

4 Week Nutrition Unit for High School



ALSO ON
GOOGLE
DRIVE!

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



Health Education Today

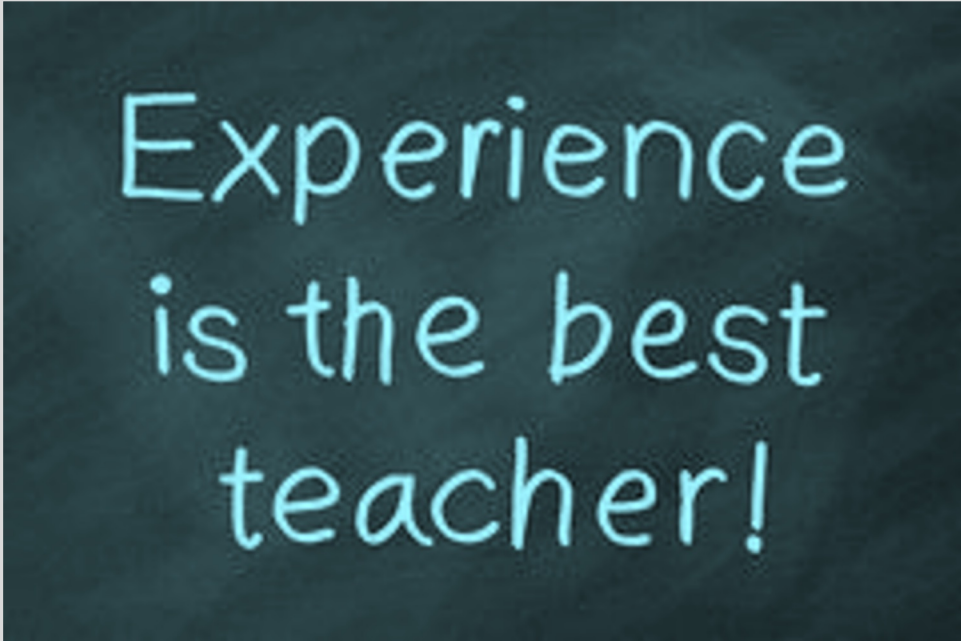
**Nutrition Unit for
High School**



**The #1 Best-Selling
Nutrition Unit
on TPT!**

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!

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	
2	Write informative/explanatory texts, i	
3	Incorporate narrative elements effecti	

Shape America National Health Education Standards

<https://www.shapeamerica.org/standards/health/?hkey=6e00dd03-1a27-4f65-9066-157ce6013356>

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



Real Teacher Reviews:

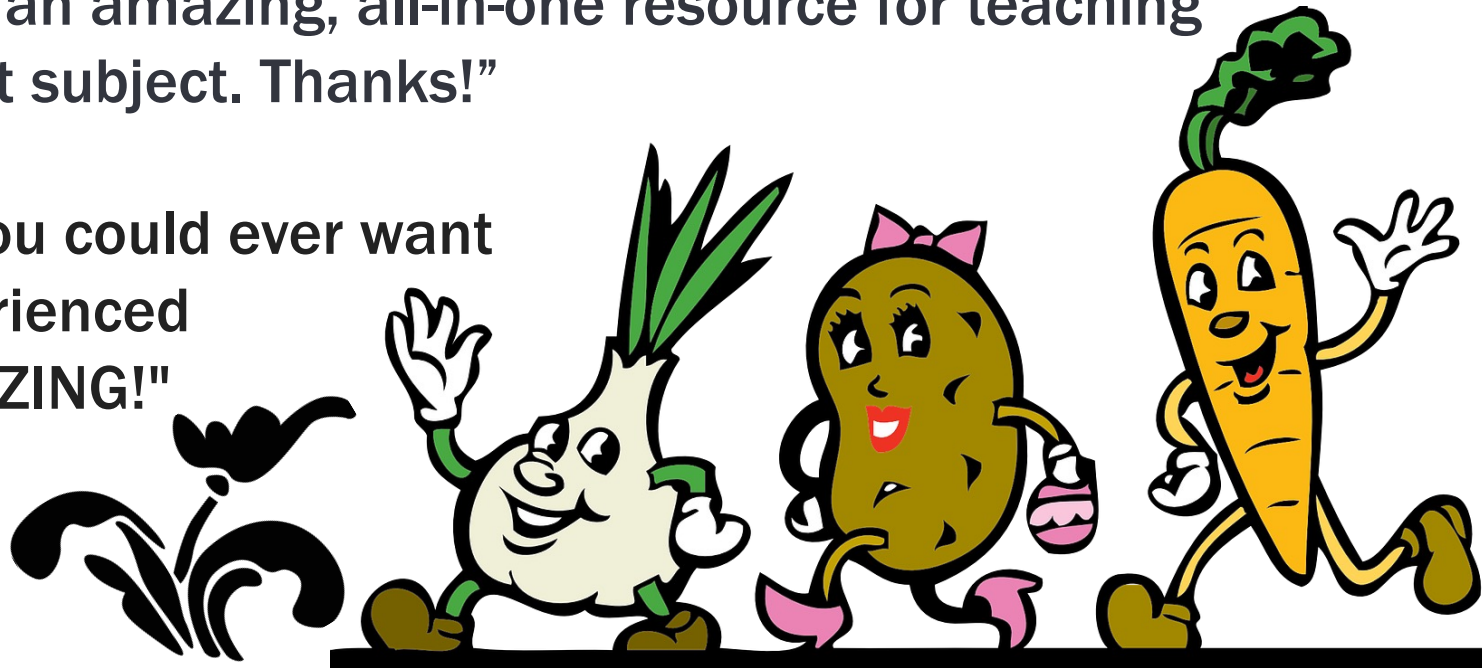
“This is a lifesaver unit. It is fully developed and the teacher does not need to do anything but follow it!”

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

“My students loved using this resource!”

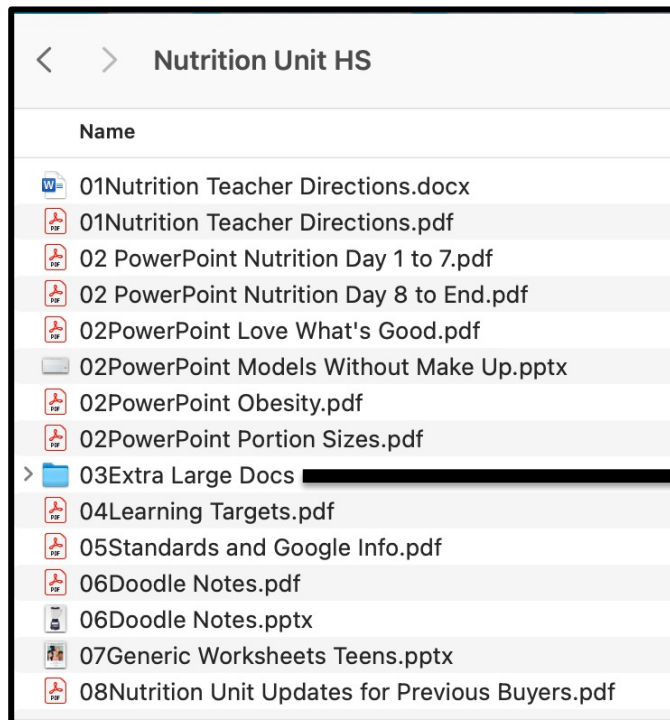
“Wow! This is an amazing, all-in-one resource for teaching this important subject. Thanks!”

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

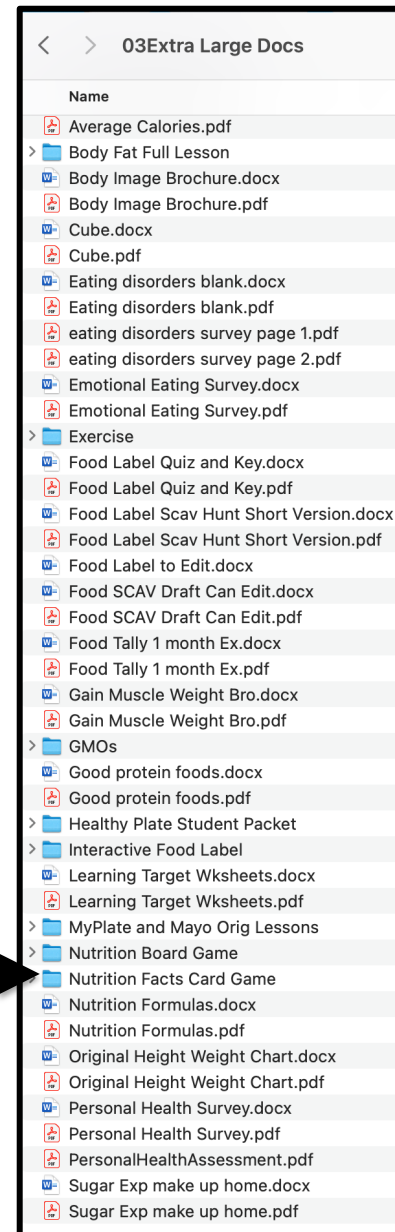


Here is a Look at the Files Included:

Main Folder:



Extra Large Docs Folder:



LOW PREP!

*Most docs are
included in the
197 pages of
“Teacher
Directions!”*



Easy to Navigate “Table of Contents”

Links to
each lesson
document!

