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**ASSIGNMENT SHEET**  
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**DIETARY GUIDELINES**  
 .....

DATE DUE \_\_\_\_\_

NAME \_\_\_\_\_

HOUR \_\_\_\_\_

**DIRECTIONS:** Complete all activities. A challenge project must be completed to earn an "A" on this unit. Put your unit together in the order listed below.

TEACHER    STUDENT

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1. DIETARY GUIDELINES LISTENING GUIDE (20)
  2. SCRAMBLED DIETARY GUIDELINES (20)
  3. DIETARY GUIDELINES PAMPHLET (50)
  4. AEROBIC EXERCISE (20)
  5. TEST (20)
  6. MANAGEMENT OF CLASS TIME AND ROOM (20)
  7. SUMMARY SHEET (3 points per day)
  8. CHALLENGE PROJECT(S) (30 EACH)
    - DIETARY GUIDELINES FOR THE FAMILY
    - EXERCISE
    - GUIDELINE RECIPES
- TOTAL
- GRADE

SUMMARY SHEET

Name \_\_\_\_\_ Date \_\_\_\_\_ Number \_\_\_\_\_

Day One

- 1.
- 2.
- 3.

Day Two

- 1.
- 2.
- 3.

Day Three

- 1.
- 2.
- 3.

Day Four

- 1.
- 2.
- 3.

Day Five

- 1.
- 2.
- 3.

## NAME THAT GAME

Divide the class into two teams. The game is played like "Name That Tune". One team may select how many rules they need to hear to name the game. The opposing team may then challenge them that they can name the game after hearing fewer rules. The teacher then reads the number of rules requested and points are scored: three clues=5 points, two clues=10 points, one clue=15 points.

Clues:

**GAME: Football**

1. The game is played on a field.
2. There are 11 players on each team.
3. Each touchdown is worth 6 points.

**GAME: Baseball**

1. This game is played on a field.
2. There are 9 players on each team.
3. Each run is worth 1 point.

**GAME: Soccer**

1. This game is played on a field.
2. There are 9-11 players on each team.
3. Each goal is worth 1 point.

**GAME: Tennis**

1. This game is played on a court.
2. There are 1 or 2 players on a team.
3. One of the scoring terms for this game is "love".

**GAME: Volleyball**

1. This game is played on a court.
2. There are 8 players on a team.
3. This game requires a net.

Relate how games are fun to play because we know there are certain rules and guidelines that will be followed. If everyone follows the rules, the game is fun. However, if people cheat or disobey the rules, the game is not so fun.

Playing games is like people and the way they eat. If people follow the right rules, they will be healthier. If they do not follow these rules or guidelines, they will be less healthy. Can anyone remember what we call the rules of eating? **THE DIETARY GUIDELINES.** Today we will review these guidelines.

## THE DIETARY GUIDELINES LECTURE

The following information will help you become acquainted with the dietary guidelines.

1. **EAT A VARIETY OF FOODS:** How many of you have tasted an unusual food? (Have students share as many ideas as they can.) Each food we eat contains nutrients that help our bodies work well. There are over 40-50 nutrients our bodies need. No single food contains all of these nutrients. That is why we must eat a wide variety of foods. (You may wish to show the food comparison cards to illustrate how foods usually contain only one or two nutrients needed by the body.)
2. **MAINTAIN HEALTHY WEIGHT:** The weight guidelines for students your age cannot clearly be defined. Your bodies are still growing and developing and there is no ideal weight. The most helpful thing you can do is NOT worry about your weight, but try to eat healthy foods by following the other guidelines.

Hand each student a caramel. Let them guess how long it would take to burn off the calories by doing the following activities:

Play basketball	7 minutes
Play cards	1 hour
Swim	6 minutes
Walk	16 minutes

Remember, this is to burn off the calories from ONE caramel, not a handful.

What is a calorie?

A calorie is a measurement of energy available in foods. Each exercise we do requires energy. Everything we eat provides energy. A food that is advertised as pure energy is probably pure calories.

It takes 3,500 calories to make one pound of fat. Calories are found in the fats and carbohydrates that we eat. There are twice as many calories in a gram of fat as a gram of carbohydrate. Proteins also contain calories, but are not usually used by the body for energy, unless other sources are not available. In order to gain one pound of body fat, 3,500 calories in excess of daily needs must be eaten. To lose one pound of body fat, 3,500 calories must be used.

