

A Look Inside the Nutrition Bundle

Vitamin B1



Sources include

- Pork
- Fish
- Beans
- Green peas
- Enriched breads

Do you eat any of these foods?

Clue #2

There are many elements on a food label. Let's find out what they are.

Click the link below:
[USDA Nutrition Labels](#)
Scroll below the sample nutrition label and read through the information numbered 1-3 to find your next code.



Look at the 2 nutrition labels and answer the questions below based on 1 serving.

Day 32

	almonds	granola bar
Calories		
Sugar		
Protein		

Which do you think would keep you full longer? Why?

Nutrition Facts	
Almonds	
Serving Size 100g (3.5oz)	
Amount Per Serving	
Calories 580	% Daily Value*
Total Fat 51g	102%
Saturated Fat 4g	8%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Carbohydrate 20g	4%
Fiber 12g	24%
Sugars 5g	10%
Protein 21g	42%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	27%

Nutrition Facts	
Granola Bar	
Serving Size 1 bar (42g)	
Amount Per Serving	
Calories 180	% Daily Value*
Total Fat 6g	12%
Saturated Fat 2.5g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 125mg	25%
Total Carbohydrate 30g	6%
Dietary Fiber 2g	4%
Total Sugars 15g	30%
Sugar Alcohol 2g	
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 140mg	14%
Iron 1.1mg	20%
Potassium 100mg	2%

Day 34

When you eat too much sugar, the extra insulin in your bloodstream can affect your arteries all over your body. It damages your heart over time. This can lead to heart disease, like heart failure, heart attacks, and strokes.

What sugary foods or drinks do you eat daily?

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To find the answers to the questions, you will use the [MyPlate website](#).

3. Click on the “Cup of Food Table”.

How many grapes is considered a 1 cup of fruit serving?

Meal Plan Activity

Directions:

★ You have been hired as a dietician! Choose 2 of the characters and create a meal plan for them (except for baby). Click on the [MyPlate Plan](#) to take the quiz as the character so you can determine their caloric needs..

★ Each meal plan should include fruits, vegetables, grains, dairy and protein. Use the [Food Group Gallery](#) to help you choose foods from each category.

★ You will also need this [calorie counter](#) to help you determine the number of calories in each food that you choose.

Character 1:

Number of Calories per day (result from Myplate Plan Quiz):

Breakfast:

	calorie total:
--	-------------------------------------

Lunch:

	calorie total:
--	-------------------------------------

More About the Fruit Group

The table below shows how many servings of each fruit count as 1 cup from the Fruit Group.

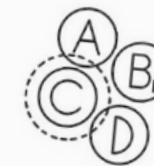
Note: Click on the top row to expand the table.

Daily Fruit Table

Cup of Fruit Table



Vitamins & Minerals Webquest



Using the [CDC Website](#), answer the following questions:

1. What are vitamins and nutrients often called or referred to as?

2. Where do our vitamins and minerals come from?

Click on [Micronutrient facts](#) on the left hand side of the screen.

3. Why is iron critical?

4. What 2 functions does Vitamin A support in your body?

5. Name 2 diseases a deficiency (lack of) in Vitamin D can cause.

6. When is folate essential?

7. What function does Zinc promote?

- Webquests
- Escape Room
- Slideshows
- Guided Notes
- Questions

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Game Card

Chicken is an example of what food group?

ANSWER: _____

Correct: Add 10
Incorrect: Subtract 10

Game Card

What percentage of your plate should be fruits and veggies?

ANSWER: _____

Correct: Add 5
Incorrect: Subtract 5

Go Shopping!

Name: _____

You have been given \$10 to go to the grocery store and shop for your food for the day.

- Create a MyPlate plan using the website: [MyPlate Website](#)
- Purchase enough food for a healthy breakfast, lunch, snack, and dinner.
- Ensure your meals are healthy and include fruits/vegetables, grains, dairy (unless intolerant), and protein. Check for details on [MyPlate Website](#) for a healthy diet.
- Do not go over \$10
- Check with the grocery list on the next page for ideas.

Write your MyPlate totals in the box to help you shop:

Correct: Add 10
Incorrect: Subtract 10

Game Board Food & Nutrition

Start here

You are a healthy eater!

Game Card

You ate a vegetable with dinner. Add 10 points

Game Card

You ran in gym class. Add 15 points

Game Card

You checked the food label for sugar content. Add 10 points

YOU WIN!

- Vitamins
- Minerals
- MyPlate
- USDA Guidelines

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Vitamins Video



Name: _____
Nutrition Questions



2 reasons people eat.

"nutrition".

the name to describe a chemical substance in food
maintain the body and supply you with energy?

y essential nutrients are there?

compounds found in f

You'll be
planned
for weeks!

What are Nutrients?

A nutrient is a chemical
substance in food that
helps maintain the
body and supply you
with energy.



Name: _____
Nutrition
Guided Notes



What motivates or makes people want to eat?

What influences their food choices?

Some things that affect why people eat and the way they eat:

- hunger
- culture
- _____
- advertising
- _____
- cost
- texture/taste preferences

What is Nutrition?

Nutrition is the _____

What are your favorite foods?

Do you think your favorite foods have nutrients in them to keep you healthy?