Six Categories of Nutrients

Water, Minerals, and Vitamins

Food and Life Choices

Understanding My Pyramid.gov

Obesity, Fad Diets, and Eating Disorders
ATTENTION

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Match the terms with their definitions in the right column and write the letter of the definition in the space provided.

<table>
<thead>
<tr>
<th>LETTER</th>
<th>TERMS</th>
<th>DEFINITIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>NUTRIENT</td>
<td>A. Nutrients that belong to a group of compounds called lipids.</td>
</tr>
<tr>
<td>2.</td>
<td>CARBOHYDRATES</td>
<td>B. Units of energy obtained from carbohydrates, proteins, and fats.</td>
</tr>
<tr>
<td>3.</td>
<td>SUGARS</td>
<td>C. Sugars and starches that the body uses for energy.</td>
</tr>
<tr>
<td>4.</td>
<td>STARCHES</td>
<td>D. Essential substances that your body needs in order to grow and stay healthy.</td>
</tr>
<tr>
<td>5.</td>
<td>PROTEINS</td>
<td>E. The building blocks of fats.</td>
</tr>
<tr>
<td>6.</td>
<td>AMINO ACIDS</td>
<td>F. Complex carbohydrates that are composed of many sugars linked together.</td>
</tr>
<tr>
<td>7.</td>
<td>FATS</td>
<td>G. The building blocks of proteins.</td>
</tr>
<tr>
<td>8.</td>
<td>FATTY ACIDS</td>
<td>H. Simple carbohydrates that are easily digested and provide a boost of energy for the body.</td>
</tr>
<tr>
<td>9.</td>
<td>CALORIES</td>
<td>I. Substances that provide the building materials the body needs in order to grow and repair itself.</td>
</tr>
</tbody>
</table>
Answer the following questions by putting a mark in the circle by the correct answer.

1. Which of the following is the major source of carbohydrates in the food we eat?
   - a. meat
   - b. dairy products
   - c. plants
   - d. water

2. Unsaturated fats contain fatty acids that are missing:
   - a. carbon atoms
   - b. sulfur atoms
   - c. hydrogen atoms
   - d. oxygen atoms

3. If you are trying to increase your consumption of essential amino acids, which of the following foods would be your best choice?
   - a. legumes
   - b. whole grains
   - c. nuts
   - d. cheese

4. Which of the following provide the greatest amount of energy?
   - a. starches
   - b. proteins
   - c. fats
   - d. carbohydrates

5. Which of the following is NOT one of the main functions of fats?
   - a. provide the building materials the body needs to grow and repair itself
   - b. insulate the body
   - c. protect and cushion vital organs as well as joints
   - d. provide energy for the body

6. Diets with too much saturated fat have been known to cause:
   - a. blindness
   - b. heart disease
   - c. stroke
   - d. cirrhosis of the liver

7. Which nutrient is digested quickest?
   - a. fat
   - b. sugar
   - c. protein
   - d. carbohydrate

8. What is a calorie?
   - a. unit of heat
   - b. unit of energy
   - c. unit of sound
   - d. unit of light

9. Which food would provide the quickest energy?
   - a. orange
   - b. beef steak
   - c. baked potato
   - d. tossed salad

10. Which of the following is one of the main functions of protein?
    - a. insulate the body
    - b. provide quick energy
    - c. provide building materials the body needs to grow and repair itself
    - d. cushion the joints
Read the list of foods in each circle. Decide which group of foods best represents: fats, incomplete proteins, complete proteins, starches, or sugars.

1. Foods like oranges, milk, cookies, and candy are high in....

2. Foods like rice, beans, and potatoes are high in....

3. Foods like fish, meat, eggs, milk, and cheese are high in....

4. Foods like canola oil, peanut oil, egg yolks, and dairy products are high in....

5. Foods like legumes, nuts, and whole grains are high in....

Your HEALTH
Imagine that you’re playing in a basketball game at 6 pm. What kinds of foods should you eat at lunch that would be more likely to give your body energy that would last through your game?

If you are trying to limit your intake of saturated fat, what kinds of foods should you be limiting/including in your diet?

Foods to **INCLUDE** in your diet...

Foods to **LIMIT** in your diet...
Match the terms with their definitions in the right column and write the letter of the definition in the space provided.

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<tr>
<td>1.</td>
<td>WATER</td>
<td>A. helps maintain good vision</td>
</tr>
<tr>
<td>2.</td>
<td>PLASMA</td>
<td>B. mineral that helps build strong teeth</td>
</tr>
<tr>
<td>3.</td>
<td>MICRONUTRIENTS</td>
<td>C. the MOST important nutrient</td>
</tr>
<tr>
<td>4.</td>
<td>CALCIUM</td>
<td>D. helps prevent birth defects</td>
</tr>
<tr>
<td>5.</td>
<td>POTASSIUM</td>
<td>E. nutrients that are needed by the body in small amounts</td>
</tr>
<tr>
<td>6.</td>
<td>HEMOGLOBIN</td>
<td>F. the liquid part of blood</td>
</tr>
<tr>
<td>7.</td>
<td>VITAMIN A</td>
<td>G. assists with normal nerve functioning</td>
</tr>
<tr>
<td>8.</td>
<td>VITAMIN C</td>
<td>H. the oxygen-carrying part of red blood cells</td>
</tr>
<tr>
<td>9.</td>
<td>FOLIC ACID</td>
<td>I. fights against infection</td>
</tr>
</tbody>
</table>
Use the clues to unscramble the words on the left. Write the unscrambled word in the space provided.