One-half of the calories in our diets should come from complex carbohydrates. These include foods like potatoes, bananas, pasta and whole grain breads. Complex carbohydrates are necessary for making our bodies work. Our brain requires about 24% of the calories we need. It uses only carbohydrate calories, not fat calories. Carbohydrate calories are the most efficient source of energy for movement.

Simple carbohydrates provide little more than calories to the body. These include foods like doughnuts, candy and soda pop. They are called empty calories because they contain very few nutrients.

Eliminating carbohydrates from the diet can be very dangerous and can make a person ill. After a few days without carbohydrates, the body reacts by feeling tired, getting a headache or having nausea.

Oftentimes, it is not the food we eat that adds calories, but the way the food is prepared. Butter, margarine, cream, sour cream, shortening and oil add hundreds of calories. One tablespoon of margarine or salad dressing contains about 100 calories.

Nutritionists believe we should get 50-60% of our daily calories from complex carbohydrates, 30-40% from protein and not more than 30% from fats.

3. **CHOOSE A DIET LOW IN FAT, SATURATED FAT, AND CHOLESTEROL:** An important concept that needs to be understood is that the word diet does not automatically mean a weight loss diet. **A DIET IS WHAT YOU EAT!** Most Americans eat too much fat. The average intake is 50% of the diet coming from fats. For optimal health, our fat intake should average 30% or lower. What are some fats we commonly eat? (List the fats on the board as the students name them.)

There are different types of fat. The most harmful fats come from animals; they are known as saturated fats. At room temperature, these fats usually remain solid (margarine, shortening, etc.). Although coconut, palm kernel, and palm oils are not from animals, they are considered to be saturated fats.

Another type of fat is cholesterol. Cholesterol comes from animal products **ONLY!** The body does not need to take in cholesterol; it manufactures the amount it needs. Too much cholesterol in the body can clog blood vessels and may lead to heart disease. You can see that cutting out animal fats will reduce the saturated fats and cholesterol in your diet.

All fats contain 9 calories per gram.

To limit fat in your diet:

1. Avoid fried foods.
2. Season with herbs and spices rather than sauces, butter or margarine.
3. Replace whole milk with skim milk.
4. Choose lean cuts of meat (trim off fat).
5. Remove skin from poultry.
6. Eat a moderate amount of eggs.
7. Read labels to avoid hidden fats.

4. **CHOOSE A DIET WITH PLENTY OF VEGETABLES, FRUITS, AND GRAIN PRODUCTS:** This guideline suggests that many vegetables, fruits and grains be eaten because they contain complex carbohydrates and fiber. Complex carbohydrates are found in breads, cereals, pasta, rice, dry beans and peas, and other vegetables, such as potatoes and corn. Starchy foods help you feel full so you can avoid high calorie foods.

As well as energy, starch foods also provide many vitamins and minerals. They do not provide many calories; it is usually the butter, jelly and cream sauces that are added to the starchy foods that increase the calories. Starches provide only 4 calories per gram. Fat provides 9 calories per gram.

Sugars, such as table sugar, honey and corn syrup are simple carbohydrates.

Fiber is important to the body because it helps in the digestive process.

**FOODS WITH STARCH**

Breads  
Breakfast Cereals  
Pasta  
Rice  
Dry Beans and Peas  
Potatoes, Corn, Peas  
Lima Beans

**FOODS WITH FIBER**

Whole Grain Breads  
Whole Grain Breakfast Cereals  
Whole Grain Pasta  
Vegetables  
Dry Beans and Peas  
Whole Fruits  
Nuts and Seeds

5. **USE SUGARS ONLY IN MODERATION:** Show pictures (or containers) of the following foods: bread, ketchup, Vienna sausages, tomato soup, wheat snack crackers, Cheerios, candy bars, salad dressing, and pickles. Ask the students which products contain sugar. (All of these foods contain sugar.) We eat more sugar than we realize.

Sugars supply energy, or calories, but supply few nutrients. If you eat so much sugary food that you are not hungry enough to eat nutritious foods, you will be lacking in essential vitamins and minerals. Currently we eat about 130 pounds of sugar each year. That is about 500 calories per person each day.

One of the major problems related to eating too much sugar is tooth decay. Sticky and chewy foods that stay on the teeth cause problems. Sugary foods eaten between meals are more likely to cause tooth decay than those eaten only at mealtime.

