

154. X

155. X

156. X

157. X

158. X

159. X

160. X

161. X

162. X

163. X

164. X

165. X

166. X

167. X

There are 6 PowerPoints:

Here is a clip from “Part 1” of the main unit presentation

5 Reasons so many people are unhealthy:



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#1. People Are Uneducated

One way to not be taken in by false advertising for weight loss products is to be educated.

Some warning signs to notice that the diet product may not be healthy are:

- claims that losing the weight was “easy”.
- before and after photos that don’t even look like the same person.



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**Ask Yourself:
Can I do this for life?**

- Small print that says it “depends on your diet and training program”
- Pills and powders that don’t list what the ingredients are.
- Pictures of doctors with their stethoscopes around their necks.
- “Miracle” medical claims like the product makes your body release fat, or it makes you shrink 1 size in just 24 hours.
- Claims that you will lose weight faster than 1-2 lbs. per week.



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5 Reasons so many people are unhealthy:

#1. People are uneducated

#2. Too many unhealthy choices



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#2. People Are Uneducated

In the past, a person might have gotten an ice-cream cone (maybe even a double scoop).



But today we get a...

17

Goo Goo Cluster Chocolate Chunk Ice-Cream!

Can you think of other examples of “BIG” Foods:

- Double-stuffed Oreos
- Chili Cheese Fries
- Deep Dish Stuffed-Crust Pizza



18

#2 Example: Too many unhealthy choices...like sugar.



19

America’s Sweet Tooth³:

American adults consume an average of 60 pounds of added sugar annually (That’s on top of natural sugars like in milk products and fruit!)

The numbers are even worse for children. American kids 65 pounds of added sugar per year.

For most people who want to lose weight, if they reduced their sugar intake, they would lose all the weight they needed to lose.

1800.....4 lbs.
2020.....60 lbs.

20

Example: What Is It Costing Our Kids on any given day:



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

5 Reasons so many people are unhealthy:

#1. People are uneducated

#2. Too many unhealthy choices

#3. We drink too many calories



#2. Examples: We drink too many calories

Starbucks Grande Frappuccino



~350 Calories

Let’s just say a person is told they should eat about 2000 calories per day.

If they drink the Frappuccino, they just **drink** about 1/4 of their total daily calories!

You can’t forget to add drinks on top of our eating.

DRINK 475 cal

MEAL 432 cal



***Editable in Word and Google Slides!**

"Is This Diet Healthy?" PowerPoint:

INTRO: "Is losing weight or eating better on your mind these days? There's no shortage of weight loss diets grappling for your attention. And the reality is that most diets—the good and bad—will help you shed pounds in the short term. The difference is in whether they'll **help you keep them off**, and that requires **a doable plan that you can stick with for life**. Usually, that means diets that cut out entire food groups (sorry, keto) or impose strict rules for eating (Whole30) are likely out, unless they've been recommended to you for medical reasons by your healthcare team."¹⁹



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."



Analyzing Fad Diets:

- "Food-specific fad diets rely on the myth that some foods have special properties that can cause weight loss or gain - but no food can.
- These diets don't teach healthful eating habits; therefore, **you won't stick with them for very long.**
- Sooner or later, you'll return to your normal eating habits and gain back all (if not more) of the weight you lost while on a fad diet."**



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Stay Clear of Diets or Diet Products That Claim Any of These:²⁰

- Claim to help you lose weight very quickly (more than 1 or 2 pounds per week). It takes time to lose weight and allow your body to adjust.
- Promise that you will lose weight and keep it off without exercise. If a diet plan or product sounds too good to be true, it probably is.
- Limit your food choices or don't offer balanced nutrition.
- Focus on food combinations. Research doesn't prove that eating certain foods together speeds weight loss.

<https://familydoctor.org/nutrition-weight-loss-need-know-fad-diets/>

Stay Clear of Diets or Diet Products That Claim Any of These:

- Base claims on before-and-after photos.
- Offer endorsements from clients or experts in weight loss, science, or nutrition. These people probably get paid to advertise.
- Require you to spend a lot of money, especially in advance. This includes pills, prepackaged meals, or seminars required for the plan to work.
- Draw simple conclusions from complex medical research.

<https://familydoctor.org/nutrition-weight-loss-need-know-fad-diets/>

ON THE NEXT SLIDES ARE SOME EXAMPLES OF "FAD" DIETS²⁰:

- 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-

Some of these diets may cause you to lose weight; BUT... Just because a diet is effective for weight loss doesn't mean it is sustainable long-term. To achieve and maintain your weight loss goal, it's important to find a healthy way of eating that you enjoy and can follow for life.

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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 CARBOHYDRATES/LOW FAT:

- Dr. Dean Ornish: Eat More, Weigh Less
- The Good Carbohydrate Revolution
- The Pritikin Principle



TYPES OF FAD DIETS:

■ CONTROLLED PORTION SIZES:

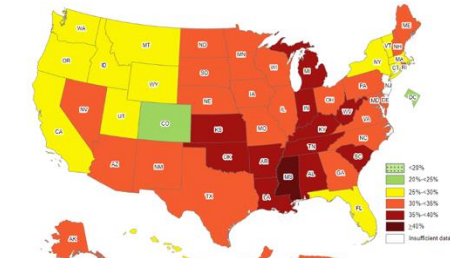
- Dr. Shapiro's Picture Perfect Weight Loss
- Volumetrics Weight-Control Plan



“Obesity in the U.S.” PowerPoint:

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

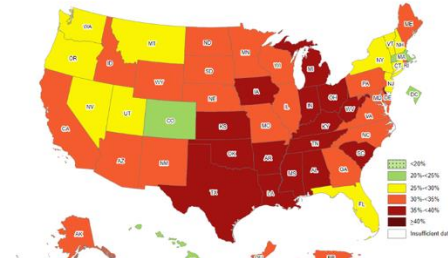
¹ Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be



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

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

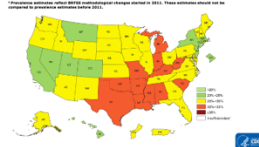
¹ Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be



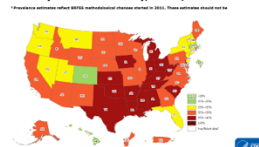
*Sample size <50, the relative standard error (dividing the standard error by the prevalence) ≥30%, or no data in a specific year.

Comparison of 9 years!

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



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



“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?



Day 1: Introduction To Unit + Harvard Healthy Eating Plate:

The global weight loss and diet market size was more than USD 175.44 billion in 2022.

The market is expected to grow at 8.50% between 2023 and 2028, reaching USD 282.53 billion by 2028.



Many people want weight loss quick, and they get desperate to get it and will try crazy things. These ads almost always have a doctor with a stethoscope around his/her neck; they make crazy, unrealistic claims; they have digital before and after pictures that are not real; and you should always be sure to read the small print!