Daily
Lesson
Topics

Weekly
Homework

Common
Core
Standards

National
Standards

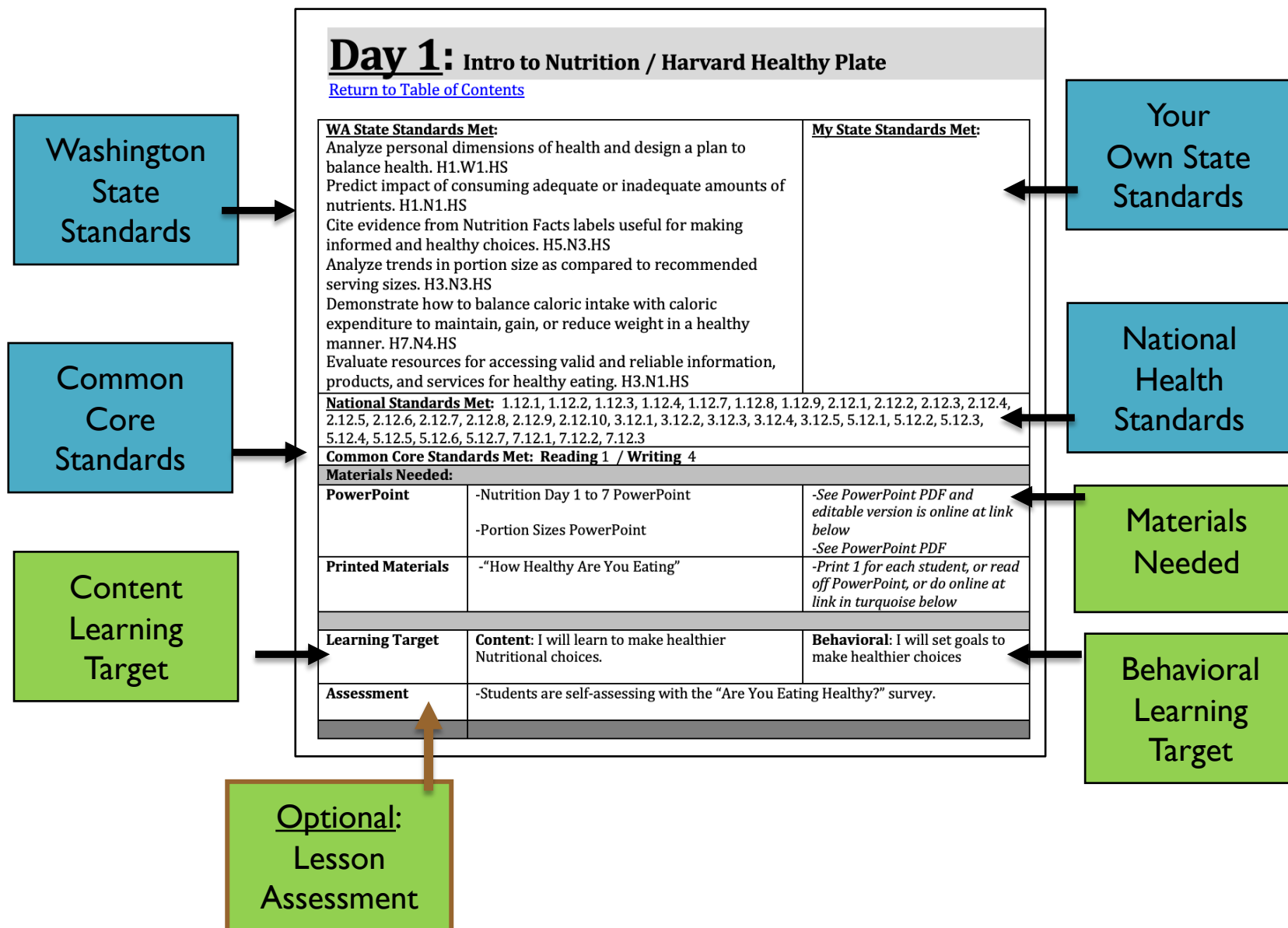
WA
State
Standards

Fill in
Your
State
Standards

Google Docs
Included!

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	

Standards are at the Beginning of Each Lesson:



PowerPoints Lead You Through the Lessons...

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

Day 1: Intro to Nutrition / Harvard Healthy Plate

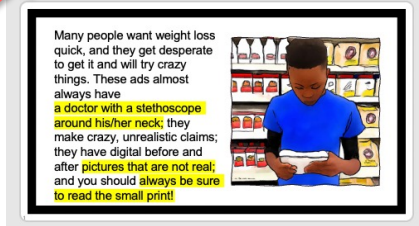
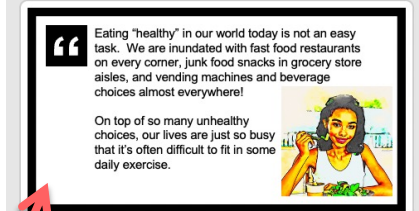
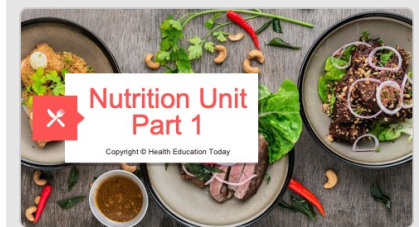
[Return to Table of Contents](#)

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.

- TITLE UNIT SLIDE:** This is a place marker slide, there is nothing to say to students on this slide!
- TITLE DAY 1 SLIDE:** This is a place marker.
- 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.
- GLOBAL DIET PRODUCTS MARKET NUMBERS:** Discuss these staggering numbers with your students!
- QUICK WEIGHT LOSS:** Discuss the content on this slide. Many people want weight loss quick!

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Beautiful New PowerPoint Background and Photos!

Nutrition Unit
Part 2

See "Nutrition PowerPoint Part 1" for Lessons #1 - 6 and for [Lesson #7](#)

[You can find this PowerPoint online on Google Drive at \(Copy and paste this link\)](#)

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Day 8:

Food Label Reading Part 1

Extra Credit Water Sheet

Date	Record How Much You Drink	Total Ounces in One Day	Get Signatures
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"

Don't miss the optional "Food Label Quiz in the "5. Docs for Teachers":

Nutrition Facts

Servings per container: 1
Serving size: 1 cup (240 mL)
Calories: 100
Total Fat: 2g
Sodium: 100mg
Total Carbohydrate: 20g
Protein: 2g

1. Find your favorite candy bar. Write the following:
a. Name: _____
b. Serving size: _____
c. Calories: _____
d. Total Fat: _____
e. Sodium: _____
f. Total Carbohydrate: _____
g. Protein: _____

2. Go to the grocery store. Get 2 different kinds of products:
a. Name: _____
b. Serving size: _____
c. Calories: _____
d. Total Fat: _____
e. Sodium: _____
f. Total Carbohydrate: _____
g. Protein: _____

1



2



3



4



How to Read a Food Label

Nutrition Facts
9 servings per container
Serving size: 2/3 Cup (80g)
Amount per serving
Calories: 200

	% Daily Value
Total Fat 10g	20%
Sodium 100mg	20%
Total Carbohydrate 30g	60%
Protein 10g	20%

1. Unrealistic serving size - chips
2. Servings per container - muffin, Fritos
3. Packaging - pop tart
4. listing an amount and then having a " " - Mac n' Cheese and brownies

How companies might deceive you on a food label:

- Unrealistic serving size - chips
- Servings per container - muffin, Fritos
- Packaging - pop tart
- listing an amount and then having a " " - Mac n' Cheese and brownies

Label Deception-Serving Size:

Simply Tostitos

Servings Size: 6 chips
Servings per Container: 20
Calories: 130 (x 20)
Total Fat: 6 grams (x 20)

Label Deception:
Can you do the math in your head?

Cheetos

Servings per Container: 4.5
Calories: 170 (x 4.5)
Total Fat: 11 grams (x 4.5)

5



6



7



8



"Strawberry" Poparts

Pop-Tarts

Nutrition Facts
9 servings per container
Serving size: 2/3 Cup (80g)
Amount per serving
Calories: 200

	% Daily Value
Total Fat 10g	20%
Sodium 100mg	20%
Total Carbohydrate 30g	60%
Protein 10g	20%

macaroni & cheese

Nutrition Facts
9 servings per container
Serving size: 2/3 Cup (80g)
Amount per serving
Calories: 200

	% Daily Value
Total Fat 10g	20%
Sodium 100mg	20%
Total Carbohydrate 30g	60%
Protein 10g	20%

VIDEO CHOICES:

You need to be in "Present" mode to click links!