**DEMONSTRATE** to students how much table sugar must be added to shredded wheat or puffed wheat to make them equal to the amount of sugar in a pre-sweetened cereal. Many contain about 50% sugar. If you have 1/2 cup of cereal, you would add 1/2 cup sugar to equal the amount in the pre-sweetened cereal. Add the sugar teaspoonful by teaspoonful so that students can visualize this amount.

**TO LIMIT SUGARS:**

1. Read ingredient labels. Check for hidden sugars.
  2. Buy fresh fruits or fruits packed in water or juice rather than syrup.
  3. Buy fewer foods that are high in sugar.
  4. Reduce the amount of sugar you use in recipes at home. Start by reducing sugar gradually and then continue until you reach a 1/3 reduction.
  5. Eat fresh fruits and cheeses for dessert instead of sugary foods.
  6. Reduce on the amount of soft drinks you consume.
6. **USE SALT AND SODIUM ONLY IN MODERATION:** Sodium is a mineral that occurs naturally in some foods and is added to many foods and beverages. Most of the sodium in the American diet comes from table salt. Everyone needs some salt in his/her diet, but only a small amount.

People are not born with a desire to salt their food. Liking salty food is something that has been learned. Therefore, you can unlearn to like excess salt by gradually lowering the amount of salt in the foods you eat.

There are many forms of salt: sodium, salt, soy sauce, seasoned salts, monosodium glutamate and sodium citrate.

Some foods that contain hidden salt are: canned and frozen vegetables, smoked and cured meats, pickles, sauerkraut, cheeses, sauces, soups, salad dressings, breakfast cereals.

7. **IF YOU DRINK ALCOHOLIC BEVERAGES, DO SO IN MODERATION:** Alcoholic beverages supply calories, but very few nutrients. A major problem is that alcoholic beverages can become addicting. However, another primary reason you should not drink them is because it is illegal for students your age. There are many health risks associated with drinking alcoholic beverages. Many coolers contain more alcohol than beer and other drinks containing alcohol.

**SUMMARY QUESTIONS:**

1. What is the suffix that means the food is a sugar? OSE
2. What is the disease associated with eating too much sugar?  
DENTAL CARIES (CAVITIES)
3. What problem can lead to heart attack, stroke and diabetes?  
BEING OVERWEIGHT
4. How many calories are there in a gram of fat? 9
5. What kind of foods contain cholesterol?  
ANIMAL PRODUCTS
6. What two substances are associated with heart disease?  
SATURATED FATS AND CHOLESTEROL
7. Give two examples of simple carbohydrates: TABLE SUGAR, HONEY, CORN SYRUP, CANDY, GUM, FROSTING
8. How many calories are there in a gram of carbohydrate? 4.5

DIETARY GUIDELINES-----INDIVIDUALIZED ACTIVITY

Name \_\_\_\_\_ Hour \_\_\_\_\_

### DIETARY GUIDELINES LISTENING GUIDE

1. What is dietary guideline #1? \_\_\_\_\_
2. Why should we eat a variety of foods?
3. How many nutrients does the body need to stay healthy?
4. What is dietary guideline #2? \_\_\_\_\_
5. Students your age should be on weight loss diets if they are overweight.  
TRUE FALSE
6. What is dietary guideline #3? \_\_\_\_\_
7. Give an example of a food with complex carbohydrate:
8. Name a food high in fiber.
9. What is dietary guideline #4? \_\_\_\_\_
10. Where do harmful, or saturated fats, come from?
11. Why should you avoid eating too much cholesterol?
12. What is dietary guideline #5? \_\_\_\_\_
13. What is a major problem associated with eating too much sugar?
14. How does eating a lot of sugar lessen the amount of vitamins and minerals you eat?
15. What is dietary guideline #6? \_\_\_\_\_
16. Where do most Americans get their sodium?
17. You can learn to dislike salt. TRUE FALSE
18. What is dietary guideline #7? \_\_\_\_\_
19. All alcoholic beverages are clearly marked so they will not be confused with nonalcoholic beverages. TRUE FALSE
20. Which dietary guideline is most important to you, right now?



