



## Unit (4)

Name \_\_\_\_\_

Class \_\_\_\_\_

# Letter to Parents

Dear Oak Brook Parent,

In the next few weeks during health and physical education class your child will be learning about food and good nutrition. We will be exploring the question – How do you make healthful food choices? The topics include:

- MyPlate Food Guide
- Nutrients in Foods
- Influences on Food Choices

Your child should complete this packet completely so that we can help determine their understanding of nutrition concepts. Your child should complete each section of the workbook with the ★ by it. Most of the learning activities will be completed during physical education and health class.

We want to encourage you to take some time to talk to your child about ways that your child and your family can practice more healthful eating habits (e.g. Limiting sugary foods and drinks, Eating more fruits and vegetables). For more helpful information please visit our website at [www.tinyurl.com/OakBrookHPE](http://www.tinyurl.com/OakBrookHPE) and click on the *Parent Information* link in the left-hand menu.

Please sign below that you have seen this packet and are aware of the health topics for this unit.

Student Name \_\_\_\_\_

\_\_\_\_\_

Parent Signature

\_\_\_\_\_

Date

# Nutrition Pre-Assessment

1) Which of the following foods is a main source of protein?

- a. Meats, Nuts, and Eggs
- b. Bread, Cereal, Rice, and Pasta
- c. Sweets and Candy
- d. Fruits & Vegetables

Question #1	
Pre	Post

2) Where would you find Trans Fats?

- a. Packaged foods
- b. Fruits and vegetables
- c. Soda pop
- d. 100% juice

Question #2	
Pre	Post

3) What is the greatest source of energy for the body?

- a. Protein
- b. Sugar
- c. Carbohydrates
- d. Minerals

Question #3	
Pre	Post

4) On a food label, ingredients are listed:

- a. In alphabetical order.
- b. From the least amount to greatest amount.
- c. From the greatest amount to the least amount.
- d. In order according to the amount of sugar.

Question #4	
Pre	Post

5) Which of the following are influences to your food choices?

- a. Parents or Guardians
- b. Media (TV, Radio, Ads)
- c. Friends
- d. All of the above

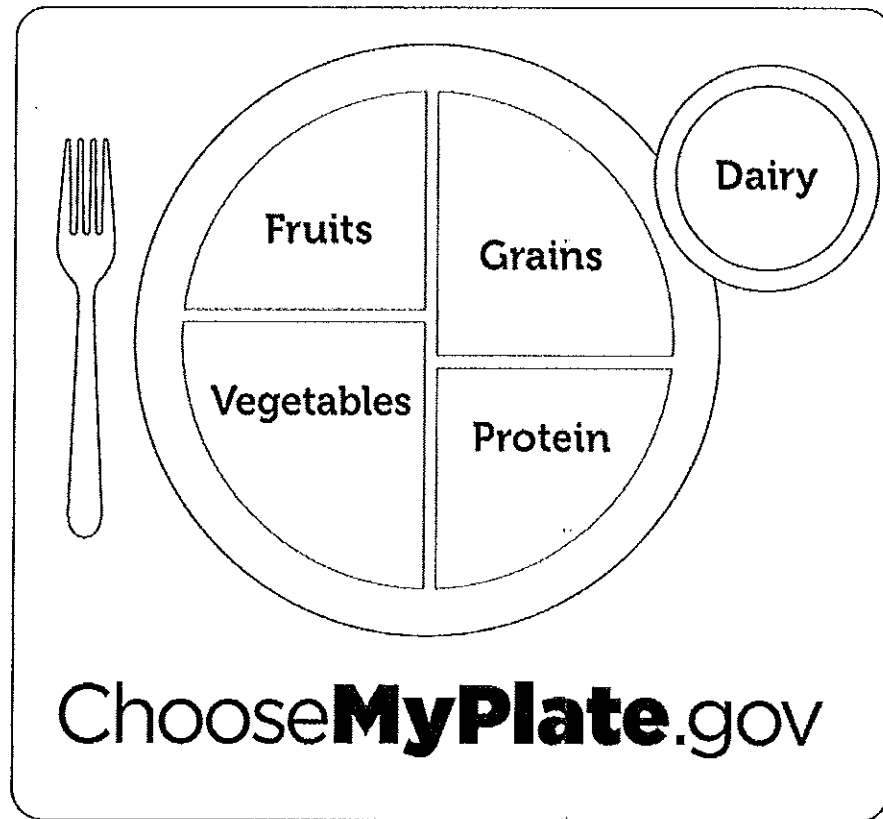
Question #5	
Pre	Post

6) What section of the MyPlate food guide is largest?