1. Diet advertising in our global market
2. How to discern myths and untruths in diet ads!
3. "How Healthy Are You Eating" survey
4. Five reasons so many people are overweight
5. Portion sizes compared to 1950's!
6. Harvard Healthy Eating Plate

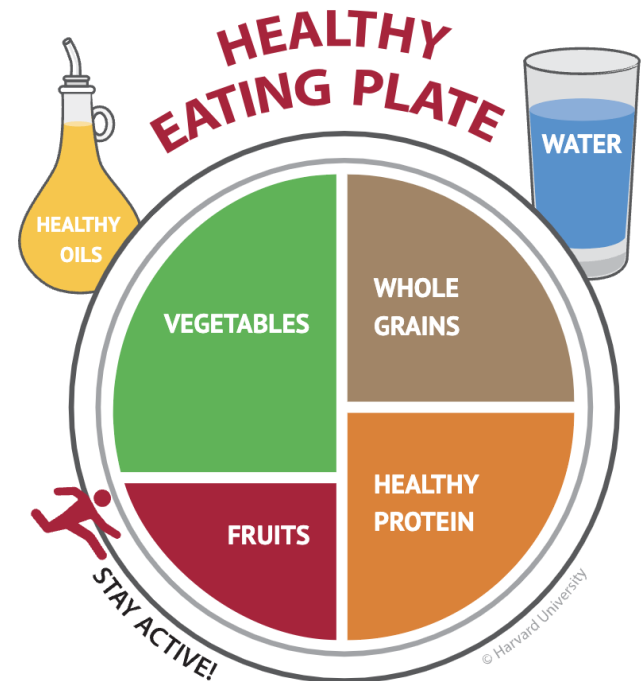
How Healthy Are You Eating?

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.



Day 2: How Nutrition Affects The Body

Class Art Project:

How Good Nutrition Positively Affects the Body:

Directions: Students will be assigned a section to research. There are specific words in each section that tell you what to look for and research. Websites are also provided. If there is more than one word in your section, you can choose to include info on all the words or just one-it's up to you!

You will cut out your body section and put the **POSITIVE WAYS NUTRITION** helps our bodies information you researched into your section in a creative way! List the benefits, good tips, and ways a body is healthier! You can draw, use magazine or print photos, and also include realistic body features, clothes, or accessories!

Be ready to show your completed section to the class, and explain how your body part is **positively** impacted by good nutrition!

Body Section (Facing Body):	POSITIVE EFFECTS ON BODY:
1 Hat	Brain Health/Mental Health/Stress: https://www.stylecraze.com/articles/positive-effects-of-healthy-eating-on-your-life/ https://www.aetna.com/health-guide/food-affects-mental-health.html Trigger for Mental Health Disorders
2 Face	Teeth/Skin Complexion/Eyesight: https://thebetternutritionprogram.com/blog/better-teen-skin-top-10-what-to-eat-avoid/
3 Hair	Healthy Hair: https://www.webmd.com/skin-problems-and-treatments/hair-loss/eat-right-healthy-hair
4 Torso Top Half Left	Cancer: https://www.stylecraze.com/articles/positive-effects-of-healthy-eating-on-your-life/ Cancer
5 Torso Top Half Right	Heart Health: https://www.healthline.com/health/food-and-nutrition/heart-healthy-benefits-of-eating-well https://www.webmd.com/heart/heart-healthy-tips
6 Torso Bott Half Left	Belly Fat: https://www.webmd.com/obesity/a/zlideshow-worst-habits-for-belly-fat https://www.healthline.com/health/obesity/a/zlideshow-worst-habits-for-belly-fat https://www.wikihow.com/Lose-Belly-Fat-(Teen-Girls)

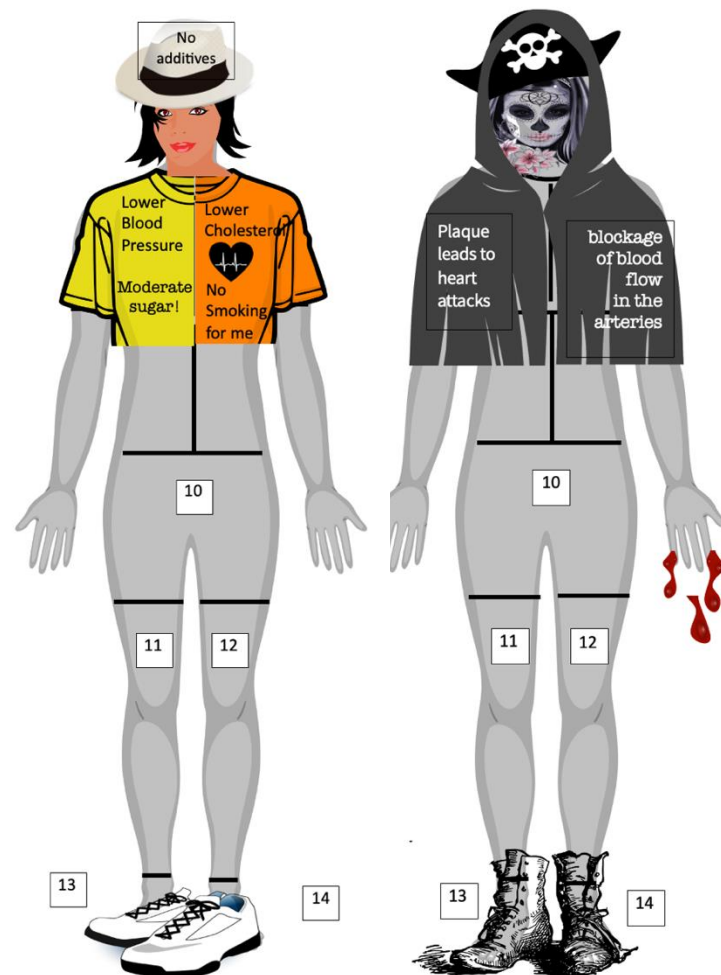
How Poor Nutrition Negatively Affects the Body:

Directions: Students will be assigned a section to research. There are specific words in each section that tell you what to look for and research. Websites are also provided. If there is more than one word in your section, you can choose to include info on all the words or just one-it's up to you!

You will cut out your body section and put the **NEGATIVE WAYS NUTRITION** hurts our bodies information you researched into your section in a creative way! **Try to make the negative person look menacing, sick, and unhealthy!** You can draw, use magazine or print photos, and also include realistic body features, clothes, or accessories!

Be ready to show your completed section to the class, and explain how your body part is **negatively** impacted by poor nutrition!

