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First Name

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Last Name

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Period

Unit 2—Packet

# Nutrition and Fitness

*If you are ever absent go on to the class website and use the power points to guide your notes.*

<u>POINTS</u>	<u>ASSIGNMENT</u>
_____/ 10 pts	Daily Food Log
_____/10 pts	Intro to Nutrition
_____/10 pts	Metabolism & Obesity
_____/10 pts	Are you getting good calories?
_____/10 pts	Components of Fitness
_____/10 pts	Benefits of Physical Activity
_____/10 pts	Dieting & Body Image
_____/10 pts	Body Image in the Media
_____/10 pts	Fitness/ Nutrition Goals Journal
_____/90 pts	TOTAL

There will be an essay reflection on the goals project completed in class before the test.

## Daily Nutrition Log

<https://www.supertracker.usda.gov>

My user name:

Password:

	Breakfast	Lunch	Dinner	Snacks
<b>Day 1</b>				
<b>Day 2</b>				
<b>Day 3</b>				
<b>Day 4</b>				
<b>Day 5</b>				

## Intro to Nutrition

### New Dietary Guidelines to Help Americans Make Healthier Food Choices and Confront Obesity Epidemic

#### Balancing Calories:

- 
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#### *Foods to Increase*

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- 
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#### *Foods to Reduce*

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## Six Essential Nutrients

Carbohydrates

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Protein

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Fat

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Vitamins

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Minerals

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Water

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# Metabolism & Obesity

What is metabolism?

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What is “caloric need”?

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What does BMR stand for? B\_\_\_\_\_ M\_\_\_\_\_ R\_\_\_\_\_

What is BMR?

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What are two things you could do to increase your metabolism?

\_\_\_\_\_ and \_\_\_\_\_

What does “body composition” mean?

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What does BMI stand for?

B\_\_\_\_\_ M\_\_\_\_\_ I\_\_\_\_\_

What two things does BMI use to tell you about your body composition?

\_\_\_\_\_ and \_\_\_\_\_

What are some of the risks associated with obesity?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# MyPyramid Calorie Levels

Chart 1-A

MALES				FEMALES			
Age	Sedentary	Mod. Active	Active	Age	Sedentary	Mod. Active	Active
13	2000	2200	2600	13	1600	2000	2200
14	2000	2400	2800	14	1800	2000	2400
15	2200	2600	3000	15	1800	2000	2400
16	2400	2800	3200	16	1800	2000	2400
17	2400	2800	3200	17	1800	2000	2400
18	2400	2800	3200	18	1800	2000	2400
19	2600	2800	3000	19	2000	2200	2400

Calorie levels are based on the Estimated Energy Requirement and activity levels from the Institute of Medicine Dietary Reference Intakes Macronutrients Report, 2002.

**Sedentary** = less than 30 min/day of moderate physical activity in addition to daily activities

**Mod. Active** = 30 – 60 min/day of moderate physical activity in addition to daily activities

**Active** = 60 + min/day of moderate physical activity in addition to daily activities

## Are you getting good calories from the food you eat?

Let's say you need 2,500 calories per day and you manage to get 2,500 calories from eating only peanut butter. Even though you're getting the right number of total calories, your diet is unhealthy because it's not balanced.

Divide the number of calories by the amount of calories you need in a day (for class we'll use 2,000 calories as an example) then multiply by 100 to make a percentage. This will tell you if the food is high in calories.

Formula:  $(\# \text{ cal} \div 2,000 \times 100)$

Example:

A serving of potato chips provides 350 calories

$$350 \div 2,000 \times 100 = 17.5$$

So, a serving provides 17.5% of the calories you need in a day

Now you try it:

An apple provides 65 calories

\_\_\_\_\_ ÷ \_\_\_\_\_ x \_\_\_\_\_ = \_\_\_\_\_ % of the calories you need daily

Calories from Fat:

Remember that calories come from carbohydrates, protein, and fat. **You should limit the amount of calories you get from fat to 15 – 25% of your calories.**

**Formula to find if a food item is high or low in calories.**

Take the calories from fat divided by the number of calories in a serving, then multiply by 100 to get a percentage. Ideally, the percentage should be below 25%.