- a. Fruits
- b. Dairy
- c. Grains
- d. Vegetables

Question #6	
Pre	Post

# MyPlate



**MyPlate** is a symbol for healthy eating in the United States. Experts at the USDA, the agency in charge of nutrition, created the plate to help people remember to:

- 1) Eat a variety of foods.
- 2) Eat less of some foods and more of others.

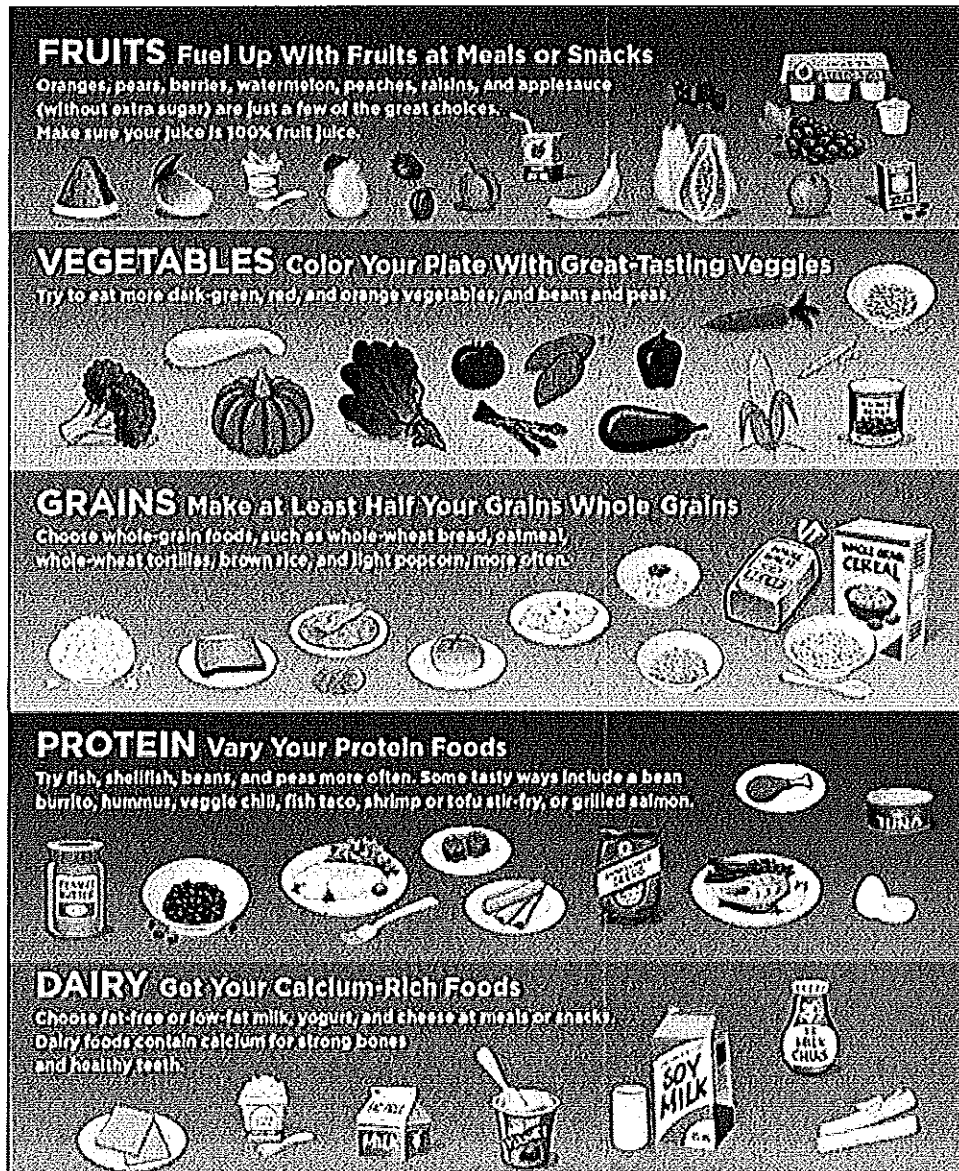
The plate features four sections – vegetables, fruits, grains, and protein – plus a side order of dairy. The size of each section is slightly different because we need different amounts (or servings) from each food group.