Body Section (Facing Body):	NEGATIVE EFFECTS ON BODY:
1 Hat	Brain Health/Mental Health/Stress: https://www.stylecraze.com/articles/positive-effects-of-healthy-eating-on-your-life/ https://www.aetna.com/health-guide/food-affects-mental-health.html Trigger for Mental Health Disorders
2 Face	Teeth/Skin Complexion/Eyesight: https://thebetternutritionprogram.com/blog/better-teen-skin-top-10-what-to-eat-avoid/
3 Hair	Healthy Hair: https://www.webmd.com/skin-problems-and-treatments/hair-loss/eat-right-healthy-hair
4 Torso Top Half Left	Cancer: https://www.stylecraze.com/articles/positive-effects-of-healthy-eating-on-your-life/ Cancer
5 Torso Top Half Right	Heart Health: https://www.healthline.com/health/food-and-nutrition/heart-healthy-benefits-of-eating-well https://www.webmd.com/heart/heart-healthy-tips
6 Torso Bott Half Left	Belly Fat: https://www.webmd.com/obesity/a/zlideshow-worst-habits-for-belly-fat https://www.healthline.com/health/obesity/a/zlideshow-worst-habits-for-belly-fat https://www.wikihow.com/Lose-Belly-Fat-(Teen-Girls)



1. This activity will bring life-sized examples of nutritional consequences right into your classroom! Students will be able to see tips and benefits, and some of the negative impacts of how nutrition impacts our bodies! It adds a meaningful purpose to the Nutrition Unit, and will empower your teens!
2. Each student will be assigned a body part (life size template included!)
3. Students will use the **worksheet with links provided** to research the way an issue impacts their body part.
4. Class will end up with one "Positive" and one "Negative" body example of how nutrition impacts our bodies!

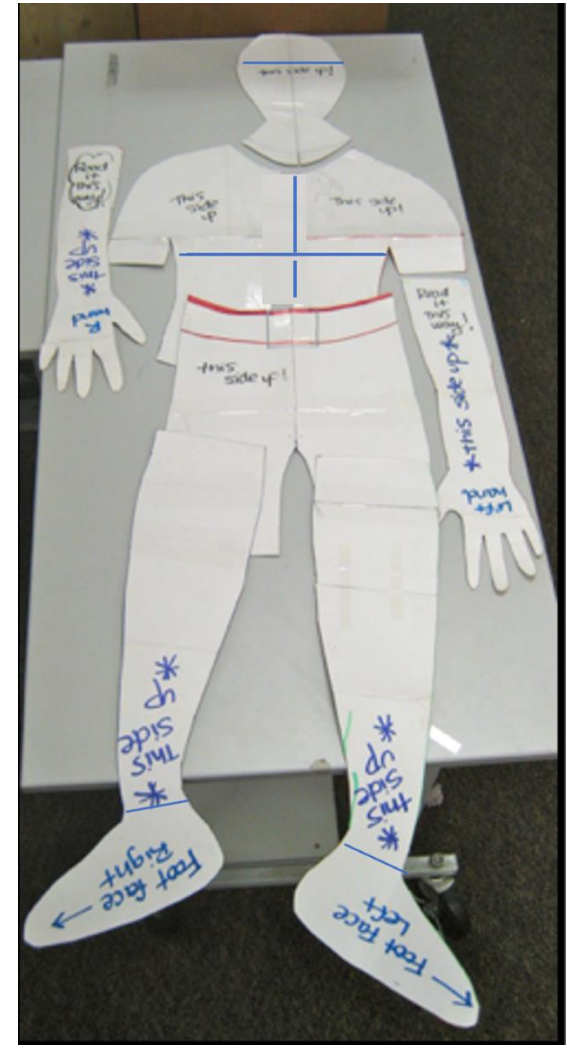
Day 3: How Nutrition Affects The Body Class Art Project.

Extra Credit Water Sheet:

Date:	Record How Much You Drank:	Total Ounces in One Day:	Get Signature:
Day 1	17 + 17	34	KS
Day 2	24 + 24	48	KS
Day 3			
Day 4			



Get out your water bottle and fill out your "Water Extra Credit Sheet".



1. Drinking Water Extra Credit Activity
2. Class will work on one "Positive Impacts" and one "Negative Impacts" body example of how nutrition impacts our bodies. **Template included!**

Day 4: Understanding Calories And Harvard Healthy Plate

Day 4:

- Understanding Calories and Harvard Healthy Plate

HOW DO I KNOW IT'S HEALTHY?
READ FOOD LABELS

FAT FORMULA:

WATER FORMULA:

CARBS + WHOLE GRAINS AND SUGAR FORMULA

PROTEIN FORMULA

HEALTHY EATING PLATE

VEGETABLES

WHOLE GRAINS

FRUITS

HEALTHY PROTEIN

STAY ACTIVE!

IDEAS TO BE ACTIVE!

UNDERSTAND CALORIES ON A LABEL AGE+ CHART

NUTRITION FORMULAS WORKSHEET

You will be instructed to come back to these two pages to fill out each of the following **FORMULA** sections of this worksheet as you work through the nutrition unit. Right now, start by circling on this first "Calories" section only.

Calories teens need per day: Circle the # listed for your age and activity level:

Age (Years)	Gender	Sedentary (Not Active)	Moderately Active	Active
2-3	Male or female	1,000	1,000	1,000
4-8	Male	1,200 - 1,400	1,400 - 1,600	1,600 - 2,000
	Female	1,200 - 1,400	1,400 - 1,600	1,400 - 1,800
9-13	Male	1,600 - 2,000	1,800 - 2,200	2,000 - 2,600
	Female	1,400 - 1,600	1,600 - 2,000	1,800 - 2,200
14-18	Male	2,000 - 2,400	2,400 - 2,800	2,800 - 3,200
	Female	1,800	2,000	2,400
19-30	Male	2,400 - 2,600	2,600 - 2,800	3,000
	Female	1,800 - 2,000	2,000 - 2,200	2,400
31-50	Male	2,200 - 2,400	2,400 - 2,600	2,800 - 3,000
	Female	1,800	2,000	2,200
51 and older	Male	2,000 - 2,200	2,200 - 2,400	2,400 - 2,800
	Female	1,600		

Choose the row that matches how active

Make sure to see there are both genders listed in each box.

Fat grams you...

Calories you show... (Calorie)

x

.20 or .25 or .30 or

divided by 9

=

Program is personalized for each student!

1. Understanding how calories on a food label relate to suggested daily total
2. **Formula**- Calories needed per day chart (according to age, gender, and activity level) From U.S.D.A. guidelines
3. "Calorie Awareness Worksheet" Help a boy named Marcus eat healthier!
4. Students will start to use the "Harvard Healthy Plate Worksheet" to record their own personal formula totals!
5. **MyPlate Optional:** Because I'm now using the "Harvard Healthy Eating Plate," I have the MyPlate activities as optional, but they include worksheets, activities, personalized plate, and quiz!



Day 5: Understanding Fat And Fast Food Restaurants

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%**

*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.

Saturated or Unsaturated:

-Unsaturated oils: vegetable, olive, canola...