## DIETARY GUIDELINES LISTENING GUIDE--KEY

1. What is dietary guideline #1?  
EAT A VARIETY OF FOODS
2. Why should we eat a variety of foods?  
SO THAT WE WILL GET ALL THE NUTRIENTS WE NEED TO STAY HEALTHY.
3. How many nutrients does the body need to stay healthy?  
40-50
4. What is dietary guideline #2?  
MAINTAIN HEALTHY WEIGHT
5. Students your age should be on weight loss diets if they are overweight.  
FALSE STUDENTS SHOULD BE CONCENTRATING ON EATING CORRECTLY, NOT ON WEIGHT LOSS DIETS.
6. What is dietary guideline #3?  
CHOOSE A DIET LOW IN FAT, SATURATED FAT, AND CHOLESTEROL
7. Give an example of a food with complex carbohydrate:  
ANY OF THE FOLLOWING: BREADS, CEREALS, PASTA, RICE, DRY BEANS AND PEAS, POTATOES, CORN, PEAS, LIMA BEANS.
8. Name one food high in fiber:  
ANY OF THE FOLLOWING: WHOLE GRAIN BREADS, WHOLE GRAIN CEREALS, WHOLE GRAIN PASTA, VEGETABLES, DRY BEANS AND PEAS, WHOLE FRUITS, NUTS AND SEEDS.
9. What is dietary guideline #4?  
CHOOSE A DIET WITH PLENTY OF VEGETABLES, FRUITS, AND GRAIN PRODUCTS.
10. Where do harmful, or saturated fats, come from?  
ANIMALS
11. Why should you avoid eating too much cholesterol?  
IT CLOGS YOUR ARTERIES AND CAN CAUSE HEART DISEASE.
12. What is dietary guideline #5?  
USE SUGARS ONLY IN MODERATION
13. What is a major problem associated with eating too much sugar?  
TOOTH DECAY

## DIETARY GUIDELINES

## \*\*\*KEY-DIETARY GUIDELINES LISTENING GUIDE \*\*\*

14. How does eating a lot of sugar lessen the amount of vitamins and minerals you eat?  
YOUR BODY FEELS FULL AND YOU DO NOT WANT TO EAT THE FOODS THAT ARE HIGH IN NUTRITION.
15. What is dietary guideline #6?  
USE SALT AND SODIUM ONLY IN MODERATION.
16. Where do most Americans get their sodium?  
TABLE SALT
17. You can learn to dislike salt.  
TRUE LIKING SALT IS A LEARNED RESPONSE. THEREFORE YOU CAN UNLEARN IT.
18. What is dietary guideline #7?  
IF YOU DRINK ALCOHOLIC BEVERAGES. DO SO IN MODERATION.
19. All alcoholic beverages are clearly marked so they will not be confused with nonalcoholic beverages. FALSE MANY COOLERS AND OTHER DRINKS ARE NOT CLEARLY LABELED.
20. Which dietary guideline is most important to you, right now?  
OPINION

DIETARY GUIDELINES----- INDIVIDUALIZED ACTIVITY

Name \_\_\_\_\_ Hour \_\_\_\_\_

**SCRAMBLED DIETARY GUIDELINES**

Unscramble the following words and sentences to write the dietary guidelines correctly. Each question is worth 2 points.

1. A AET DFOOS FO AEIRTVY

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2. AEHHLTY AAIIMNNT EGHITW

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3. A AD N CEEHLLOORST CE HOOS EITD AFT AFT NI OLW AAD

---

ERSTTU

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4. A ABEEEGLS ADN AGINR CDOPRSTU CEHOOS DEIT ELNPTY

---

FIRSTU FO HITW

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5. ADEIMNOORT AGRSSU ESU LNOY NI

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6. ADN NI ADEIMN OORT LNOY ALST DIMOSU ESU

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7. ABEEEGRSV ACCHILLOO ADEIMNOORT DIKNR FI NI OD OS OUY

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8. Who should follow the dietary guidelines?

9. Select a dietary guideline you are not following.

10. How will you change your lifestyle to begin following that guideline?

**SCRAMBLED DIETARY GUIDELINES--KEY**

1. Eat a variety of foods.
2. Maintain healthy weight.
3. Choose a diet low in fat, saturated fat, and cholesterol.
4. Choose a diet with plenty of vegetables, fruits, and grain products.
5. Use sugars only in moderation.
6. Use salt and sodium only in moderation.
7. If you drink alcoholic beverages, do so in moderation.
8. All Americans should be following the dietary guidelines.
9. Opinion.
10. Any acceptable answer.