You try it:

A serving of potato chips provides 350 calories, with 160 of those calories from fat.

\_\_\_\_\_ ÷ \_\_\_\_\_ x \_\_\_\_\_ = \_\_\_\_\_ %

**Nutrients:**

The lower section of a nutrition label tells you what percentage of the Daily Value the food provides. If a food contains a higher % of the DV of a particular nutrient than the percentage of calories it provides, then that food is said to be

\_\_\_\_\_ for that nutrient. That means it's a good source of the nutrient.

For Example:

A serving of macaroni and cheese contains 250 calories and is 12.5% of your diet. The nutrients section lists 4% vitamin A and Iron, 2% vitamin C, and 20% Calcium. The only one of those over 12.5% is Calcium. So the only nutritional benefit of mac and cheese is calcium.

**Chart 1-B**

<b>Foods</b>	<b>1600</b>	<b>1800</b>	<b>2000</b>	<b>2200</b>	<b>2400</b>	<b>2600</b>	<b>2800</b>	<b>3000</b>	<b>3200</b>
<b>Fruits</b>	<b>1.5 cup</b>	<b>1.5 cup</b>	<b>2 cup</b>	<b>2 cup</b>	<b>2 cup</b>	<b>2 cup</b>	<b>2.5 cup</b>	<b>2.5 cup</b>	<b>2.5 cup</b>
<b>Vegetables</b>	<b>2 cup</b>	<b>2.5 cup</b>	<b>2.5 cup</b>	<b>3 cup</b>	<b>3 cup</b>	<b>3.5 cup</b>	<b>3.5 cup</b>	<b>4 cup</b>	<b>4 cup</b>
<b>Grains</b>	<b>5 oz.</b>	<b>6 oz.</b>	<b>6 oz.</b>	<b>7 oz.</b>	<b>8 oz.</b>	<b>9 oz.</b>	<b>10 oz.</b>	<b>10 oz.</b>	<b>10 oz.</b>
<b>Meat/Beans</b>	<b>5 oz.</b>	<b>5 oz.</b>	<b>5.5 oz.</b>	<b>6 oz.</b>	<b>6.5 oz.</b>	<b>6.5 oz.</b>	<b>7 oz.</b>	<b>7 oz.</b>	<b>7 oz.</b>
<b>Milk</b>	<b>3 cup</b>	<b>3 cup</b>	<b>3 cup</b>	<b>3 cup</b>	<b>3 cup</b>	<b>3 cup</b>	<b>3 cup</b>	<b>3 cup</b>	<b>3 cup</b>
<b>Oils</b>	<b>5 tsp.</b>	<b>5 tsp.</b>	<b>6 tsp.</b>	<b>6 tsp.</b>	<b>7 tsp.</b>	<b>8 tsp.</b>	<b>8 tsp.</b>	<b>10 tsp.</b>	<b>11 tsp.</b>
<b>Discretionary</b>	<b>132</b>	<b>195</b>	<b>267</b>	<b>290</b>	<b>362</b>	<b>410</b>	<b>426</b>	<b>512</b>	<b>648</b>

**Fruits:** 1 cup fruit or 100% fruit juice or ½ cup dried fruit = 1 cup fruit.

**Vegetables:** 1 cup raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens = 1 cup vegetables.

**Grains:** 1 slice of bread, 1 cup ready-to-eat cereal, or ½ cup cooked rice, pasta, or cooked cereal = 1 ounce gains. At least half o all grains consumed should be whole grains.

**Meat & Beans:** 1 ounce lean meat, poultry, or fish, 1 egg, 1 Tbsp. peanut butter, ¼ cup cooked dry beans, or ½ ounce of nuts or seeds = 1 ounce meat & beans.

**Milk:** 1 cup of milk or yogurt, 1.5 ounces of natural cheese, or 2 ounces of processed cheese = 1 cup milk.

**Discretionary Calorie Allowance:** The remaining amount of calories after accounting for the calories needed for all food groups.

Look at your food log.