Nutrition Facts

5 Servings Per Container

Serving Size 2 Full Slices (9g)

Amount Per Serving

Calories

50

% Daily Value*

Total Fat 5g **7%**

Saturated 2g **9%**

Trans Fat 0g

Cholesterol 8mg **2%**

Sodium 165 **7%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 1g **2%**

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 0%

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



1. Healthy fats -vs- unhealthy fats (Trans and Saturated Fats)
2. ♦Formula- How many fat grams should I eat per day?
3. Fast food restaurants: Analyzing calories and fat.
4. Are there any healthy choices for me at fast food restaurants?
5. Start the "Fast Food Restaurant Posters"

Program is
personalized
for each
student.

Day 6: Carbohydrates And Sugar

Sugar and Crisco Experiment demo: Jumbo Muffins



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 $\times 3 =$ _____ divided by 4 = _____ tsp.
(to transfer into teaspoons)

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



Sugar in 1 Chocolate Chip Cookie Sandwich:



Nutrition Facts
Serving Size: 1 cookie
Servings Per Container: 1

Calories 520

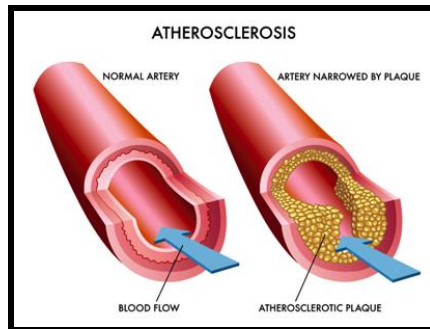
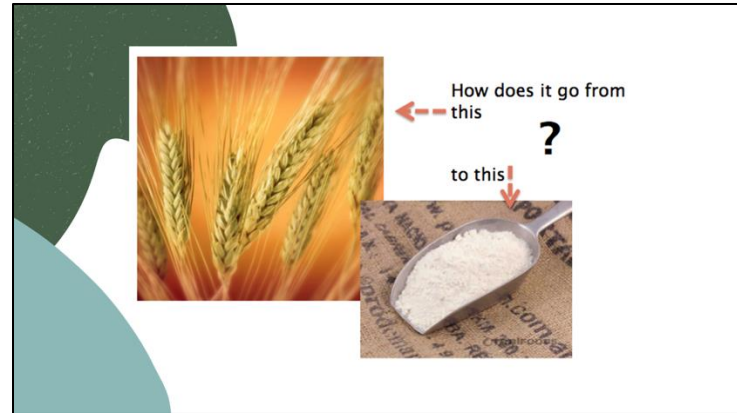
Total Fat 23g

Total Carbohydrate 72g

Sugars 44g

1. All about fat and sugar!
2. ♦ Formula- How many carbohydrates do I need per day?
3. ♦ Formula- What should my grams limit on sugar be per day?
4. ♦ Formula- What should my calorie limit on sugar be per day?
5. Analyzing food labels to know if a product is "healthy"
6. "Fat and Sugar Experiment Lesson": Measure Crisco and sugar into baggies!
7. Reflection to personalize
8. "Fat and Sugar Homework"

Day 7: CHOLESTEROL And MORE ON CARBOHYDRATES



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

1. Carbohydrates: the healthy(whole grains) and the unhealthy (sugar and white flour)
2. Understanding Diabetes
3. What is cholesterol?
4. ♦ **Formula-** How much cholesterol do I need?



Nutrition Facts			
Serving Size 2.5 oz (70g / about 1/6 Box)			
(Makes about 1 cup)			
Servings Per Container about 6			
Amount Per Serving	As Packaged	As Prepared	
Calories	260	400	
Calories From Fat	25	170	
% Daily Value**			
Total Fat 3g*	5%	28%	
Saturated Fat 1.5g	8%	23%	
Trans Fat 0g			
Cholesterol 10mg	3%	3%	
Sodium 570mg	24%	30%	
Total Carbohydrate 48g	16%	16%	
Dietary Fiber 1g	4%	4%	
Sugars 7g			
Protein 9g	10%	11%	
Vitamin A	0%	15%	
Vitamin C	0%	0%	
Calcium	10%	15%	
Iron	10%	10%	

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

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

Day 8: Reading Food Labels

Name: X Per: X Date: X

Food Label Worksheet

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

Nutrition Facts
 9 servings per container
 Serving size 2/3 Cup (90g)
 Amount per serving
Calories 200
 % Daily Value*

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

6. Total Fat x 9 = ____ + Calories

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

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

*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.

Choose a food label from the class box - the product must

Write the name of your food product here: X

- How many **Servings Per Container**? X
- Write the **Serving Size** of your product: X
- How many **Calories** are in your product? X



1. Media literacy and grocery store manipulation
2. "Food Label Reading Worksheet" activity
3. "Interactive Food Label Activity"
4. Food label reading video

Nutrition Facts
 8 servings per container
 Serving size 2/3 cup (155g)
 Amount per serving
Calories 230
 % Daily Value*

Total Fat 9g 19%
 Saturated Fat 1g 5%
 Trans Fat 0g
 Cholesterol 0mg 0%
 Sodium 100mg 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 8%

*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.

- 1 The serving size now appears in larger, bold font and some serving sizes have been updated.
- 2 Calories are now displayed in larger, bolder font.
- 3 Daily Values have been updated.
- 4 Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

#6
 Total Fat
 $10 \times 9 = 90$
 divided by
 Total Calories
 (200) = 45%

Yes _____
 or
 No X

Nutrition Facts
 9 servings per container
 Serving size 2/3 Cup (90g)
 Amount per serving
Calories 200
 % Daily Value*

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

*The % Daily Value (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.

Ice-Cream



Is your school a "Healthy School?"

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

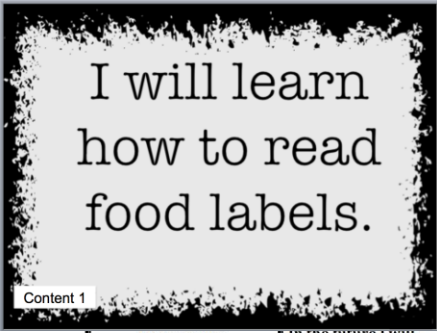
Before the New Standards	After the New Standards
 Unhealthy Snacks 100% Fat 100% Sugar 100% Sodium 100% Calories	 Healthy Snacks 100% Fruit 100% Water 100% Protein 100% Calories

<https://foodandhealth.com/usda-snack-foods-schools>

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

More Day 8:

More On Reading Food Labels, Vending Machine Activity

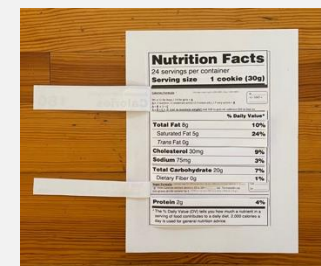
Name: _____ Per.: _____ Week Of: ____/____/____			
Content: Write the daily content learning target:	Content End of Class Rating- Circle One:	Behavioral: Write the daily exit success criteria:	Behavioral End of Class Rating- Circle One:
Monday: I will	I learned this:	In the future I will	Yes No Undecided
			