DIETARY GUIDELINES-----INDIVIDUALIZED ACTIVITY

Name \_\_\_\_\_ Hour \_\_\_\_\_

**DIETARY GUIDELINES PAMPHLET**

Answer the following questions as you read the pamphlet, "Dietary Guidelines for Americans. 1 point for each answer

1. Who wrote the dietary guidelines for Americans?
  - a.
  - b.
2. List the seven dietary guidelines:
  - a.
  - b.
  - c.
  - d.
  - e.
  - f.
  - g.
3. How many different nutrients are required for good health?
4. No single food can supply all nutrients in the amounts you need. TRUE  
FALSE
5. What is one way to make sure you eat a variety of foods each day?
6. What two nutrients do girls and women need lots of?
  - a.
  - b.
7. If you are too fat or too thin your chances of developing health problems are increased. TRUE FALSE
8. Which of the following diseases are associated with being overweight?
  - a. heart disease
  - b. diabetes
  - c. certain cancers
  - d. osteoporosis
9. Osteoporosis may result from being too thin. TRUE FALSE

## DIETARY GUIDELINES-----DIETARY GUIDELINES PAMPHLET, continued

10. Does the weight chart in the pamphlet relate to you? Why or why not?
11. Heredity plays a role in body size and shape as do exercise and what you eat.  
TRUE FALSE
12. You should try to lose 3 pounds a week when on a weight loss diet.  
TRUE FALSE
13. Children need calories to grow and develop normally; weight-reducing diets are usually not recommended for them. TRUE FALSE
14. List four ways to decrease your calorie intake.
  - a.
  - b.
  - c.
  - d.
15. High levels of saturated fat and cholesterol may increase the risk for heart disease. TRUE FALSE
16. What is the maximum percent of fat you should eat in a day?
17. Animal products are the source of all dietary \_\_\_\_\_.
18. List four ways to decrease your fat intake:
  - a.
  - b.
  - c.
  - d.
19. There are two major reasons to eat plenty of vegetables, fruits and grain products. What are they?
  - a.
  - b.
20. Some of the benefits from a higher fiber diet may be from the food that provides the fiber. TRUE FALSE
21. Sugars can contribute to \_\_\_\_\_ .
22. What are two ways to reduce tooth decay?
  - a.
  - b.
23. Diets high in sugars have been shown to cause diabetes. TRUE  
FALSE

## DIETARY GUIDELINES-----DIETARY GUIDELINES PAMPHLET, continued

24. Eating too much salt is usually associated with what disease?
25. List two ways to reduce your intake of salt and sodium:
  - a.
  - b.
26. Drinking alcoholic beverages may create many health problems and is the cause of many accidents. It can also lead to addiction. TRUE  
FALSE
27. Identify three types of people who should NOT drink any alcoholic beverages:
  - a.
  - b.
  - c.
28. PERSONAL OPINION: Explain how old you think a person should be before he/she is old enough to drink alcoholic beverages? What do you think of the idea that no one should drink alcoholic beverages?

## DIETARY GUIDELINES--KEY

Answer the following questions as you read the pamphlet, "Dietary Guidelines for Americans."

1. Who wrote the dietary guidelines for Americans?
  - a. U.S. DEPARTMENT OF AGRICULTURE
  - b. U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
2. List the seven dietary guidelines:
  - a. EAT A VARIETY OF FOODS
  - b. MAINTAIN HEALTHY WEIGHT
  - c. CHOOSE A DIET LOW IN FAT, SATURATED FAT, AND CHOLESTEROL
  - d. CHOOSE A DIET WITH PLENTY OF VEGETABLES, FRUITS, AND GRAIN PRODUCTS
  - e. USE SUGARS ONLY IN MODERATION
  - f. USE SALT AND SODIUM ONLY IN MODERATION
  - g. IF YOU DRINK ALCOHOLIC BEVERAGES, DO SO IN IN MODERATION
3. How many different nutrients are required for good health? 40
4. No single food can supply all nutrients in the amounts you need. TRUE
5. What is one way to make sure you eat a variety of foods each day? EAT FOODS FROM ALL OF THE FOOD GROUPS.
6. What two nutrients do girls and women need lots of?
  - a. CALCIUM
  - b. IRON
7. If you are too fat or too thin, your chances of developing health problems are increased. TRUE
8. Which of the following disease(s) are associated with being overweight?
  - A. HEART DISEASE
  - B. DIABETES
  - C. CERTAIN CANCERS
  - d. osteoporosis
9. Osteoporosis may result from being too thin. TRUE
10. Does the weight chart in the pamphlet relate to you? Why or why not? NO! YOU ARE TOO YOUNG TO BE THINKING ABOUT WEIGHT REDUCTION DIETS.
11. Heredity plays a role in body size and shape as do exercise and what you eat. TRUE
12. You should try to lose 3 pounds a week when on a weight loss diet. FALSE
13. Children need calories to grow and develop normally; weight-reducing diets are usually not recommended for them. TRUE