<https://www.youtube.com/watch?v=47Cq5dQg>

<https://www.youtube.com/watch?v=47Cq5dQg>

Nutrition Facts
9 servings per container
Serving size: 2/3 Cup (80g)
Amount per serving
Calories: 200

	% Daily Value
Total Fat 10g	20%
Sodium 100mg	20%
Total Carbohydrate 30g	60%
Protein 10g	20%

Chocolate Ice-Cream

SMITH'S

Write the name of your product

9



10



11



12



9

Day 9:

Food Label Scavenger Hunt OR Food Label Scramble

Extra Credit Water Sheet

Date	Record How Much You Drink	Total Ounces in One Day	Get Signatures
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"

Write the name of your product

Chocolate Ice-Cream

Nutrition Facts
9 servings per container
Serving size: 2/3 Cup (80g)
Amount per serving
Calories: 200

	% Daily Value
Total Fat 10g	20%
Sodium 100mg	20%
Total Carbohydrate 30g	60%
Protein 10g	20%

SMITH'S

Grocery Store Scavenger Hunt Homework

Write the name of your product

Chocolate Ice-Cream

Nutrition Facts
9 servings per container
Serving size: 2/3 Cup (80g)
Amount per serving
Calories: 200

	% Daily Value
Total Fat 10g	20%
Sodium 100mg	20%
Total Carbohydrate 30g	60%
Protein 10g	20%

SMITH'S

High School Nutrition Unit Google Docs:

100 Google Slides + 4 Forms

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



- ☒ 1. I eat red meats (hamburger/steak/ham/pork) 3 times a week or less
- ☒ 2. I limit my fast food
- ☒ 3. I drink lots of water
- ☒ 4. I eat 7 or more servings of fruits and vegetables
- ☒ 5. I sometimes eat sugary snacks
- ☒ 6. I bake or broil instead of fry
- ☒ 7. I usually eat breakfast
- ☒ 8. I have at least one meal a day without meat
- ☒ 9. I limit my fat intake
- ☒ 10. I steam or boil my vegetables
- ☒ 11. I usually eat whole grains like bread, a hamburger, or pasta
- ☒ 12. I eat whole fruits instead of fruit juice
- ☒ 13. I read food labels
- ☒ 14. I exercise at least 30 minutes a day
- ☒ 15. I usually have a healthy snack
- ☒ 16. I usually have a meal with protein
- ☒ 17. I sometimes eat fast food
- ☒ 18. I drink 2% or less milk
- ☒ 19. I drink at least 8 glasses of water a day
- ☒ 20. I usually have a meal with protein
- ☒ 21. I am comfortable with my weight
- ☒ 22. I usually don't eat junk food
- ☒ 23. I try to avoid eating too much
- ☒ 24. I drink less than 12 cans of soda a week
- ☒ 25. I almost always eat breakfast

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 (choose .3, .5, or .7) = X Box 2

3) Take + Box 1 = X Box 3

4) Take + Box 2 = X Box 3

6) Optional: or if you want to lose wt... - 500 PER DAY TO LOSE 1 LB. PER WEEK
or if you want to gain wt... + 500 PER DAY TO GAIN 1 LB. PER WEEK

7. Know that 1 lb. = X calories. The safest way to lose weight is to eat X calories/day
- *Women should never go below X calories/day
- *Men should never go below X calories/day
8. Set-point theory: "Body weight is regulated at a predetermined, or set-point, mechanism." When you cut calories below the 1200/1500, your body metabolism slows down, 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.

Name: X Per.: X Date: 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:	Is it HEALTHY? Yes or No:
Protein Products:				
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 Per.: X Date: X

MyPlate Personalized

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



Emotional 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. *

- ☐ 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

"How Healthy Are You Eating?" Survey

Score each item according to the scale below. There are no right or wrong answers!

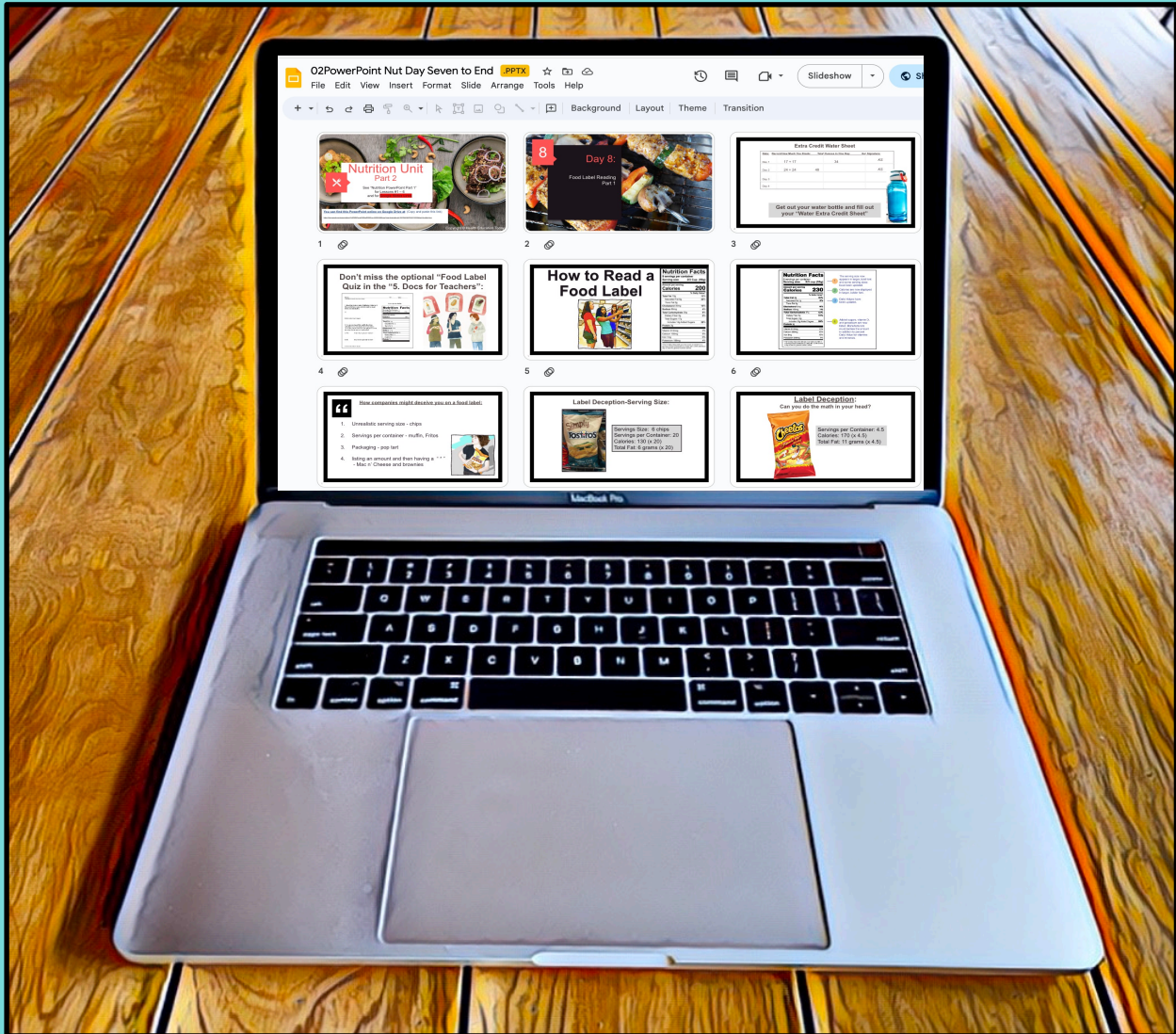
1. I eat red meats (hamburger/steak/ham/pork) 3 times a week or less.

☐ True
☐ False

2. I limit my fast food meals to one per week or less.

☐ True
☐ False

**Editable High School PowerPoints are on
GOOGLE SLIDES too!**



There are 6 PowerPoints-

Here is a clip from “Part 2” of the main unit presentation:

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Day 9
Second
Option:
Food Label
Scramble

Extra Credit Water Sheet

Date	Round One Mark You Earned	Total Points in One Day	Get Signature
Day 1	17 + 17	34	KJS
Day 2	24 + 24	48	
Day 3			
Day 4			

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

Just a bit more practice...

- Is this product healthy
- for **SUGAR GRAMS**?

Calories 170

Just a bit more practice...

- Is this product healthy
- for **SUGAR GRAMS**
- 7 divided by 35 =
- 20%
- YES!
- But in vending machine for both = NO!

Calories 170

Just a bit more practice...

- Is this product healthy
- for **TOTAL FAT**?

Calories 50

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

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

MyPlate: A Guide

10

Day 10:
Iron, Protein, Sodium
and Calcium

Extra Credit Water Sheet

Date	Round One Mark You Earned	Total Points in One Day	Get Signature
Day 1	17 + 17	34	KJS
Day 2	24 + 24	48	
Day 3			
Day 4			

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

Calcium
Bone Disease

Work on your "Fast Food Posters"

Scramble around the room

Here is how you fill it in

KEY:

DICKS

Starbucks

Nutrition

449+ slides in the main presentation!

“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

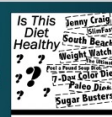


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Analyzing Fad Diets FACTS:

- 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.”



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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/>

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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/>

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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

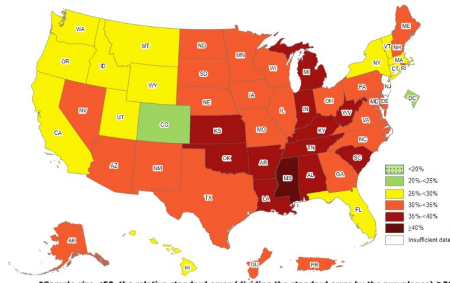


41 total slides

“Obesity in the U.S.” PowerPoint:

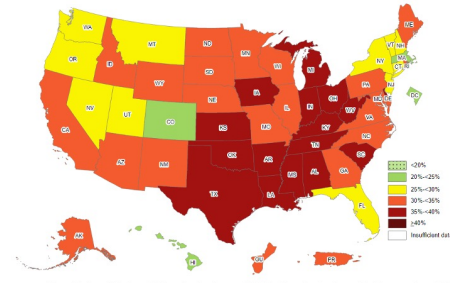
Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2019

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



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



Comparison of 9 years!

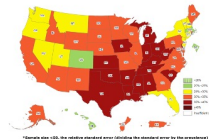
Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2011

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



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



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

Day 1: INTRODUCTION TO UNIT AND ★NEW!★ HARVARD HEALTHY EATING PLATE:

ADVERTISEMENT

AMAZING: Unflavored Apple Cider Vinegar Capsules.

The Fastest All-Natural Diet Known For Rapid Weight Loss Without A Prescription

NEW!

