

Warm-up: 9/29/14

1. The starches and sugars present in food are called _____.
2. A _____ is a fatty substance that does not dissolve in water.
3. What are vitamins?
4. List two roles of Cholesterol.



3. Vitamins are compounds that help regulate many vital body processes, including the digestion, absorption, and metabolism of other nutrients. They are classified as either water-soluble vitamins, which dissolve in water; or fat-soluble vitamins, which are absorbed, stored, and transported in fat.

4. Make cell membranes and nerve tissue
 Produce hormones.
 Produce vitamin D
 Produce bile, which helps digest fats



Today's Agenda:

1. Students will complete warm-up.
2. **TO: Examine the effects of healthful eating behaviors on body systems.**
3. Students will complete Fast Food Research activity.



Dietary Guidelines

The recommendations in the Dietary Guidelines for Americans are grouped into three broad areas known as the **ABCs of good health**.

Following these guidelines will:

- Help you stay fit.
- Ensure variety, balance, and moderation in your food choices.
- Help lower the risk of developing chronic diseases.



Dietary Guidelines

The recommendations in the Dietary Guidelines for Americans are grouped into three broad areas known as the ABCs of good health.

Following these guidelines will:

- Help you stay healthy
- Ensure variety and moderation in eating
- Help lower the risk of chronic diseases




The Dietary Guidelines for Americans is a set of recommendations for healthful eating and active living.



The **A in the ABCs** of Good Health



**Aim for a
healthy
weight.**



Be physically active
each day.



The **B** in the **ABCs** of Good Health

It relates to **building a healthful eating plan**. The “base” of this food plan is the Food Guide Pyramid, which is a useful tool for making healthful food choices each day.



Guidelines to Build a Healthy Base



Make your food choices carefully.



Choose a variety of grain products, especially whole grains.



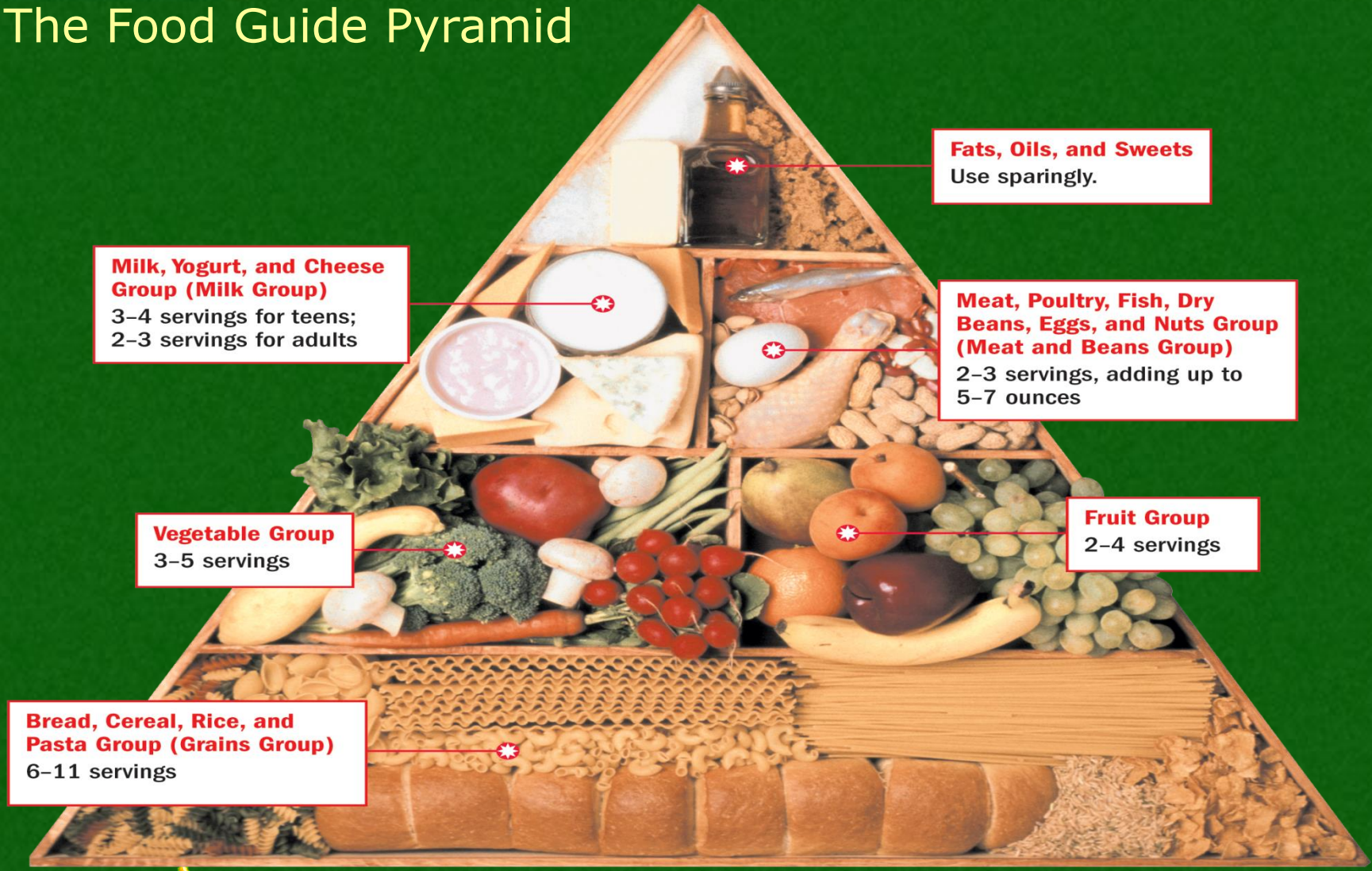
Choose a variety of fruits and vegetables daily.