The big message is that fruits and vegetables take up half the plate, with the vegetable portion being a little bigger than the fruit section.

The plate is divided so the grains section is bigger than the protein section. Why? Because nutrition experts recommend you eat more vegetables than fruit and more grains than protein foods.

For a **balanced diet** you should include foods from each of the MyPlate sections.

# MyPlate Guidelines



★ Read the diagram above and fill in the blanks below.

- 1) Make sure your juice is \_\_\_\_\_% fruit juice.
- 2) Try to eat more \_\_\_\_\_-\_\_\_\_\_, red and orange vegetables.
- 3) Choose \_\_\_\_\_-grain foods more often.
- 4) Vary your \_\_\_\_\_ foods, such as fish, beans, and peas.
- 5) Choose \_\_\_\_\_-free or \_\_\_\_\_-fat milk, yogurt, and cheese.

Play games and learn more about MyPlate at [www.chooseMyPlate.gov/kids](http://www.chooseMyPlate.gov/kids)

# Eat Smart with MyPlate

★ Directions: Draw and color a food item that you like to eat from each of the MyPlate sections below. Write the name of the food item in the section.



★ List up to five foods that you ate for your last meal and identify the MyPlate section that the food belongs to. (If you only had 1-2 foods for your last meal choose another meal)

Food	MyPlate Section (Circle the correct one)
1)	Fruits Vegetables Grains Protein Dairy
2)	Fruits Vegetables Grains Protein Dairy
3)	Fruits Vegetables Grains Protein Dairy
4)	Fruits Vegetables Grains Protein Dairy
5)	Fruits Vegetables Grains Protein Dairy

Would you say that your meal above was a balanced meal or not? YES NO

Why or why not? \_\_\_\_\_

# Nutrients

## What Are Carbohydrates?

Most foods contain carbohydrates (kar-bo-HI-draytz). They are the main source of energy for the body. There are two major types of carbohydrates (or carbs) in foods: simple and complex.

**Simple carbohydrates:** These are also called simple sugars. They're found in refined sugars, like the white sugar you see in a sugar bowl. If you have a lollipop, you're eating simple carbs. But you'll also find simple sugars in more nutritious foods, such as fruit and milk. It's healthier to get your simple sugars from foods like these. Why? Because sugar isn't added to them and they also contain vitamins, fiber, and important nutrients like calcium. A lollipop has lots of added sugar and doesn't contain important nutrients.

**Complex carbohydrates:** These are also called starches. Starches include grain products, such as bread, crackers, pasta, and rice. As with simple sugars, some complex carbohydrate foods are better choices than others. Refined (say: ree-FIND) grains, such as white flour and white rice, have been processed, which removes nutrients and fiber. But unrefined grains still contain these vitamins and minerals. They're also rich in fiber, which helps your digestive system work well. Fiber helps you feel full, so you're less likely to overeat. A bowl of oatmeal fills you up better than sugary candy with the same amount of calories.

## What is a Protein?

Protein builds, maintains, and replaces the tissues in your body. (Not the tissues you blow your nose in! We mean the stuff your body's made up of.) Your muscles, your organs, and your immune system are made up mostly of protein. You'll find protein in lots of yummy foods like eggs, nuts, beans, fish, meat, and milk.

## What is Fat?

Fats are nutrients that provide energy and give foods flavor. You need some fat in your diet, in fact it is very appropriate for a person's diet to be 25-30% in fats. Fats come from both plants and animals. There are three kinds of fats: 1) saturated fats; 2) unsaturated fats; and trans fats.

**Saturated Fats:** These are fats found mostly in foods that come from animals. Examples include fats from meat, butter, and eggs. Coconut and palm oil also have saturated fats.