17 lbs. in Only

Did you know that apple cider vinegar was once used as a miracle weight-loss product that also eliminates toxins? Thanks to its fat-eliminating virtues, it is actually believed to be the most natural fat eater of all time. This recently rediscovered mysterious liquid weight-loss substance is now available as weight-loss capsules with incredible life changing results.

A Simple Yet Brilliant Idea

The secret to eliminating fat deposits is to "open up the door" of the fat cells and allow them to drain their fat contents. The fat is then redirected to the muscles through the bloodstream. Once it reaches the muscles, the fat can then be burned off as calories. The result: you lose weight in the fastest and most natural way possible.

A Miracle Weight Loss Product

The all-natural ingredients in these new apple cider vinegar capsules can also play an important role in shrinking the development of new fat cells. They actually reverse the weight gaining process by causing existing fat cells to open up and drain off

off. This makes it possible to virtually eliminate fat deposits on the stomach, butt and thighs in a very brief period of time.

APPLE CIDER VINEGAR CAPSULES

Why Am I Losing Weight?

The apple cider vinegar capsules help to release the fat deposits which have accumulated on the stomach, hips, leg and butt. They can also prevent new fat from penetrating the cells by redirecting it to the muscles where it is burned off, thereby eliminating fat deposits.

Do Apple Cider

Frequently Asked Questions:

How Do the Apple Cider Vinegar Capsules Work?

The capsules work like an "anti-fat police force". The ingredients contained in the apple cider vinegar capsules transmit orders to the

body fat. The drained fat is then transported to the muscles where it can be burned

fat cells to drain and send fat to the muscle through the bloodstream. This redirected fat can then be eliminated through the muscles as the burn calories.

Do Apple Cider

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Be aware
of fad
Diets!

"Losing 31 pounds was so easy with Hydroxycut!"

"I never dreamed I'd be able to lose 31 pounds so easily, but Hydroxycut made it happen. I tried everything to lose weight, but nothing worked like Hydroxycut! I lost more weight around my butt and thighs - my problem areas - than I ever thought possible. I now have more energy and feel younger and more beautiful than ever! Thanks Hydroxycut!"

Lost 31 lbs.

Hydroxycut has quickly become one of the most popular weight loss products for men and women of all ages. It has been found to be an extremely effective, safe, and healthy way to lose weight. Hydroxycut is clinically proven and designed to deliver fast, natural weight loss. Hydroxycut also gives you the energy boost you need to make it through even the toughest day. Whether you want to lose that weight or just look better, Hydroxycut makes it happen. The Hydroxycut for women bottle. You will be amazed at your results.

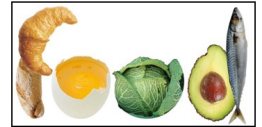
Hydroxycut is the single most effective, natural weight loss product I've ever used. I highly recommend it to both men and women!"

Hydroxycut is available at GNC and health food stores everywhere.

www.hydroxycut.com

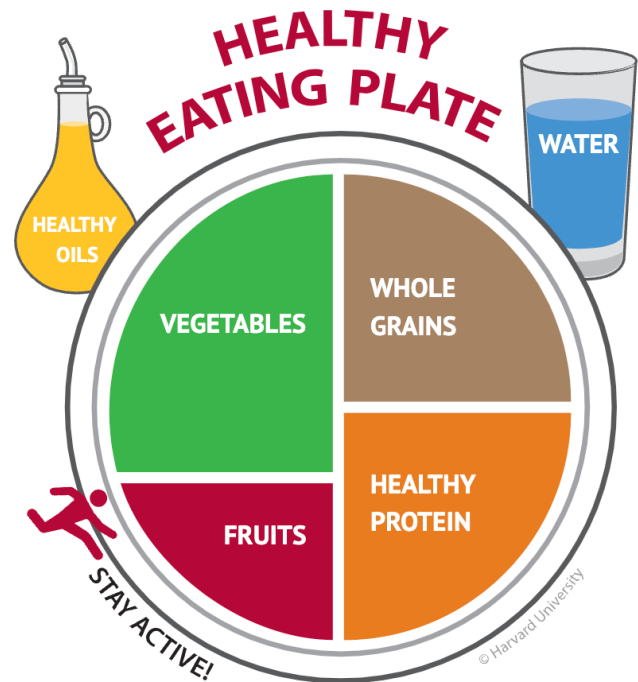
How Healthy Are You Eating?

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.



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

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 ways a body is healthier! You can draw, use magazine or print photos, and also include body features, clothes, or accessories!

Be ready to show your completed section to the class, and explain how your body part **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-https://www.aetna.com/health-guide/food-affects-mental-health.html Trigger for Mental Health Disorders
2	Face	Skin/Skin Complexion/Eyesight: https://thebutterinternetprogram.com/5/like-better-teen-skin-top-10-what-to-https://www.webmd.com/skin-problems-and-treatments/hair-loss-act-right-ha
3	Hair	Healthy Hair: https://www.stylecraze.com/articles/positive-effects-of-healthy-eating-https://www.aetna.com/health-guide/food-affects-mental-health.html
4	Torso Top Half Left	Cancer: https://www.stylecraze.com/articles/positive-effects-of-healthy-eating-https://www.aetna.com/health-guide/food-affects-mental-health.html
5	Torso Top Half Right	Heart Health: https://www.healthline.com/health/benefits-of-a-healthy-diet-as-well-as-weight-loss-20181121https://www.ashford.ac.uk/health/living-food-and-nutrition/eating-well/health-benefitshttps://www.webmd.com/heart/heart-healthy-tips
6	Torso Bott Half Left	Belly Fat: https://www.webmd.com/obesity/s/slideshow-worst-habits-for-bellyhttps://www.healthline.com/health/obesity-and-prevention/5-ways-to-lose-belly-fat-andhttps://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 ways nutrition hurts our bodies, sick, and unhealthy!** You can draw, use magazine or print photos, and use any body features, clothes, or accessories!

completed section to the class, and explain how your body part is affected by poor nutrition!

NEGATIVE EFFECTS ON BODY:

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](#)

Teeth/Skin Complexion/Eyesight:

<https://thebetternutritionprogram.com/blog/better-teen-skin-top-10-what-to-eat-avoid/>

Healthy Hair:

<https://www.webmd.com/skin-problems-and-treatments/hair-loss/eat-right-healthy-hair>

Cancer:

<https://www.stylecraze.com/articles/positive-effects-of-healthy-eating-on-your-life/>

<https://www.cnn.com/2022/09/01/health/ultraprocessed-foods-cancer-early-death-wellness/index.html>

Heart Health:
<http://www.health.harvard.edu/blog/Benefits-of-a-healthy-diet-with-or-without-weight-loss-2010111915572>

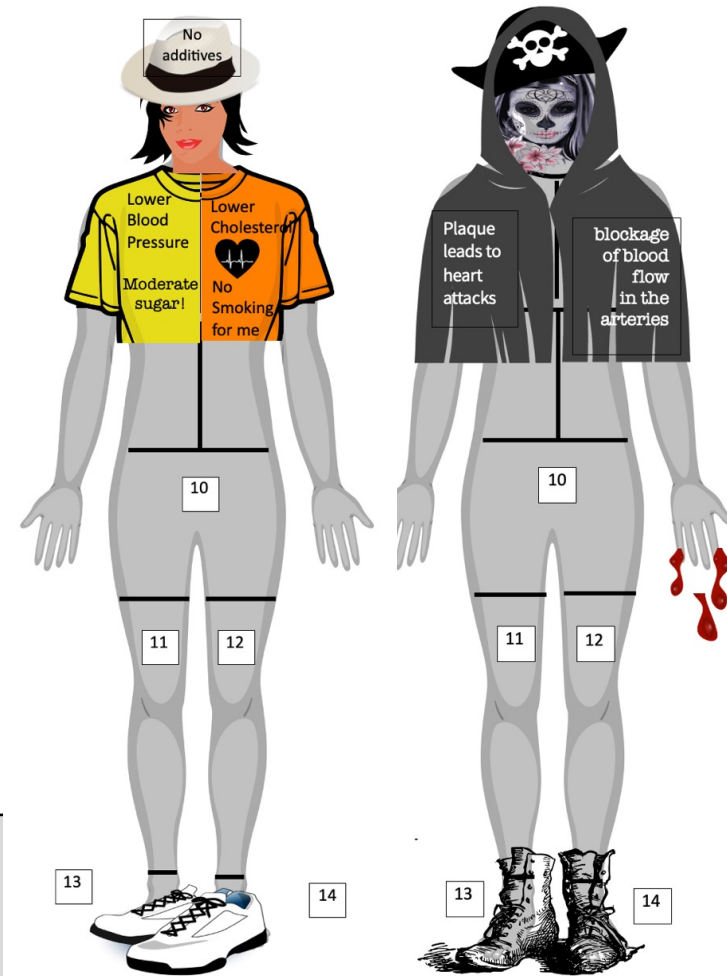
100

<https://www.webmd.com/heart/heart-health-tips>

Belly Fat:

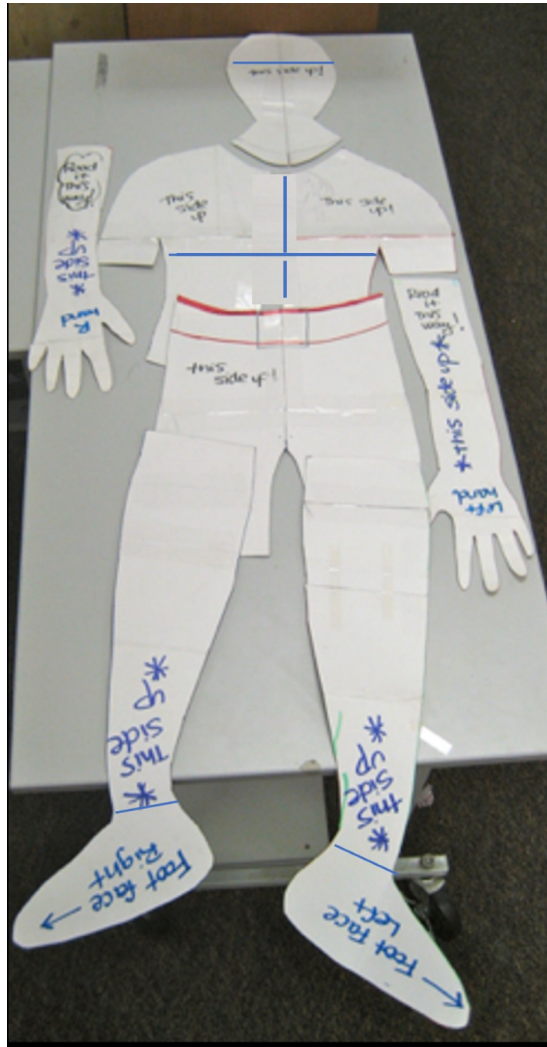
<https://www.webmd.com/obesity/ss/slideshow-worst-habits-for-belly-fat>

<https://www.happierandfitter.com/health/weightloss-and-proven-tips-ways-to-lose-belly-fat-and-live-a-healthier-life>



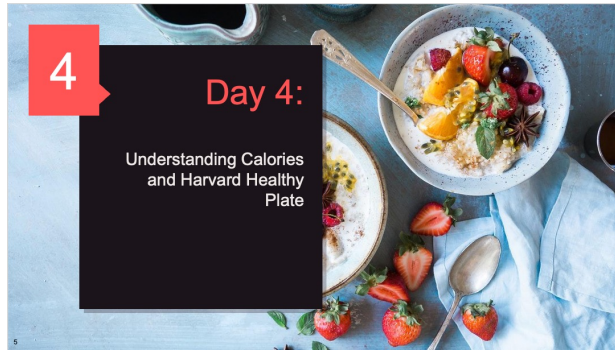
1. This activity will bring life-sized examples of nutritional consequences right into your classroom! Students will be able to see tips and benefits, and some of the negative impacts of how nutrition impacts our bodies! It adds a meaningful purpose to the Nutrition Unit, and will empower your teens!
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:



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!**

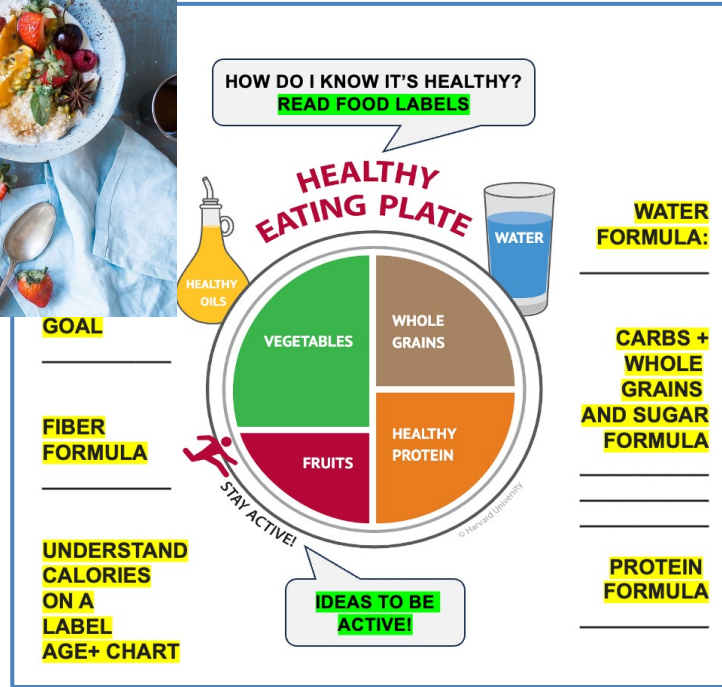
Day 4: UNDERSTANDING CALORIES AND HARVARD HEALTHY PLATE



4

Day 4:

Understanding Calories
and Harvard Healthy
Plate



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 Female	1,200 - 1,400 1,200 - 1,400	1,400 - 1,600 1,400 - 1,600	1,600 - 2,000 1,400 - 1,800
9-13	Male Female	1,600 - 2,000 1,400 - 1,600	1,800 - 2,200 1,600 - 2,000	2,000 - 2,600 1,800 - 2,200
14-18	Male Female	2,000 - 2,400 1,800	2,400 - 2,800 2,000	2,800 - 3,200 2,400
19-30	Male Female	2,400 - 2,600 1,800 - 2,000	2,600 - 2,800 2,000 - 2,200	3,000 2,400
31-50	Male Female	2,200 - 2,400 1,800	2,400 - 2,600 2,000	2,800 - 3,000 2,200
51 and older	Male Female	2,000 - 2,200 1,600	2,200 - 2,400 1,600	2,400 - 2,800 1,600

Choose the row that matches how active

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

Fat grams you should eat

Calories you should eat
____ (Calories)
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*

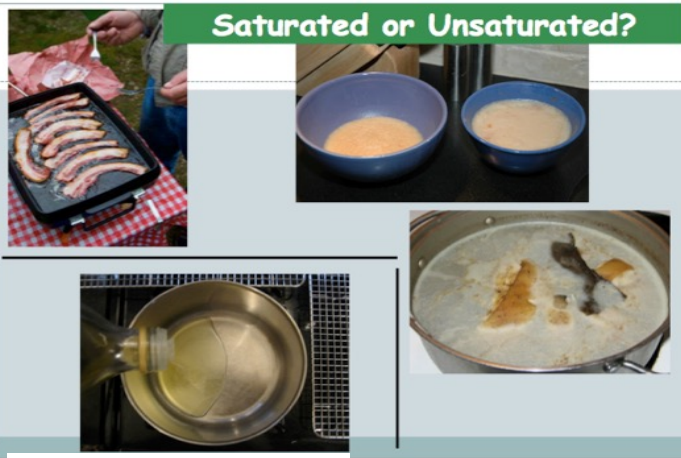
Total Fat 5g **8%**
Saturated Fat 2g **10%**
Trans Fat 0g

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.



Nutrition Facts

5 Servings Per Container
Serving Size 2 Full Slices (9g)

Amount Per Serving
Calories 50

% Daily Value*

Total Fat 5g **7%**
Saturated Fat 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.



A STUDENT FAVORITE!

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)



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

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

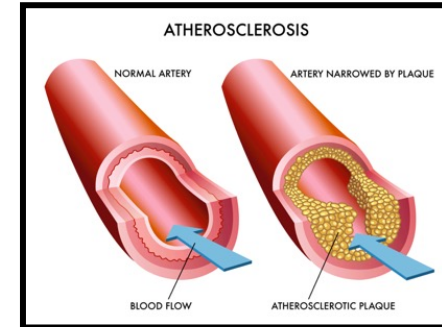
Sucrose

Molasses

Maltose

Galactose

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



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 



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?

Day 8: READING FOOD LABELS

NEW
USDA
Labels!

Name: X Per: X Date: X
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

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

Write the name of your food product here: X

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

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

Ice-Cream



Just a bit more practice...

- Is this product healthy
- for TOTAL FAT

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.")

- 8g fat x 9 (there are 9 calories in every gram of fat)
- divided by 170
- = 42%

NO!



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%	

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

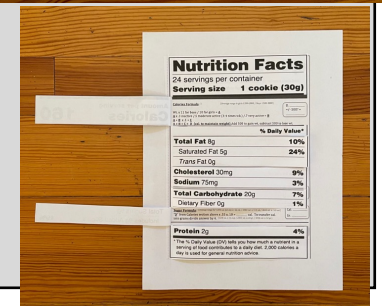
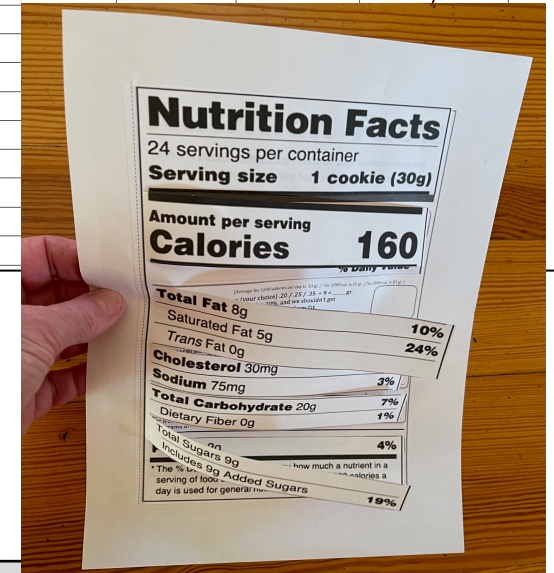
More Day 8:

MORE ON READING FOOD LABELS, VENDING MACHINE ACTIVITY

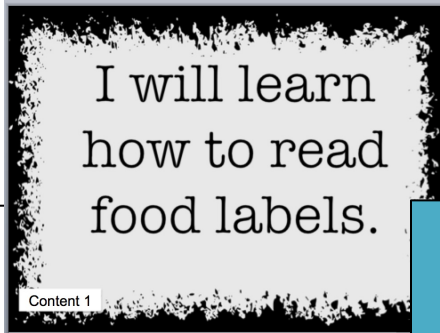
Name: _____ Per.: _____ Date: _____

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.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					



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: 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 Undecided
Tuesday: I will	I learned this: 4 Very well - without mistakes or help	In the future I will	Yes No Undecided
		In the future I will	Yes



Learning Target posters and check off sheets are included

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

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)**
Let's compare bacon and sausage.