Tuesday: I will			Yes No Undecided
Wednesday: I will	4 Very well - without mistakes or help 3 Pretty well - with a few	In the future I will	Yes No

Learning Target posters and check off sheets are included

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



Day 9: Food Label Scavenger Hunt

Food Label Scavenger Hunt or Food Label Scramble :

Name: _____ Food Label Scavenger Hunt Worksheet	Period: _____ Date: _____
BLUE – FAST FOOD	
Questions:	
Which one has fewer Calories ? Costco Pizza, or a Costco Hot Dog ?	
People with high blood pressure should watch their sodium. The maximum per day is 2400 mg. Compare the Sodium in these 2 foods:	
What % fat are Lasagna and Croissan'wich? Is this "healthy"? <i>*HINT: Per Calories from Fat into your calculator and divide by Calories</i> <i>*HINT "Healthy": No more than 35% of total daily calories should come from fat</i>	1. _____ has fewer calories 2. DQ Chicken Strip Basket: _____ mg 3. Kraft Macaroni and Cheese: _____ mg. 4. Lasagna: _____ % 5. Croissan'wich: _____ %
6. Healthy? Circle: yes or no	7. Healthy? Circle: yes or no
Which has less total fat – Chicken McGrill or Crispy Chicken?	
I want to have salad dressing on my salad at McDonalds. Which one has the least amount of both Calories and Total Fat ? Creamy Caesar or Ranch?	
Is McDonald's salad less or more calories than a Big and Tasty burger? List calories.	
Which "Fast Food" item in the "BLUE" section has the most Calories ?	8. _____ has less fat 9. Creamy Caesar: _____ 10. Total Fat: _____ gr. 11. Ranch: _____ 12. Total Fat: _____ gr. 13. Which one has less of both cal or fat? _____
14. Salad Calories: _____	15. Big and Tasty Burger: _____ Is a Big and Tasty less or more calories? _____
17. _____ has the most calories	

4 Shares of Beans



Nutrition Facts

Serving Size 1/2 cup (125 mL)
Amount Per Serving **% Daily Value***

Calories	214
Total Fat 10g	20%
Sodium 100mg	20%
Total Carbohydrate 35g	70%
Dietary Fiber 10g	20%
Sugars 10g	20%
Protein 10g	20%

*Percent Daily Values are based on a 

4 Lunch Sausages

Nutrition Facts

Serving Size 1 sausage (100g)
Amount Per Serving **% Daily Value***

Calories	200
Total Fat 10g	20%
Sodium 100mg	20%
Total Carbohydrate 10g	20%
Dietary Fiber 10g	20%
Sugars 10g	20%
Protein 10g	20%

*Percent Daily Values are based on a 

1 Baking Dish of Popovers



Nutrition Facts

Serving Size 1 popover (100g)
Amount Per Serving **% Daily Value***

Calories	200
Total Fat 10g	20%
Sodium 100mg	20%
Total Carbohydrate 10g	20%
Dietary Fiber 10g	20%
Sugars 10g	20%
Protein 10g	20%

*Percent Daily Values are based on a 

1 Baking Dish of Popovers



Nutrition Facts

Serving Size 1 popover (100g)
Amount Per Serving **% Daily Value***

Calories	200
Total Fat 10g	20%
Sodium 100mg	20%
Total Carbohydrate 10g	20%
Dietary Fiber 10g	20%
Sugars 10g	20%
Protein 10g	20%

*Percent Daily Values are based on a 

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They will be able to
read food labels
with confidence!

Large Coke:		Large Mountain Dew:	
Nutrition Facts		Nutrition Facts	
Coke		Mountain Dew	
1 serving per container		1 serving per container	
<u>Serving Size</u>	21.6 fl oz (675 g)	<u>Serving Size</u>	22 fl oz (640 g)
Amount per serving		Amount per serving	
Calories	284	Calories	308
	% Daily Value		% Daily Value
Total Fat 1.7g	3%	Total Fat 0g	0%
Saturated Fat 0g	0%	Saturated Fat 0g	0%
Trans Fat 0g		Trans Fat 0g	
Monounsaturated Fat 0g		Monounsaturated Fat 0g	
Cholesterol 0mg		Cholesterol 0mg	0%
Sodium 20mg	1%	Sodium 160mg	8%
Potassium 140mg	1%	Potassium 13mg	0%
Total Carbohydrates 70g	23%	Total Carbohydrates 83.5g	28%
Dietary Fiber 0g	0%	Dietary Fiber 0g	0%
Sugars 67g		Sugars 83.6g	
Protein 0g		Protein 0g	





Lasagna:



Croissant with

Nutrition Facts

Amount per container
1/2 cup (120 g)

Calories **692**

	% Daily Value
Total Fat 14g	28%
Saturated Fat 10g	70%
Cholesterol 100mg	20%
Sodium 120mg	60%
Total Carbohydrate 70g	140%
Fiber 10g	20%
Protein 30g	60%

Nutrition Facts

Amount per serving
1 croissant (105 g)

Calories **388**

	% Daily Value
Total Fat 20g	38%
Saturated Fat 12g	60%
Cholesterol 40mg	8%
Sodium 100mg	20%
Total Carbohydrate 25g	50%
Fiber 2g	4%
Protein 10g	20%

McDonald's Action
Gilled Chicken



Gateway Chicken Club
Chicken Sandwich



Nutrition Facts

Amount per container
1 sandwich (227 g)

Calories **380**

	% Daily Value
Total Fat 15g	30%
Saturated Fat 2g	10%
Total Fat 5g	10%
Cholesterol 20mg	40%
Sodium 120mg	60%
Total Carbohydrate 35g	70%
Dietary Fiber 3g	6%
Protein 15g	30%

Nutrition Facts

Amount per serving
1 sandwich (184 g)

Calories **760**

	% Daily Value
Total Fat 30g	60%
Saturated Fat 4g	20%
Cholesterol 40mg	80%
Sodium 120mg	60%
Total Carbohydrate 60g	120%
Dietary Fiber 6g	12%
Protein 30g	60%

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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 (489 g)
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 633mg	20%	
Total Carbohydrates 23g	8%	
Dietary Fiber 0g	0%	
Sugars 25g		
Protein 16g		

1. "Food Label Scavenger Hunt"
2. Have students walking around the room reading food labels

More Day 9:

Food Label Scramble With MyPlate Focus

Food Label Scramble Directions:



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



Day 10:

Iron Protein Sodium

Maximum iron I should eat per day - 10 – 45 mg.:

Girls: Is yours between
1200 – 2800 ?

Boys: Is yours between
1500 – 3800 ?