## DIETARY GUIDELINES

## \*\*\*KEY-DIETARY GUIDELINES \*\*\*

14. List four ways to decrease your calorie intake:  
ANY OF THE FOLLOWING: EAT LESS FAT AND FATTY FOODS. EAT MORE FRUITS, VEGETABLES AND CEREALS. EAT LESS SUGARS AND SWEETS. DRINK NO ALCOHOLIC BEVERAGES. EAT SMALLER PORTIONS. DO NOT TAKE SECOND HELPINGS.
15. High levels of saturated fat and cholesterol may increase the risk for heart disease. TRUE
16. What is the maximum percent of fat you should eat in a day? 30%
17. Animal products are the source of all dietary CHOLESTEROL.
18. List four ways to decrease your fat intake:  
ANY OF THE FOLLOWING: USE FATS AND OILS SPARINGLY IN COOKING. USE SMALL AMOUNTS OF SALAD DRESSINGS AND SPREADS. READ LABELS. TRIM FAT FROM MEAT. USE LOW-FAT VARIETIES OF MEATS AND DAIRY PRODUCTS.
19. There are two major reasons to eat plenty of vegetables, fruits and grain products. What are they?
  - a. COMPLEX CARBOHYDRATES
  - b. DIETARY FIBER
20. Some of the benefit from a higher fiber diet may be from the food that provides the fiber, not just the fiber itself. TRUE FALSE
21. Sugars can contribute to TOOTH DECAY.
22. What are two ways to reduce tooth decay?
  - a. REGULAR DAILY BRUSHING WITH A FLUORIDE TOOTHPASTE
  - b. DRINKING FLUORIDATED WATER
23. Diets high in sugars have been shown to cause diabetes.
24. Eating too much salt is usually associated with what disease? HIGH BLOOD PRESSURE
25. List two ways to reduce your intake of salt and sodium:  
ANY OF THE FOLLOWING: USE SALT SPARINGLY IN COOKING AND AT THE TABLE. USE SALTED SNACKS SPARINGLY. CHECK LABELS FOR THE AMOUNT OF SODIUM IN FOODS.
26. Drinking alcoholic beverages may create many health problems and is the cause of many accidents. It can also lead to addiction. TRUE
27. Identify three types of people who should NOT drink any alcoholic beverages:  
ANY OF THE FOLLOWING: WOMEN WHO ARE PREGNANT OR TRYING TO CONCEIVE. INDIVIDUALS WHO PLAN TO DRIVE OR ENGAGE IN OTHER ACTIVITIES THAT REQUIRE ATTENTION OR SKILL. INDIVIDUALS USING MEDICINES. INDIVIDUALS WHO CANNOT KEEP THEIR DRINKING MODERATE. CHILDREN AND ADOLESCENTS
28. PERSONAL OPINION: What age do you think a person should be before he/she is old enough to drink alcoholic beverages? What do you think of the idea that no one should drink alcoholic beverages?

DIETARY GUIDELINES----- INDIVIDUALIZED ACTIVITY

NAME \_\_\_\_\_ CLASS \_\_\_\_\_

**AEROBIC EXERCISE**

Aerobic exercise involves large muscle activity of the arms and legs. Many experts recommend using about 300 calories per day in some aerobic exercise. Complete the following chart that deals with aerobic exercises to see how long it would take to use 300 calories. 2 points for each answer.