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:** %

PURPLE

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

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?

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...**

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

Which of all the desserts has the highest % Daily Value for Total Fat?

I'm deciding between Dannon Light Yogurt Strawberry, both are 6 oz. Which one has fewer reasons.



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 166mg	55%
Sodium 1576mg	66%
Potassium 1041mg	30%
Total Carbohydrates 35g	12%
Dietary Fiber 3.9g	16%
Sugars 11g	
Protein 44g	

McDonald's Artisan Grilled Chicken



Nutrition Facts	
1 serving per container	
Serving Size	1 Sandwich (204 g)
Amount per serving	
Calories	380
	% Daily Value*
Total Fat 37g	9%
Saturated Fat 8g	10%
Trans Fat 0g	
Cholesterol 105mg	32%
Sodium 1370mg	47%
Total Carbohydrates 64g	15%
Dietary Fiber 1g	8%
Sugars 20g	
Protein 37g	



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	

Cowboy Chicken Crispy Chicken Sandwich:



Nutrition Facts	
1 serving per container	
Serving Size	1 Sandwich (16.6 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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They will be able to read food labels with confidence!

Large Coke:

Nutrition Facts	
Coke	
1 serving per container	
Serving Size	22 fl oz (675 g)
Amount per serving	
Calories	284
	% Daily Value*
Total Fat 1.7g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Potassium 34mg	1%
Total Carbohydrates 70g	23%
Dietary Fiber 0g	0%
Sugars 67g	
Protein 0g	



16 Ounces of Whole Milk:

Nutrition Facts	
Reduced Fat Milk	
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	

Large Mountain Dew:

Nutrition Facts	
Mountain Dew	
1 serving per container	
Serving Size	22 fl oz (660 g)
Amount per serving	
Calories	308
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 116.0mg	5%
Potassium 13mg	0%
Total Carbohydrates 83.6g	28%
Dietary Fiber 0g	0%
Sugars 83.6g	
Protein 0g	



16 ounces of low fat - 2% Milk:

Nutrition Facts	
Reduced Fat Milk	
4 servings per container	
Serving Size	2 cups (488 g)
Amount per serving	
Calories	244
	% Daily Value*
Total Fat 9.7g	15%
Saturated Fat 6.1g	31%
Trans Fat 0.4g	
Polysaturated Fat 0.4g	
Monounsaturated Fat 2.7g	
Cholesterol 39mg	13%
Sodium 229mg	10%
Potassium 683mg	26%
Total Carbohydrates 23g	8%
Dietary Fiber 0g	0%
Sugars 25g	
Protein 16g	

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

More Day 9:

FOOD LABEL SCRAMBLE WITH MYPLATE FOCUS!

9

Day 9
Second
Option:
Food Label
Scramble

69

★

70

★

1. McDonald's Cheese Burger



2. KFC Popcorn Chicken



3. 1 Grilled Chicken Breast



4. Banana Nut Jumbo Muffin



5. Cap'n Crunch Cereal
(1 cup without milk)



6. Cheerios Cereal
(1 cup without milk)



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:

Causes of Anemia:

IRON
PROTEIN
SODIUM

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

I will learn how
to make
healthier
nutrition choices.

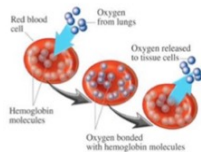
Content 50

Learning Target posters and
check off sheets are included

IRON

Lack of iron causes **anemia**.

Anemia is a condition where there is an abnormally low number of red blood cells circulating in the body.



****IRON I
SHOULD EAT:**

10 - 45mg

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

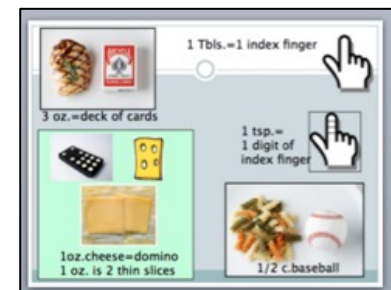
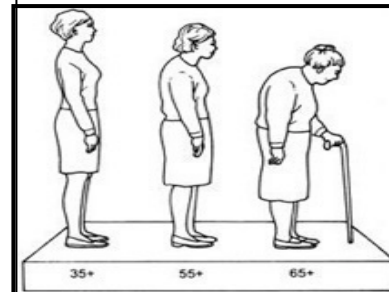
NOTE: Although this activity will help you see how many milligrams are in individual containers (and most teens will drink the whole container) but do realize that some smaller containers might actually have stronger mg per fluid oz, but the container just doesn't hold as much!

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:



THINK YOUR DRINK!



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!

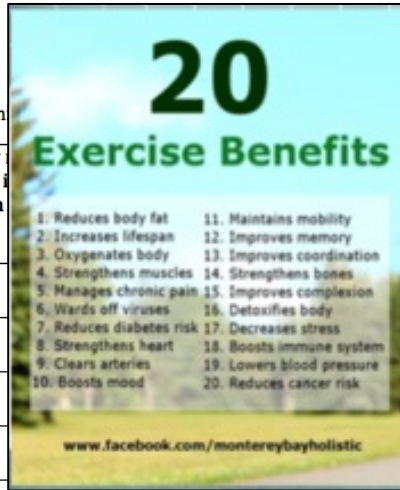


Day 12: EXERCISE AND ACTIVITY

NAME: _____
How Many Calories Does Exercise Burn?

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

Look up these foods on:	# of calories:	How would it burn
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.		



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/pa/beleighvenoa>

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



Dear 16-year-old Me

Day 13:

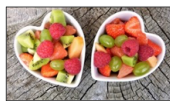
EATING HABITS SURVEY & GOALS

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

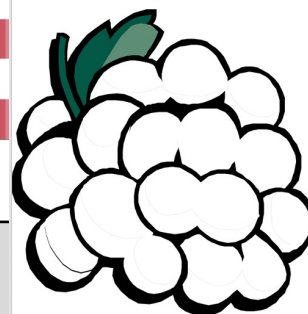
	S	M	A	R	T	What needs do I have to help me with this goal?	What barriers could hinder me from my goals?
Example: Education	Go to a 4-year college	Go right after high school graduation	Try to get scholarships to help with the cost	Choose a major that I am interested in	Finish in 4-5 years		
Exercise		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

Photo by <https://pixabay.com>

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ften
als
(lattes, mochas, juice, alcohol, pop)

- I skip breakfast
- I skip meals



The weighty issue of weight loss

June 1, 2021

By Matthew Solan, Executive Editor, Harvard Men's Health Watch
(WITH CONNECTIONS TO THE HEALTHY PLATE IN BOLD!)

<https://www.health.harvard.edu/staying-healthy/the-weighty-issue-of-weight-loss>
<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

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 girth. 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.

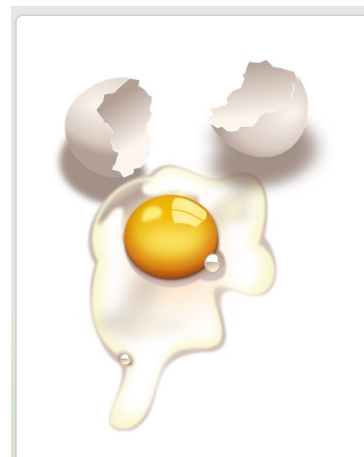
Easy to gain

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 too steadily declines over the years, and the change b "Muscles burn calories 24/7. If you have less mus which can lead to easier weight gain," says Dr. Wi

A man's ideal weight is usually about the amount ther y

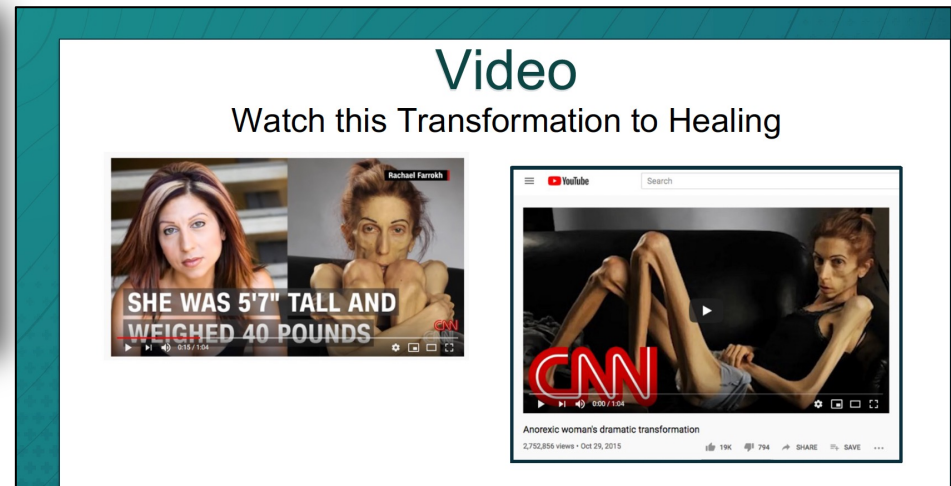
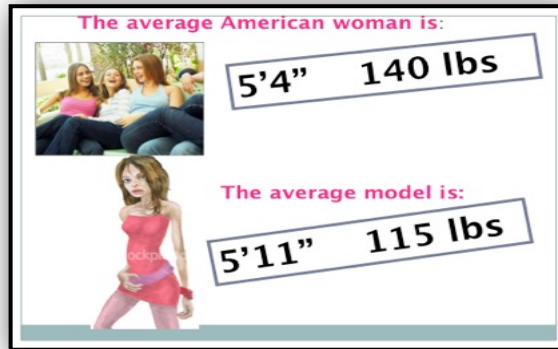
t just
an ha
hat it



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

Day 14:

EATING DISORDERS



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?