I will learn how
to make
healthier
nutrition choices.

Content 50

Learning Target posters and
check off sheets are included

Watch Your Salt:

1. soy sauce 1 T. = 1006 mg!
2. canned foods
3. salty snacks
4. fast food (esp. Chinese)
5. cured pork

Tips to cut down on salt:

1. Season with other herbs
2. Limit fast foods
3. Limit salty snacks
4. Quit shaking!



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

Formula For How Much
Protein You Should
Eat Per Day:^{*10}



Day 11: 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.

Caffeine Content of Drinks

All Coffee Soda **Energy Drinks** Tea Shots

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, sensitivity, weight, age and health history there are some established guidelines recognized by health authorities:



True Stories about Energy Drinks Dangers:



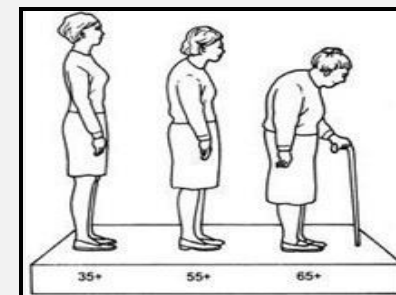
<https://www.afmc.af.mil/News/Article-Display/Article/3396523/the-low-down-on-energy-drinks/>

<https://www.news.com.au/health/health-problems/news/warning-after-husband-dies-from-energy-drink-habit/news-story/5480f6c6d54f6f05c6c4e8ac0763ed>

Energy Drinks Activity:

1. The importance of calcium for teens
2. ♦ **Formula**- "How Much Calcium do I Need Daily?"
3. "The Dangers of Energy Drinks" Activity
4. "Energy Drinks" articles
5. Energy drink dangers videos

A Student Favorite!



Day 12: Exercise And Activity

NAME: _____

Per: _____

How Many Calories Does Exercise Burn?

Follow the Directions of the back of this sheet to complete this worksheet.

Look up these foods on:	# of calories:	How many minutes would it take for <u>you</u> to burn these calories walking 3.5 mph	How many minutes would it take for <u>you</u> to burn these calories running 5 mph
1. Mars Snickers Candy Bar			
2. Apple (large-sized with skin)			
3. Mountain Dew MDX Energy 20 oz.			
4. Banana (raw, small)			
5. Cheetos Flaming Hot			
6. Dairy Queen Choc. Chip Cookie Dough Blizzard - Med.			

1. Understanding Cancer
2. Cancer warning signs
3. "Dear 16-Year Old Me" Video
4. "Family Medical History Homework"
5. Why is exercise important?
6. Exercise video and review sheet
7. How many calories will exercise burn?
8. FITT Plans
9. Longevity and goal setting

7 Signs of Cancer^{*17} (as designated by the American Cancer Society)?

CAUTION:

C change 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.

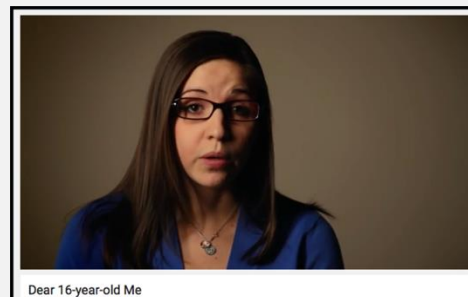
I ndigestion or difficulty swallowing.

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/paibeleighnoah>



Dear 16-year-old Me

Day 13:

Eating Habits Survey & Goals

Name: _____ Per: _____ Date: _____

Healthy Eating for Life Survey

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 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 don't eat enough fruit
- 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 when I bake/cook

Name: _____ Per: _____ Date: _____
Long-Term Health Goals: Use the "SMART" goals to make sure your goals are specific, measurable, attainable, realistic and time-based.



LONG-TERM HEALTH GOALS: In 5 - 10 years

	S	M	A	R	T	What would I have to help me with this goal?	What barriers could hinder me from my goals?
Example: Education	Go to a 4-year college	Go right after high school graduation	Try to get scholarships to help with the cost	Choose a major that I am interested in	Finish in 4-5 years		
Exercise							
Weight							
Friends/Family							
Sleep							
Healthy Eating							
Work/Career							
Education							

Photo by <https://pixabay.com>

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too often
ir meals
inks (lattes, mochas, juice, alcohol, pop)

- I skip breakfast
- I skip meals
- I eat on the run

than have snacks to curb my appetite

:

he couch
out at a restaurant or movie theater, etc.

be "starving"

y anyway...

ers

myself

- I eat in the car
- I won't eat in front of people

- I eat to reward myself
- I can't control my eating
- I eat when I'm depressed
- I don't eat when I'm depressed

- I eat when I'm bored

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Healthy Habits and Weight Loss:



GET PLENTY OF: BREAKFAST

- With no food in your stomach, your **body** thinks it's starving, and your **metabolism** SLOWS down
- It's already been **18 hours** since you last ate!
- Your **brain** needs nutrients to be alert, otherwise you'll feel tired and can't concentrate!
- Your body needs food in the morning for **energy**



The weighty issue of weight loss

June 1, 2012
By Matthew Kahn, Executive Editor, Harvard Men's Health Watch
(WITH CONNECTIONS TO THE HEALTHY PLATE IN BOLD)

<https://www.healthwatch.org/healthwatch/healthy-plate-connection-weight-loss>
<https://www.healthwatch.org/healthwatch/healthy-plate-connection-weight-loss>

Nearly three in four adults are considered overweight or obese. How can you lose weight and keep it off as you age?

We are quite a large nation — not only in square footage, but in growth. Results from the 2017-2018 National Health and Nutrition Examination Survey found that about 73% of American adults are classified as overweight or obese.

Excess weight increases your risk of heart disease, diabetes, and some types of cancer. But it also affects your daily life. "When you carry around extra pounds, you can have trouble staying active, low energy, and difficulty sleeping," says Dr. Walter Willett, professor of epidemiology and nutrition at the Harvard T.H. Chan School of Public Health.

Easy to gain

Many factors contribute to weight gain. The obvious ones are poor diet and lack of exercise. But age is also an issue.

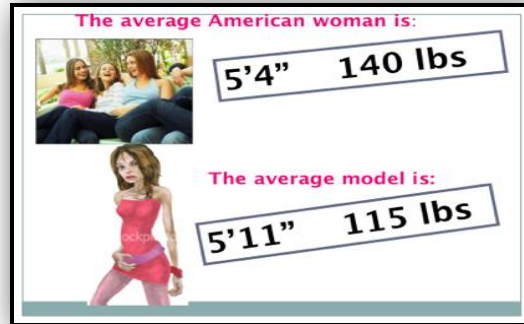
As you get older, it's easier to gain weight and tougher to lose it. Why? Lean muscle mass steadily declines over the years, and the change becomes more noticeable after age 40. "Muscles burn calories 24/7. If you have less muscle, your body burns fewer calories, which can lead to easier weight gain," says Dr. Willett.