<table>
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<tr>
<th>Clue</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Group of complex compounds that help your body maintain normal metabolism, growth and development.</td>
<td>MINIATSV</td>
</tr>
<tr>
<td>2. This makes up most of the liquid part of blood.</td>
<td>ATERW</td>
</tr>
<tr>
<td>3. This is a source of vitamin D.</td>
<td>LUNIGHTS</td>
</tr>
<tr>
<td>4. Inorganic substances that are required by your body in order to develop and grow properly</td>
<td>AINERLISM</td>
</tr>
<tr>
<td>5. Mineral that assists with bone growth and proper muscle functioning.</td>
<td>MMIEASUGN</td>
</tr>
<tr>
<td>6. Fat soluble vitamins can be stored here.</td>
<td>YEDNIKS</td>
</tr>
<tr>
<td>7. Calcium, Iron, Potassium, and Magnesium are examples of this.</td>
<td>REALSNIM</td>
</tr>
<tr>
<td>8. Natural source for potassium.</td>
<td>AAAANNB</td>
</tr>
</tbody>
</table>
Read the description in each circle. Decide which term it best represents: nutrition facts, organic, healthy, light, and fresh.

1. Made from foods grown without pesticides, man-made fertilizers, or genetic engineering.

2. Contains at least one-third fewer calories or at least 50% less fat or sodium.

3. Raw food products that contain no preservative and have never been frozen, heated, or processed.

4. Low in fat and saturated fat, contains no more than 360mg of sodium and cholesterol per serving.

5. Used to make wise food choices, and provides information such as calories, fat, nutrients, and ingredients.

Your HEALTH

Worksheet 7 - Is It Fresh or Frozen?
Bring three food labels from the food items you eat regularly. Answer the following questions about each item.

Item: ____________________________

Answer these questions about label one:
1. What is the most abundant ingredient? ____________________________
2. What is the least abundant ingredient? ____________________________
3. How many servings per package? ____________________________
4. How many fats per serving? ____________________________

Item: ____________________________

Answer these questions about label two:
1. What is the daily salt % of one serving? ____________________________
2. What vitamins are included? ____________________________
3. How many calories per serving? ____________________________
4. How much protein per serving? ____________________________

Item: ____________________________

Answer these questions about label three:
1. What is the second most abundant ingredient? ____________________________
2. What minerals are included? ____________________________
3. What is the serving size? ____________________________
4. How much fiber per serving? ____________________________
Think about your favorite restaurant and list some healthy alternative you could find on the menu that would be low in calories, fat, and sodium.
Each day you should make sure you eat a variety of foods from the five groups. Fill in the boxes below with examples of foods from each group. Think about how you are doing.

**G**
Make half your grains whole
List examples of food that will help you meet this daily requirement:

**V**
Vary your veggies
List examples of food that will help you meet this daily requirement:

**F**
Focus on fruits
List examples of food that will help you meet this daily requirement:

**M**
Get your calcium-rich foods
List examples of food that will help you meet this daily requirement:

**M&B**
Go lean with protein
List examples of food that will help you meet this daily requirement:
You may need to do some research to answer some of the questions below.

<table>
<thead>
<tr>
<th>Know your limits….</th>
<th>What’s your plan?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1.</strong> How many calories should you be eating each day? ____________ calories.</td>
<td>What source did you use to find out how many calories you should consume daily?</td>
</tr>
<tr>
<td><strong>2.</strong> What about exercise? How many minutes do you exercise? Approximately _____ minutes a day. Approximately _____ minutes a week.</td>
<td>What types of exercise do you like to do?</td>
</tr>
<tr>
<td><strong>3.</strong> When you eat fatty foods, do you make the most of the calories by selecting healthy foods?</td>
<td></td>
</tr>
<tr>
<td>□ yes</td>
<td>If you answered no, list some better food choices you could be making.</td>
</tr>
<tr>
<td>□ no</td>
<td></td>
</tr>
<tr>
<td><strong>4.</strong> Do you pay attention to food labels and look for low sodium and sugar content?</td>
<td>How can you motivate yourself and remember to drink more water? List some foods that contain water.</td>
</tr>
<tr>
<td>□ yes</td>
<td></td>
</tr>
<tr>
<td>□ no</td>
<td></td>
</tr>
<tr>
<td><strong>5.</strong> How much water do you drink each day? ____________</td>
<td></td>
</tr>
<tr>
<td><strong>6.</strong> How much water should you be drinking each day? ____________</td>
<td></td>
</tr>
</tbody>
</table>
Answer the following questions by putting a mark in the circle by the correct answer.