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

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.



Day 15: POSITIVE BODY IMAGE

underweight. Distorted PERCEPTION of their body shape and size)

"Tips for Improving Body Image to take to heart" 

1. 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.
2. 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.
3. Remind yourself how ridiculous it is to believe that thinner people are happier or "better."
4. Replace the time you spend criticizing your appearance with more positive, satisfying pursuits!
5. 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.



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

10. 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.
11. 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!
12. Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.
13. Become a critical viewer of media's messages, images, slogans, and attitudes that make you feel bad about your body.
14. Eat healthy and don't "diet." Make healthy eating a lifestyle, not a temporary fix.
15. Count your blessings, not your blemishes!!
16. Every night when you go to bed, thank your body for all it's allowed you to do today.
17. Choose to find beauty in the world and in yourself. (life is too short to waste hating myself) 3)
18. **LOVE WHAT'S GOOD.**

Improving Body Image



Perceptions



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...

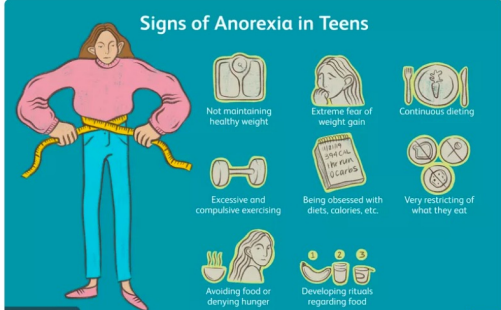
verywellmind

EATING DISORDERS : SYMPTOMS

Signs of Anorexia to Watch for in Teens

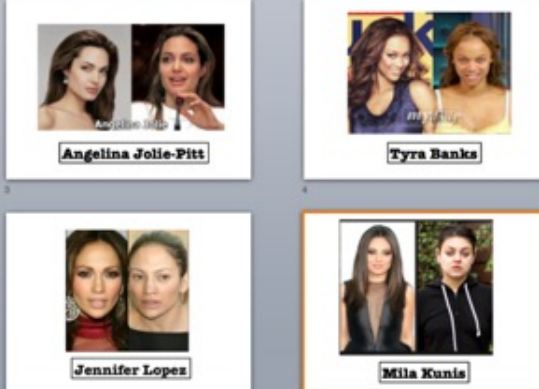
By Barbara Poncelet | Reviewed by Rachel Goldman, PhD, FTOS | Updated on March 02, 2020

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

verywell



Angelina Jolie-Pitt

Tyra Banks

Jennifer Lopez

Mila Kunis

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

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

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-A8D6401C15EE66B4>

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?
- _____ 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?

**1 point for yes,
leave blank for "No"**

If you don't know, leave it blank

USNews HEALTH » Hospitals Doctors Senior Living Wellness Diets Medicare

Home / Best Diets / Best Diets for Healthy Eating

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 X

Find a Diet
Choose Diet

Diets by Ranking

- ☐ All Diets
- ☐ Best Diets Overall
- ☐ Best Weight-Loss Diets
- ☐ Best Diet Programs
- ☐ Best Diabetes Diets

Mediterranean Diet

See Diets and Diets

Is This Diet Healthy?

???

Jenny Craig
SlimFast
South Beach
Weight Watchers
The Ultimate
Peel a Pound Soup Diet
7-Day Color Diet
Paleo Diet
Sugar Busters

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

Diets You Should Never Try

Reviewed by Christine Mikstas, RD, LD on September 11, 2020



1/12

Twinkie Diet

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

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 Americans consume one-half pound of sugar PER DAY—translating to a whopping 180 pounds of sugar per year! ¹⁰ Sugar is high in calories and gives you nothing nutritionally. It spikes your blood sugar level and disrupts blood sugar. If you eat too much sugar, guess what your body stores it as? <u>FAT!</u> (See "Sugars Worst to Best" PowerPoint Slide in the "Docs")
2.	White flour	Found in breads, pasta, crackers, flour tortillas, pancakes, <u>cereals</u> . White flour is one of the most highly processed grains on the planet. It's bleached, stripped of its fiber and nutrients (which are added back but your body won't absorb them). White "Wonder" bread spikes your blood sugar faster than a bowl of <u>ice cream</u> . Your best bet is to eat whole-grain, like whole wheat, brown rice, oats or quinoa.
3.	Other white stuff	A book called, "No White at Night" ³ explains that bread, pasta, potatoes, rice, and corn should be avoided because they each have a high glycemic index and can increase your blood sugar about 90% FASTER than sugar! Then comes the crash, which leads to hunger, and even decreased blood sugar the next day. Diabetes is also a risk. (If you have diabetes, the organ that secretes insulin, is destroyed, and insulin must be either injected or pumped into the body. Type 2 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 and tropical oils. They are one of the worst for you because they raise the level of cholesterol in your blood, which increases your risk of heart disease and strokes. Saturated fats are found in room temperature like palm or coconut oil, butter, Crisco, red meats like hamburger and steak, cured pork (bacon, pepperoni, salami, ham) and almost anything with the word cream in it, and some cheeses. Do you specifically struggle with any of #5-13?
5.	Cured pork	(Bacon, sausage, pepperoni, salami, ham) Researchers from the <u>Harvard School of Public Health</u> found in 2010 that processed meats such as bacon, preserved by smoking, curing or salting, or with the addition of chemical preservatives are 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 <u>linked</u> to higher risk of dying from cancer and Heart Disease. ⁷

Eat less CRAP:

C - carbonated drinks

R - refined sugar

A - artificial sweeteners & colors

P - processed foods

Eat more FOOD:

F - fruits & veggies

O - organic lean proteins

O - omega 3 fatty acids

D - drink water

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



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

Day 19: UNIT ASSESSMENT REVIEW

The Nutrition 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:

VEGETABLES
3/4 of your plate
veg + fruit

FRUITS
1/4 of your plate
veg + fruit

EXERCISE
minutes a day or more

WATER Total:
Your Formula Total: _____

WHOLE GRAINS
Choose 1/2 plate of whole grains instead of refined grains
**Write Your Sugar Calories + Sugar Grams Formula Totals:*
-
-
**Write Your Fiber Total:*
-

HEALTHY PROTEIN
**Write Your Formula Total:*

1 ♥ Daily Exercise!

- When you exercise you burn calories and build muscle!
- Regular physical activity can help you prevent or manage a wide range of health problems, including stroke, type 2 diabetes, stress, depression, certain types of cancer, + arthritis.

Things to Get More of ♥ 1

1 ♣ Watch Portion Sizes!

- One of the reasons we are so much fatter today than 40 years ago is portion sizes.
- We just eat a lot more than we need, so decrease the amount you dish up, and try eating slower.

Nutritional Facts Worth Knowing ♣ 1

1 ♠ Sugar!

- Sugar is empty calories and gives you nothing nutritionally.
- It spikes your blood sugar level and disrupts blood sugar.
- If you eat too much sugar, guess what your body stores it as?: FAT!

Things to Eat Less of ♠ 1

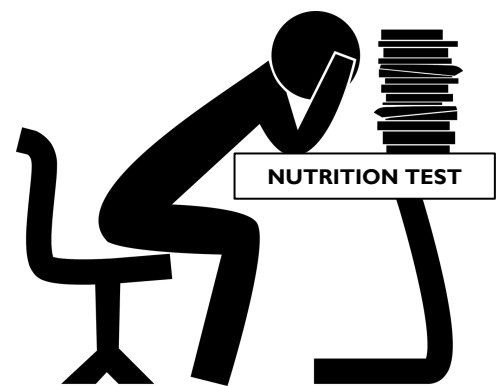
1 ♦ It's all About Choices!

- Even in a fast food restaurant, there are better choices than the most fatty thing on the menu!
- Be educated, read food labels and try to look for and choose the healthier version!
- All your small choices add up to your overall health!

Gems to Know ♦ 1

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

Day 20: UNIT ASSESSMENT



**NEW! Generic
Worksheet Template!**

Name: _____

Multiple Choice:

1. The definition of a calorie is:

a. How much fat a food has

b. The energy value of food

2. How many calories must you cut to lose 1 lb?

a. 3000

b. 4000

3. The safest way to lose weight is:

a. 5 lbs. per week

b. 10 lbs. per week

Matching:

____ 4. Name a food high in fat

____ 5. Name a food high in salt

____ 6. The definition for anorexia

____ 7. Which are the "healthy" carbohydrates

____ 8. Name a food high in sugar

____ 9. The definition for bulimia

____ 10. One of the worst kinds of fat

____ 11. Lack of calcium can cause

Nutrition Test - KEY

Multiple Choice:

1. The definition of a calorie is:

a. How much fat a food has

b. The energy value of food

c. a nutrient in food

d. the oxygen count of food

2. How many calories must you cut to lose 1 lb.?

a. 3000

b. 4000

c. 35

d. 3500

3. The safest way to lose weight is:

a. 5 lbs. per week

b. 10 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

1. **X**

2. **X**

3. **X**

4. **X**

5. **X**

6. **X**

Second Question Here

1. **X**

2. **X**

3. **X**

4. **X**

5. **X**

6. **X**

Third Question Here

1. **X**

2. **X**

3. **X**

4. **X**

5. **X**

6. **X**

- 1. "Nutrition Unit Assessment"
- 2. Fun Worksheet Templates!