1. Which categories did you do a good job with yesterday?
2. Which ones did you neglect?
3. How can you do better?

On the chart below fill in the Food type in the empty blanks in the Meal Plan column.

Chart 1-C

**Traditional Meal Plan: 1800 Calories**

Meal	Meal Plan	Sample Menu for One Day
Morning	Grains	1 small whole-wheat bagel (or 1/2 large)
	Free Food	2 teaspoons sugar-free jam
	Milk	1 cup low-fat (1%) milk
		1 large orange
Noon	Free Food	coffee or tea
	Grains	2 slices whole-wheat bread
		2 teaspoons tub margarine
	Free Food	1 cup mixed salad greens
		1 cup cut-up raw vegetables
	Meat	2 ounces sliced turkey breast
		1 teaspoon olive oil
	Free Food	balsamic vinegar to taste
Afternoon	Free Food	iced tea, unsweetened
		2/3 cup low-fat plain yogurt
		1 large banana
	Free Food	sugar substitute and vanilla extract, if desired
Evening		4 ounces broiled fish
	Fat	1 teaspoon tub margarine
		1 cup cooked brown rice
	Vegetable	1 cup cooked summer squash
		1 cup mixed salad greens
		1 cup cut-up raw vegetables
	Fat	2 teaspoons olive oil
	Free Food	balsamic vinegar to taste
Late Night		1/2 cup canned (in juice) peaches
	Vegetable	1 large carrot
	Free Food	1 cup low-fat (1%) milk non-sugary, non-caloric beverage

Using Chart 1-B and Chart 1-C to answer the following questions.

How many servings of vegetables did this person eat? \_\_\_\_\_

Did they eat their recommended daily allowance of vegetables? \_\_\_\_\_

How many servings of meat did this person eat? \_\_\_\_\_

Did this person eat their recommended daily allowance of grains? \_\_\_\_\_

Now look at everything that you ate yesterday. How many servings did you eat from each category?



# Components of Fitness

CARDIOVASCULAR \_\_\_\_\_: the body's ability to continue exertion while getting energy to the muscles while they are working.

Cardiovascular System---Pumps \_\_\_\_\_and carries \_\_\_\_\_throughout your body

Comprised of:

☞The heart

☞The lungs

☞Blood vessels

Blood vessels carry blood- - Arteries --- from the heart - Veins --- to the heart

The heart has four chambers - \_\_\_\_Atrium - \_\_\_\_ Ventricles Valves prevent backflow

Name 5 activities that can improve cardiovascular endurance

Name 5 things that can hurt cardiovascular endurance

MUSCULAR ENDURANCE: The ability to \_\_\_\_\_.

There are two types of skeletal muscles:

\_\_\_\_\_ twitch (Type 1)

\_\_\_\_\_ twitch (Type 2)

Muscular Endurance uses \_\_\_\_\_ Muscles

Slow Twitch Muscles...

Can work for a very long time

Work aerobically

Can use carbohydrates, fat, or protein for energy

What are 5 examples of muscular endurance:

- 1.
- 2.
- 3.
- 4.
- 5.

**MUSCULAR STRENGTH:** *Amount of force a muscle can produce with a single maximal effort*

Muscular Strength uses \_\_\_\_\_ Muscles

Fast Twitch Muscles...

Can only work hard for a few seconds

Work anaerobically

What are 4 examples of muscular strength?

- 1.
- 2.
- 3.
- 4.

**FLEXIBILITY:** *The range of motion in \_\_\_\_\_ and \_\_\_\_\_*

How far can you move a joint is called \_\_\_\_\_ of \_\_\_\_\_

**BODY COMPOSITION:** The distribution of \_\_\_\_\_ and \_\_\_\_\_ in the body.

Body Composition is measured as...

\_\_\_\_\_ and \_\_\_\_\_

## **FITT Principle**

label below:

F

I

T

T

## **Benefits of Physical Activity**

1. Mental & Emotional:
2. Social:
3. Physical Health:

### **Risks of Inactivity:**

- 1.
- 2.
- 3.
- 4.

## **Making Time for Activity**

### **Planning Needs:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Local Option: “There is something out there for you”

What are 4 fitness options available in your area?