**Unsaturated Fats:** These are fats found in plant foods, nuts, seeds, and fish. Unsaturated fats are good for heart health.

**Trans Fats:** These are unsaturated fats that are changed into saturated fats. They are used to keep packaged foods from spoiling. Margarine and cookies contain trans fats. Saturated fats and trans fats increase the risk of heart disease.

## What are Vitamins?

Vitamins are nutrients that help your body use carbohydrates, proteins, and fats. They protect you from illness. Some vitamins keep your eyes and skin healthy. Vitamin A keeps your eyes, teeth, gums, skin and hair healthy. Vitamin B helps cells get energy. Vitamin C helps the heart, cells, and muscles function. Vitamin D helps build strong teeth and bones.

## What are Minerals?

Minerals are nutrients that help chemical processes in the body. Minerals help muscles and nerves work. Some minerals also help your body use vitamins. Calcium (found in milk), Potassium (found in bananas), Iron (found in red meats), Sodium, and Zinc are examples of minerals.

## Is Water a Nutrient?

Yes it is! Water is a nutrient that keeps your body temperature normal. It helps remove waste from the body. Water surrounds your joints and helps protect them from injury. If you don't get enough water, you may feel tired, dizzy, or weak. You cannot go many days without water.



### Nutrients Review Questions:

- 1) What nutrient will you find in meats, nuts, and eggs? \_\_\_\_\_
- 2) What type of carbohydrate will you find in lollipops, milk, and fruit?  
\_\_\_\_\_
- 3) What nutrient helps give food flavor? \_\_\_\_\_
- 4) What food is the mineral Calcium found in? \_\_\_\_\_
- 5) What nutrient keeps your body temperature normal? \_\_\_\_\_
- 6) What nutrient helps keep your eyes, gums, and hair healthy? Vitamin \_\_\_\_\_
- 7) What nutrient helps build strong bones and teeth? Vitamin \_\_\_\_\_
- 8) What type of fat is found in most packaged foods? \_\_\_\_\_
- 9) What type of food is the mineral Iron found in? Red \_\_\_\_\_
- 10) What type of fat is good for the heart? (Circle your answer)
  - a. Saturated Fat
  - b. Unsaturated Fat
  - c. Trans Fat



# Food Labels

A **food label** is nutrition information printed on a food container. A food label lists ingredients, the make-up of the food item. It also tells how much of each nutrient is in each serving in the form of a Nutrition Facts label. Food labels list ingredients in order from those present in the greatest amount to those in the least amount. If sugar is listed as the first ingredient, then there is more sugar in one serving of the food than any other ingredient. Food labels are based upon a 2,000 calorie diet. Young people, such as yourself, may only need 1,400 – 1,600 calories a day.

**The number of servings in the package.**

**The amount of fat in grams.**

**The amount of carbohydrates in grams.**

**The number of calories in one serving.**

**The amount of vitamins and minerals in the food item.**

**The ingredients in the food item listed in order from most to least.**

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	<b>10%</b>
Calcium 260mg	<b>20%</b>
Iron 8mg	<b>45%</b>
Potassium 235mg	<b>6%</b>

\* 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.

**INGREDIENTS: WHOLE GRAIN ROLLED OATS, SUGAR, CANOLA OIL, PEANUT BUTTER (PEANUTS, SALT), CRISP RICE WITH SOY PROTEIN (RICE FLOUR, SOY PROTEIN CONCENTRATE, SUGAR, MALT, SALT), HIGH FRUCTOSE CORN SYRUP, BROWN SUGAR SYRUP, SALT, SOY LECITHIN, BAKING SODA, ALMOND FLOUR, PECAN FLOUR.**  
**CONTAINS SOY, ALMOND, PEANUT AND PECAN INGREDIENTS.**

# Create Your Own Food Ad



Directions: Create a poster ad below that highlights a healthy food choice. Draw a picture of the food item of your choice and create a message that includes the nutritional value of the food item. Be sure to make it colorful, neat, and informational.

A large, empty rectangular area with rounded corners, defined by a double-line border. This space is intended for students to draw a picture of a food item and write a message about its nutritional value.