NEW! Skills-Based Advocacy Project:



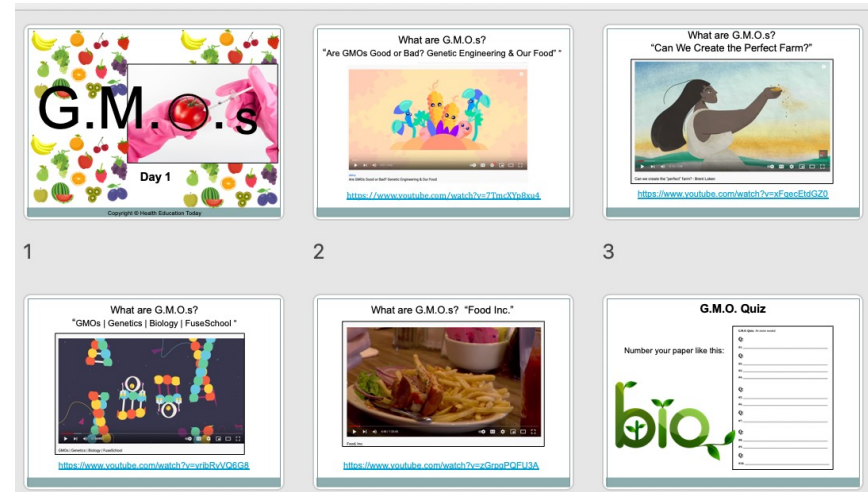
- ❖ I'm excited to add this skills-based "Self-Advocate for my Health" interactive activity as a connecting thread through this Health Curriculum!
- ❖ The [SHAPE National Health Standards](#) (that all lessons in my curriculums are aligned with) promote self-advocacy in "STANDARD 8: Students will demonstrate the ability to advocate for personal, family, and community health."
- ❖ "Self-Advocacy" means your "ability to effectively communicate, convey, negotiate or assert (your) own interests, desires, needs and rights. People who self-advocate for healthy choices are more likely to thrive in school, work, and life."
- ❖ This activity can also be done online on Google Slides!
- ❖ Students will write 12 short self-advocacy goals. Prompts are provided!

- why too much sugar and soda pop is unhealthy
and how I will work at eating less of it!

Optional Day: GMOS



D
E
B
A
T
E



1. G.M.O.s group research
2. G.M.O. videos
3. Quiz and correct
4. Group debates!

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
Grapefruit	Beets	Pancakes	Almonds
Mandarin Oranges	Sweet Corn	Waffles	Cheese
Mangoes	Tomatoes	French toast	Fruit smoothie
Peaches	onions	Bagels	Fish, sushi, shrimp
Pomegranate	Mushrooms	Pasta	Eggs
Pears	Cucumbers	Oatmeal	Fish-salmon,
Cherries	Olives	Quinoa	Halibut, cod
Pineapple	Broccoli	cream of wheat	Chicken
Plums	Spinach	Cereals	Hamburger
Rasp+ blk. berries	Cauliflower	Graham crack.	Steak
Strawberries	Corn on cob	English muff	Chili beans
Tropical Fruit Salad	Lettuce	Rice	Refried beans
Dehydrated Fruits	Brussels sprouts	Polenta	Peanuts



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

All Teens: 3 cups

Teen Girls: 1 1/2 cups
Girls 9-13: 1 1/2 cups
Boys 9-13: 1 1/2 cups
All: Make 1/2 plate fruit + veggies

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

ChooseMyPlate.gov

1 ounce of bread =
1 slice
1 cup cereal
1/2 cup rice

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 1/2 WHOLE grains

Any Girl: 5 oz.
Girls 9-13: 5 oz.
Boys 14-18: 6 1/2 oz.

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

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

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? _____

Name: _____ Per: _____ Date: _____

MyPlate Personalized

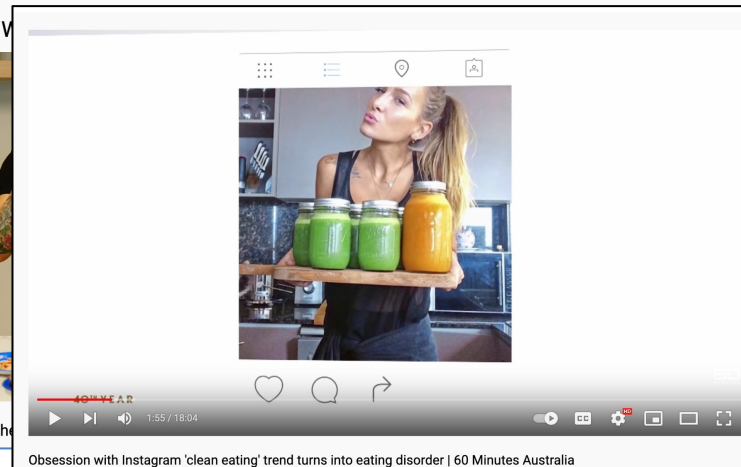
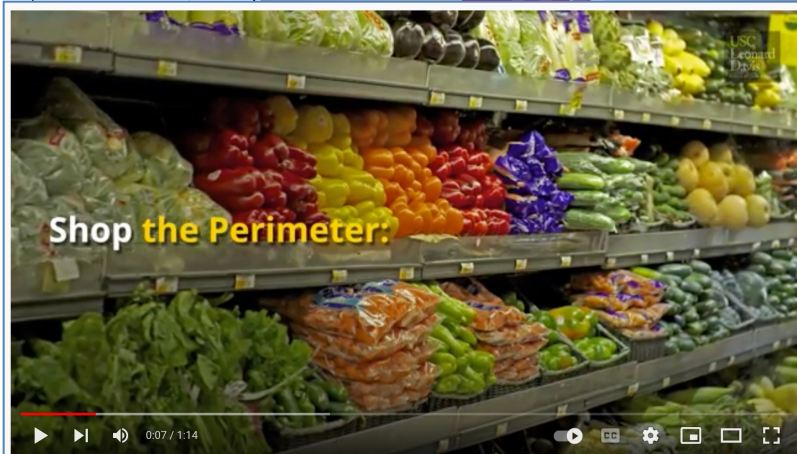
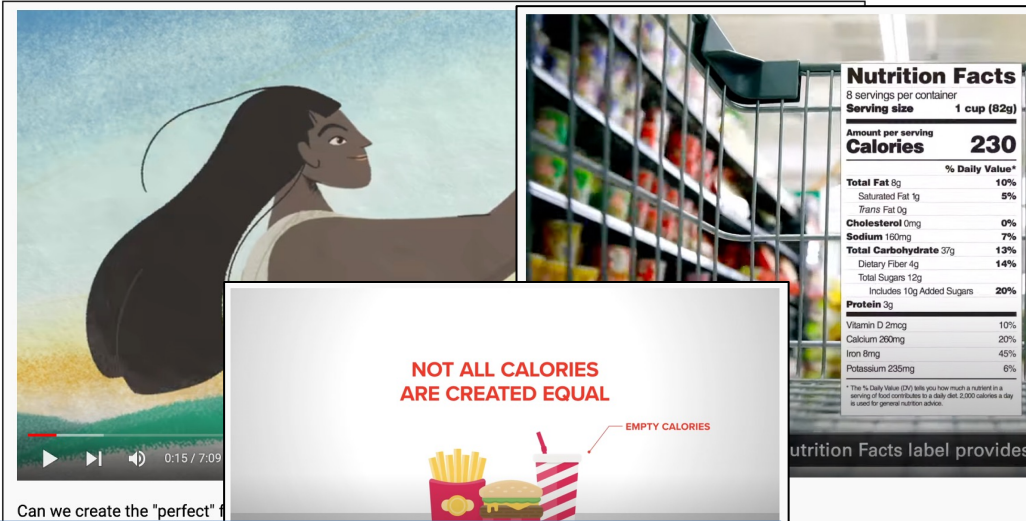
Write the food groups in the boxes, and then write the names of only the food you ate in each section.

My Own MyPlate

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?

LINKS TO FREE VIDEOS:

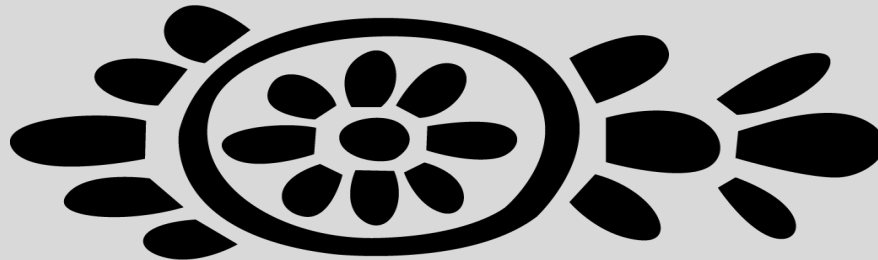
What are G.M.O.s?
“Can We Create the Perfect Farm?”



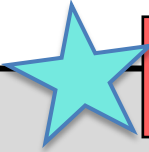
38 Links to FREE Videos!

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- ◆ 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!



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- ◆ 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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<http://www.p12.nysed.gov/sss/schoolhealth/schoolhealtheducation/healthPEFACSLearningStandards.pdf>

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