## Dieting & Body Image

What is body image?

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Do you think our Perception of beauty Is distorted?

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Dove Evolution (youtube)

Was she pretty before all the touch ups? \_\_\_\_\_

Was she pretty after all the touch ups? \_\_\_\_\_

Is that beauty real? \_\_\_\_\_

Would you rather be real or beautiful? \_\_\_\_\_

Do you think you are a healthy weight? Why or why not?

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What is anorexia?

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What is bulimia?

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What is bingeing? \_\_\_\_\_ What is purging? \_\_\_\_\_

Can boys have anorexia or bulimia?

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What are the ONLY two ways to safely lose weight? \_\_\_\_\_ and

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Why should most kids NOT diet until they are adults?

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What is the safe amount of weight that a person should lose in one week? \_\_\_\_\_ lbs

What is a "Fad Diet"?

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What are five ways to tell if a diet is a “fad” diet?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What are five dangers of “fad” diets?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Body Image in the Media Activity

In your small groups you will be given several pictures from current advertisements or teen magazines. Try to answer these 6 questions for each example. When you are finished answer the 3 questions at the bottom.

1. Does the ad include people with a variety of body shapes and sizes?
  - A. Yes
  - B. No
2. How do the people look in the advertisement? (What is their body type?)
  - A. Normal weight
  - B. Unusually thin
  - C. Overweight
3. Do you think people who actually use the product being advertised typically have the body type shown in the advertisement?
  - A. Yes
  - B. No

4. Do you think the models in the ad naturally look the way they appear or do you think their picture or their appearance has been enhanced in some way?
- A. This is their natural look.
  - B. The picture (or their appearance) was probably enhanced.
5. How would you say the people appear in this ad?
- A. Happy/having fun
  - B. Unhappy
  - C. Neither happy nor unhappy
6. How would you describe the product being advertised?
- A. Healthy
  - B. Unhealthy
  - C. Neither healthy nor unhealthy
- What messages do magazine, TV, and Internet advertisements send to people about body image?
- Do you believe there really is an ideal body type? Why or Why not?
- Is it realistic for everyone to try to achieve the look of advertising models?

# Fitness/Nutrition Goals Journal

Name \_\_\_\_\_ Class \_\_\_\_\_

Date \_\_\_\_\_

*\*\*Remember the SMART goal formula!! Make sure it's SPECIFIC, MEASURABLE, ADJUSTABLE, REALISTIC! The TIME can be daily or weekly!*

*\*\*Draw a SMILEY FACE J if you achieved your goal that day. Draw a frown if you did not.*

Date	Goal 1:	Goal 2:	Goal 3:
Overall: How many days were you successful?			

# Fitness/Nutrition Goals Project

Instructions: As part of this unit you will be asked to set three goals for yourself that can help to ***improve*** your physical health. As you complete each goal each day put a check in the box next to the day completed. At the end of the unit you will be asked to write a one page paper reflecting on how these goals have either helped or not helped your physical health. Your parent needs to be aware of your goals and how they, parent, can help you in reaching your goals. Have your parent sign that you have talked with them and that they are willing to help you with your goals, you sign saying that for the next three weeks you will be committed to your goals.

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Student signature

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Parent signature

The following goals are meant to improve the student's health. Pick three goals that you would like to achieve and that you believe are attainable for you. Choose things that RIGHT NOW are NEGATIVELY impacting your physical health!! Circle the goals you will be doing OR create your own. Write your goals in the boxes that say Goal 1, Goal 2 and Goal 3. When signed by both you and your parent, hand this in to the teacher.

## IDEAS:

1. Eat 5 Fruits and/or Vegetables 5 out of 7 days of the week
2. Exercise at least 30 minutes 5 out of 7 days of the week.
3. Drink at least 64 oz of water a day, 6 out of 7 days of the week.
4. Only eat fast food/restaurant food 1 out of the 7 days of the week.
5. Avoid all candy/cookies/cake etc. for 5 out of 7 days of the week.
6. Avoid all carbonated or energy drinks 7 out of 7 days of the week.
7. Get 8 hours of sleep every night.