ACTIVITY	CALORIES USED PER MINUTE	ACTIVITY	CALORIES USED PER MINUTE
Jogging	10.6	Canoeing	3.1
Golfing	5.7	Mountain Climbing	10.2
Basketball	8.6	Ping Pong	4.9
Volleyball	3.5	Tennis	7.1
Swimming, easy	5.2	Touch Football	10.1
Cross Country Skiing	15.3	Walking, 2 mph	3.2
		Walking, 4 mph	5.8

ACTIVITY	HOURS AND MINUTES USED TO BURN 300 CALORIES
1. Basketball	
2. Cross Country Skiing	
3. Jogging	
4. Mountain Climbing	
5. Ping Pong	
6. Swimming, easy	
7. Tennis	
8. Touch Football	
9. Volleyball	
10. Walking, 1 mph	

DIETARY GUIDELINES

\*\*\*KEY\*\*\*

## AEROBIC EXERCISE--KEY

ACTIVITY	HOURS AND MINUTES USED TO BURN 300 CALORIES
1. Basketball	34 minutes
2. Cross Country Skiing	19 minutes
3. Jogging	28 minutes
4. Mountain Climbing	29 minutes
5. Ping Pong	1 hour 1 minute
6. Swimming, easy	57 minutes
7. Tennis	42 minutes
8. Touch Football	29 minutes
9. Volleyball	1 hour 25 minutes
10. Walking, 1 mph	1 hour, 33 minutes

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NAME \_\_\_\_\_ CLASS \_\_\_\_\_

**DIETARY GUIDELINES TEST**

1. Who wrote the dietary guidelines?
2. How many nutrients do our bodies need?
3. List the dietary guidelines:
  - a.
  - b.
  - c.
  - d.
  - e.
  - f.
  - g.
4. What percentage of our diet should come from fat?
  - a. 50%
  - b. 10%
  - c. An exact figure has not been decided upon
  - d. 30%
5. Why should we limit our fat intake?
  - a. Fats are very expensive to buy.
  - b. Fats contribute to the development of many diseases.
  - c. Fats are not good for our teeth.
  - d. All of the above.
6. Your current age is the prime time to begin weight loss diets. TRUE FALSE
7. Health problems may result from:
  - a. being overweight
  - b. being underweight
  - c. eating too much fat
  - d. all of the above
8. What guideline deals with starchy foods and complex carbohydrates?
9. Cholesterol is a type of \_\_\_\_\_ .
10. Which dietary guideline is concerned with fiber?

TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST

11. What nutrients do vegetables, fruits, and grain products provide?
  - a. protein
  - b. vitamins and fats
  - c. vitamins and minerals
  - d. all of the above
  
12. What is the major problem associated with eating too much sugar?
  - a. sugars are expensive
  - b. sugars are hard to digest
  - c. sugars promote tooth decay
  - d. all of the above
  
13. What is another name for salt?
  - a. sodium
  - b. tri-glycerides
  - c. any words that end with ose
  - d. all of the above
  
14. What is the legal limit of alcoholic beverages that can be consumed by students your age?
  - a. 1 beer
  - b. only coolers are permitted
  - c. it is illegal for students your age to drink any alcoholic beverages
  - d. 20 cola drinks

TEST - TEST - TEST - TEST - TEST - TEST - TEST

\*\*\*KEY\*\*\*

## DIETARY GUIDELINES TEST--KEY

1. Who wrote the dietary guidelines? UNITED STATES DEPARTMENT OF AGRICULTURE AND UNITED STATES DEPARTMENT OF HEALTH AND HUMAN SERVICES.
2. How many nutrients do our bodies need? 40
3. List the dietary guidelines:
  - a. EAT A VARIETY OF FOODS
  - b. MAINTAIN HEALTHY WEIGHT
  - c. CHOOSE A DIET LOW IN FAT, SATURATED FAT, AND CHOLESTEROL
  - d. CHOOSE A DIET WITH PLENTY OF VEGETABLES, FRUITS, AND GRAIN PRODUCTS
  - e. USE SUGARS ONLY IN MODERATION
  - f. USE SALT AND SODIUM ONLY IN MODERATION
  - g. IF YOU DRINK ALCOHOLIC BEVERAGES, DO SO IN MODERATION
4. What percentage of our diet should come from fat?
  - a. 50%
  - b. 10%
  - c. An exact figure has not been decided upon
  - d. 30%
5. Why should we limit our fat intake?
  - a. Fats are very expensive to buy.
  - b. FATS CONTRIBUTE TO THE DEVELOPMENT OF MANY DISEASES.
  - c. Fats are not good for our teeth.
  - d. All of the above.
6. Your current age is the prime time to begin weight loss diets. TRUE FALSE
7. Health problems may result from:
  - a. being overweight
  - b. being underweight
  - c. eating too much fat
  - d. ALL OF THE ABOVE
8. What guideline deals with starchy foods and complex carbohydrates? CHOOSE A DIET WITH PLENTY OF VEGETABLES, FRUITS, AND GRAIN PRODUCTS.
9. Cholesterol is a type of FAT .
10. Which dietary guideline is concerned with fiber? CHOOSE A DIET WITH PLENTY OF VEGETABLES, FRUITS, AND GRAIN PRODUCTS.