A man's ideal weight is usually about the amount he weighed at age 20, according to Dr. Willett. "There are other ways to assess whether your weight poses a health risk.

Even if you are not technically overweight just yet, don't wait to take action. "A seemingly innocuous five added pounds still can have some adverse effects on your health," says Dr. Willett. "And the greater threat is that I suspect you are on a trajectory toward bigger problems."



1. "Eating Healthy for Life Survey"
2. Habits, the brain, and eating
3. Fun Doodle Notes Goal-Setting! Templates Included!

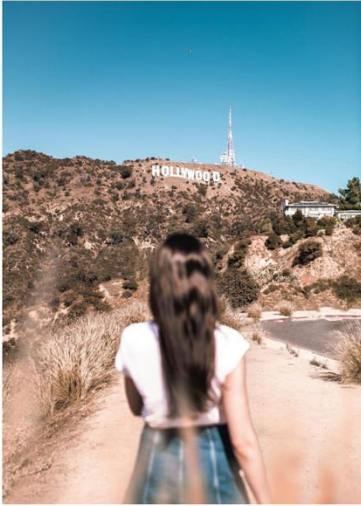


1. Understanding eating disorders
2. "Eating Disorders Self-Survey"
3. "Emotions and Eating Survey"
4. Understanding the symptoms of anorexia and bulimia.
5. Eating disorders videos

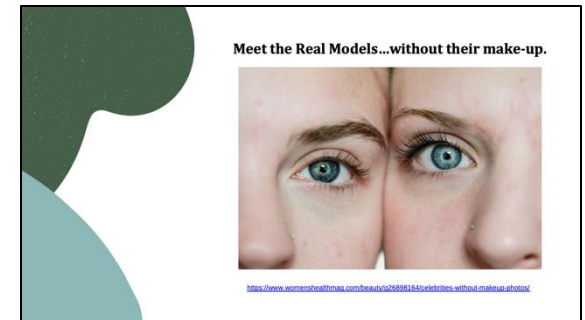
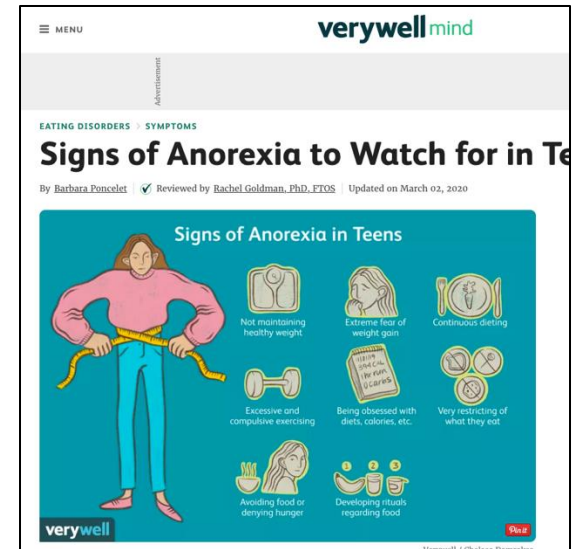


Day 15: Positive Body Image

Rule 3: Don't compare yourself to celebrities!



Wouldn't we all look great if we had hours to spend with a professional hair stylist, or make up artist, or fashion consultant, or a personal trainer?



1. The importance of positive body image
2. Analyzing media's false messages
3. Improving body image videos
4. "Body Image Brochure"
5. "Real Models Without Their Make-Up Presentation!"
6. "Love What's Good, Change What You Could" Activity
7. Cube art project



Day 16 + 17: Discerning Diets

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/invoke.cfm?objectid=357FAABB-312F-414A-A8D6401C15EE>

Yes or No:

**leave blank
If you don't know**

- ____ 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?
- ____ 4. Does the diet include the "7-a-day" rule? (eating 3 servings of fruits and 4 servings of veggies per day)
- ____ 5. Does the diet keep sugar in moderation?

Optional: Share Out Fad Diets



**Don't get caught up in crazy fad diets -
even if it "worked" for someone you know!**

One of the most important questions, to ask yourself is:

Can I do this for life?



1. "Is This Diet Healthy?" with PowerPoint
2. "Best Diets" web link
3. Why many diets DON'T work
4. Why a diet needs to be a "diet for life"
5. "Is This Diet Healthy?" share out

Optional Day : Eating Habits Survey

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 you:

Mark "x" if a problem for you	Eat Less:	
1.	Sugar	Did you know you don't need any sugar for the rest of your life? You can consume one-half pound of sugar PER DAY—translates to 100 calories and gives you nothing nutritionally. It spikes your blood sugar, guess what your body stores it as? FAT! (See this link)
2.	White flour	Found in breads, pasta, crackers, flour tortillas, pancake mix, etc. It's bleached, stripped of its fiber and nutrients. White "Wonder" bread spikes your blood sugar faster than a sugar cube. Whole-grain, like whole wheat, brown rice, oats or quinoa, are better choices.
3.	Other white stuff	A book called, "No White at Night" ³ explains that breads, pastas, and other white stuff each have a high glycemic index and can increase blood sugar levels, which leads to hunger, and even decrease insulin sensitivity. The pancreas, the organ that secretes insulin, is destroyed in type 2 diabetes, which is primarily caused by "insulin resistance." In this condition, insulin doesn't work well. To treat type 2 Diabetes, a healthy diet is essential. Here is a self-test: If your energy slumps within one to two hours after eating, you may have insulin resistance.
4.	Saturated fats	These fats are found in many dairy and animal products. They can raise the level of cholesterol in your blood, which increases the risk of heart disease. Examples include butter, coconut oil, palm oil, and animal fats (bacon, pepperoni, salami, ham) and almost anything with t
5.	Cured pork	(Bacon, sausage, pepperoni, salami, ham) Researchers from the Harvard School of Public Health found in 2010 that eating processed meats such as bacon, preserved by smoking, curing or salting, or with the addition of chemical preservatives, was associated with an increased risk of both heart disease and diabetes.
6.	Red meats	This includes hamburger and steak, and cured pork (bacon, sausage, pepperoni, salami, ham). Studies show that red meat is linked to higher risk of dying from cancer and Heart Disease. ⁷

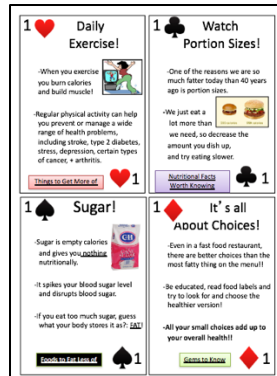
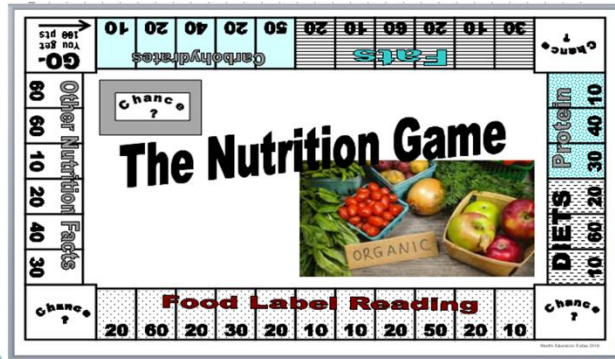
"Your Personal Health" Survey:



1. "Where is Your Health?" food habits survey with 60 questions!
2. Acronym art activity
3. Personal Health Assessment

Day 19: Unit Assessment Review

Nutrition Board Game:



Harvard Healthy Plate Review: Fill in the section titles for Harvard Healthy Plate:

Name: _____ Per.: _____ Date: _____

Mark your gender and age below, then fill in the food groups and serving sizes for yourself for group son the plate below:

Gender: ____ Male ____ Female Age: ____

HEALTHY FAT
*Write Your Formula Total Here:

WATER Total:
Your Formula Total:

WHOLE GRAINS
Choose ½ plate of whole grains instead of refined grains
*Write Your Sugar Calories + Sugar Grams Formula Totals:
-
-
*Write Your Fiber Total:

VEGETABLES
¾ of your plate veg + fruit

FRUITS
¼ of your plate veg + fruit

HEALTHY PROTEIN
*Write Your Formula Total:

EXERCISE
60 minutes a day or more

Photos by <https://pixabay.com/>

1. "Nutrition Unit Assessment Review Board Game"
2. "Nutrition Card Game Test Review"

Day 20: Unit Assessment

NUTRITION TEST

Nutrition Test

Name: _____ Per: _____ Date: _____

Multiple Choice:

- The definition of a calorie is:
 - How much fat a food has
 - The energy value of food
 - A nutrient in food
 - The oxygen count of food
- How many calories must you cut to lose 1 lb?
 - 3000
 - 4000
 - 35
 - 3500
- The safest way to lose weight is:
 - 5 lbs. per week
 - 10 lbs. per week
 - 1 - 2 lbs. per week
 - 2 - 3 lbs. per week

Matching:

- | | |
|---|---|
| ___ 4. Name a food high in fat | A. saturated |
| ___ 5. Name a food high in salt | B. eats and then makes self throw up or over-exercises or takes laxatives |
| ___ 6. The definition for anorexia | C. soy sauce |
| ___ 7. Which are the "healthy" carbohydrates? | D. Salad dressing |
| ___ 8. Name a food high in sugar | E. Simple carbohydrates |
| ___ 9. The definition for bulimia | F. Overeats and gains weight |
| ___ 10. One of the worst kinds of fat | G. Unsaturated |
| ___ 11. Lack of calcium can cause | H. osteoporosis |
| | I. Complex carbohydrates |

Generic
Worksheet Template!

Nutrition Test - KEY

Multiple Choice:

- The definition of a calorie is:
 - How much fat a food has
 - b. The energy value of food**
 - A nutrient in food
 - The oxygen count of food
- How many calories must you cut to lose 1 lb.
 - 3000
 - b. 4000**
 - 35
 - 3500
- The safest way to lose weight is:
 - 5 lbs. per week
 - b. 10 lbs. per week**
 - 1 - 2 lbs. per week
 - 2 - 3 lbs. per week

Matching:

- ___ **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 "healthy" 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

Title Goes Here

First Question Here



- X**
- X**
- X**
- X**
- X**
- X**

Second Question Here



- X**
- X**
- X**
- X**
- X**
- X**

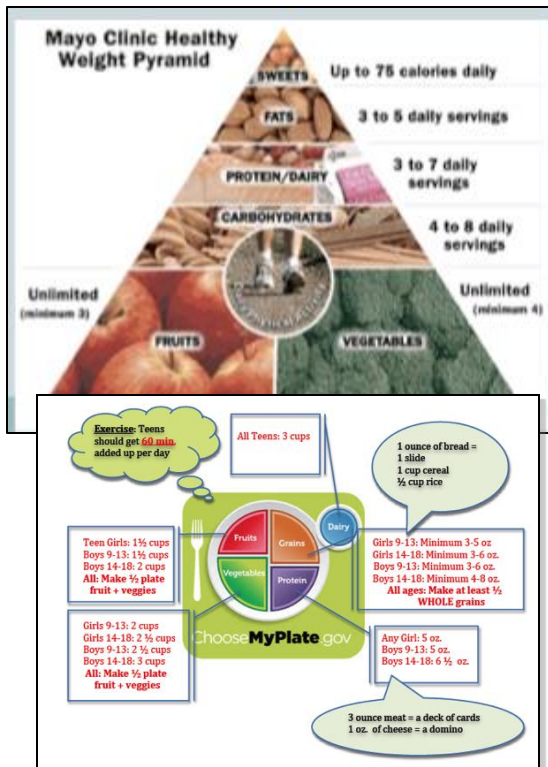
Third Question Here



- X**
- X**
- X**
- X**
- X**
- X**

- "Nutrition Unit Assessment"
- Fun Worksheet Templates!

Optional MyPlate Lessons:



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
Canned Fruit	Beans	Pancakes	Almonds

Name: _____ Per: _____ Date: _____

1. Write down everything you ate and drank for 1 day. Tally your food groups from your 1-day of food recording on this food pyramid chart:

	Minimum:	Maximum:
Sweets (only up to 75 calories)		
Fats (3-5)	_____	(maximum 5)
Protein / Dairy (3-7)	_____	(maximum 7)
Carbohydrates (4-8)	_____	(maximum 8)
Fruits (3-unlim)	_____ +++	(unlimited)
Vegetables (4-unlim)	_____ +++	(unlimited)

2. Did you _____ **Per:** _____ **Date:** _____

MyPlate Personalized

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

My Own MyPlate

Nuts: walnuts, Whole grains
 Beans
 Green leafy veg
 Olives

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

This Program is all about the Students:

- ◆ Classroom “**kid-tested**,” teacher-approved, and full of real student examples and responses.
- ◆ Promotes **high student engagement and interaction**.
- ◆ **Challenges and impacts the mental, emotional, social life of teens.**

Buy it Today, Teach it Tomorrow!



What makes this program unique?

- ◆ This program features highly organized step-by-step teacher directions that follow daily PowerPoints, providing talking points for each slide.
- ◆ **Documents and PowerPoints are editable** to cater to you and your students needs. Documents are included in both **Word and PDF** formats.
- ◆ PowerPoints are full of trending topics, photos, and video links that teens will appreciate.

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Works Cited:

Yosemite Photo by the author:

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

NYC Standards From:

<http://www.p12.nysed.gov/ssss/schoolhealth/schoolhealtheducation/healthPE>

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<https://labs.openai.com/>

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