1. Obesity is caused by an excess amount of
   ○ a. vitamins
   ○ b. water
   ○ c. body fat
   ○ d. complex carbohydrates

2. People are usually considered “obese” if their weight is 10% or more above their ideal weight.
   ○ a. True
   ○ b. False

3. Which of the following is the main cause of obesity?
   ○ a. not taking enough vitamins
   ○ b. unhealthy eating habits
   ○ c. lack of physical activity
   ○ d. both b and c

4. One of the health risks of obesity is a lower self-esteem.
   ○ a. True
   ○ b. False

5. Blocked arteries, cancer, and diabetes are all associated with
   ○ a. regular exercise
   ○ b. obesity
   ○ c. taking vitamins
   ○ d. healthy eating

6. The weight you lose during fad dieting is usually body fat.
   ○ a. True
   ○ b. False

7. “Fad diets” are diets that promise quick weight loss and usually require you to
   ○ a. eat specific types of food
   ○ b. exercise regularly
   ○ c. eat balanced meals
   ○ d. both b and c

8. One of the drawbacks of fad diets is that you usually gain back all the weight you lose.
   ○ a. True
   ○ b. False

9. Which of the following is a psychological disorder that involves a person vomiting or using laxatives to keep from gaining weight?
   ○ a. bulimia
   ○ b. obesity
   ○ c. anorexia nervosa
   ○ d. hypertension

10. People suffering from bulimia nervosa experience tooth decay that is typically the result of eating too many sugary foods.
    ○ a. True
    ○ b. False

11. People who suffer from anorexia nervosa typically have a false impression of their own
    ○ a. intelligence
    ○ b. surroundings
    ○ c. body image
    ○ d. all of the above

12. Anorexia Nervosa is a psychological disorder that involves a person starving themselves due to an unhealthy fear of becoming obese.
    ○ a. True
    ○ b. False
Use the clues to unscramble the words on the left. Write the unscrambled word in the space provided.

1. ____________________  
   Clue: A liquid diet.
   
2. ____________________  
   Clue: Body system negatively affected by anorexia nervosa.
   
3. ____________________  
   Clue: One of the possible results of bulimia.
   
4. ____________________  
   Clue: People suffering from anorexia nervosa are typically obsessed with this activity.
   
5. ____________________  
   Clue: An organ that can be damaged in the body of someone who suffers from bulimia.
   
6. ____________________  
   Clue: Tooth decay can be a result of what disorder
   
7. ____________________  
   Clue: One of the dangers of fad dieting it that the diet is not ____________.
   
8. ____________________  
   Clue: This is part of a healthy diet
Follow Alongs -- correspond with PowerPoint® presentation.

Match The Terms
Worksheet 1
1. D  
2. C  
3. H  
4. F  
5. I  
6. G  
7. A  
8. E  
9. B

Your Best Answer
Worksheet 2
1. C  
2. C  
3. D  
4. C  
5. A  
6. B  
7. B  
8. B  
9. A  
10. C

The Source
Worksheet 3
1. SUGAR  
2. STARCH  
3. COMPLETE PROTEIN  
4. FATS  
5. INCOMPLETE PROTEIN

What If...?
Worksheet 4
Answers will vary.

Vitamins & Minerals
Worksheet 5
1. C  
2. F  
3. E  
4. B  
5. G  
6. H  
7. A  
8. I  
9. D

Word Scramble
Worksheet 6
1. VITAMINS  
2. WATER  
3. SUNLIGHT  
4. MINERALS  
5. MAGNESIUM  
6. KIDNEY  
7. MINERALS  
8. BANANA

Nutrition Facts At Work
Worksheet 8
Answers will vary.

Diets & Health Risks
Worksheet 12
1. C  
2. B  
3. D  
4. A  
5. B  
6. B  
7. A  
8. A  
9. A  
10. C  
11. B  
12. A

Is It Fresh or Frozen?
Worksheet 7
1. ORGANIC  
2. LIGHT  
3. FRESH  
4. HEALTHY  
5. NUTRITION FACTS

May I Take Your Order?
Worksheet 9
Answers will vary.

Your Daily Goal
Worksheet 10
Answers will vary -- should correspond closely with the new MyPyramid.gov

Here's Your Clue
Worksheet 13
1. SLIM FAST  
2. IMMUNE SYSTEM  
3. DEATH  
4. EXERCISE  
5. KIDNEY  
6. BULIMIA  
7. BALANCED  
8. EXERCISE

Is It Fresh or Frozen?
Worksheet 7
1. ORGANIC  
2. LIGHT  
3. FRESH  
4. HEALTHY  
5. NUTRITION FACTS

How Are You Doing?
Worksheet 11
Answers will vary.