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\*\*\*KEY--DIETARY GUIDELINES TEST\*\*\*

11. What primary nutrients do vegetables, fruits, and grain products provide?
  - a. protein and water
  - b. vitamins and fats
  - C. VITAMINS AND MINERALS
  - d. all of the above
  
12. What is the major problem associated with eating too much sugar?
  - a. sugars are expensive
  - b. sugars are hard to digest
  - C. SUGARS PROMOTE TOOTH DECAY
  - d. all of the above
  
13. What is another name for salt?
  - A. SODIUM
  - b. tri-glycerides
  - c. any words that end with ose
  - d. all of the above
  
14. What is the legal limit of alcoholic beverages that can be consumed by students your age?
  - a. 1 beer
  - b. only coolers are permitted
  - C. IT IS ILLEGAL FOR STUDENTS YOUR AGE TO DRINK ANY ALCOHOLIC BEVERAGES
  - d. 20 cola drinks

Name \_\_\_\_\_

Class \_\_\_\_\_

### DIETARY GUIDELINES FOR THE FAMILY

Share the dietary guidelines with your family. ( 6 points)

- a. EAT A VARIETY OF FOODS
- b. MAINTAIN HEALTHY WEIGHT
- c. CHOOSE A DIET LOW IN FAT, SATURATED FAT, AND CHOLESTEROL
- d. CHOOSE A DIET WITH PLENTY OF VEGETABLES, FRUITS, AND GRAIN PRODUCTS
- e. USE SUGARS ONLY IN MODERATION
- f. USE SALT AND SODIUM ONLY IN MODERATION
- g. IF YOU DRINK ALCOHOLIC BEVERAGES, DO SO IN IN MODERATION

Have your family answer the following questions? (2 points each)

1. What do the adults think of these guidelines?
2. What do the children think of these guidelines?
3. Which guideline is most difficult for your family to follow?
4. What could your family do to follow this guideline more closely? (10 points)  
Identify specific steps you will follow and record your progress for one week.

#### STEPS TO IMPROVEMENT:

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

Make a chart to record your progress for two weeks. When the chart is completed, turn it in to your teacher.

Student Signature: \_\_\_\_\_  
Parent Signature: \_\_\_\_\_



NAME \_\_\_\_\_ CLASS \_\_\_\_\_

**EXERCISE**

Being physically fit does not necessarily mean having large muscles and physical strength, but having a healthy heart and lungs.

Everyone should be actively concerned with his/her physical health. Exercise is an important part being healthy. Some ideas to help you be physically fit are:

1. Be sure you are fit enough to exercise. If you are ill or have questions about exercising, talk to a doctor.
2. Start your fitness program slowly, increasing the amount of exercise a little each day.
3. Keep it up! Even a little exercise each day helps reduce stress and makes you feel more energetic.
4. Before you begin heavy exercise, do some warm-ups. When you are finished, do exercises to cool-down.
5. Make exercising more fun by listening to music or watching a video.
6. Weight yourself once or twice a week, not every day.
7. Find activities you really enjoy so that exercising becomes fun.
8. Identify your goals and make them realistic.
9. Work with a partner to keep yourself motivated.

In the space below, write an exercise plan that could help you maintain good physical health. Include the following information: what type of exercises will you do, how often will you do them, and how long you will do them. Make a chart and record your successes for two weeks. Then turn your chart in to your teacher. (A completed chart is worth 20 points)

Student Signature: \_\_\_\_\_  
Parent Signature: \_\_\_\_\_

NAME \_\_\_\_\_ CLASS \_\_\_\_\_

**DIETARY GUIDELINE RECIPES**

Make a collection of recipes that follow the dietary guidelines. At the top of the recipe, identify which guideline you feel that recipe follows. You will be given one point per recipe.

Student Signature: \_\_\_\_\_  
Parent Signature: \_\_\_\_\_