Keep food safe to eat.



The Food Guide Pyramid



Understanding Serving Sizes

- Understand what constitutes a serving.
- Visualize common objects that can help you estimate serving sizes and control portions.
- Balance your daily food choices by eating enough servings from all five major food groups.
- Understand serving sizes.



The **C in the ABCs** of Good Health

It involves making sensible **food choices**, including choosing:

- A diet that is **low in saturated fat and cholesterol** and moderate in total fat.
- Beverages and foods to moderate your intake of sugars.
- **Prepare foods with less salt.**



Moderation in Fats

- The Dietary Guidelines recommends that no more than 30 percent of daily calories come from fats.
- Eating less fat, especially saturated fat, lowers your risk of cardiovascular disease.



Moderation in Sugar



Learn to identify added sugars by their names on food packages.



Balance foods that have added sugars with foods that have less added sugar.




Limit your intake of foods that have added sugars but few other nutrients.




Choose fresh fruits or canned fruits packed in water or juice.




Moderation in Salt




Read the Nutrition Facts panel to find out how much sodium a serving contains.




Season foods with herbs and spices instead of with salt.



Taste foods before you salt them.



At restaurants, ask for foods without salt or with reduced amounts of it.



Choose fruits and vegetables often.



The **Importance of Breakfast**

- Eating a nutritious breakfast improves mental and physical performance and **reduces fatigue later in the day.**
- Eating breakfast may also **help you maintain a healthy weight.**
- **Skipping this meal may cause you to overeat later** in the day.



Eating Out, Eating Right

- Use the Food Guide Pyramid when ordering restaurant food.
- **Order foods that are grilled, baked, or broiled.**
- Ask that high-fat **sauces not be used at all or be served on the side.**
- At fast-food restaurants, ask to see the calorie counts and other nutrition information before placing your order.
- Don't forget to **think about portion control.**



Choose the most appropriate option.

Q. The _____ is a set of recommendations for healthful eating and active living.

1. National Dietary Guidelines
2. Healthful Eating Guide
3. Dietary Guidelines for Americans
4. Food Guide Pyramid



- A.** The **Dietary Guidelines for Americans** is a set of recommendations for healthful eating and active living.

Click **Next** to attempt another question.



Choose the most appropriate option.

Q. The _____ is a guide for making healthful daily food choices.

1. National Dietary Guidelines
2. Healthful Eating Guide
3. Dietary Guidelines for Americans
4. Food Guide Pyramid



- A.** The **Food Guide Pyramid** is a guide for making healthful daily food choices.

Click **Next** to attempt another question.



Provide a short answer to the question given below.

Q. What are the ABCs of good health?

Click **Next** to view the answer.



A. The ABCs of good health are:

- **A: Aim for Fitness:** It deals with fitness goals.
- **B: Build a Healthy Base:** It deals with building a healthful eating plan.
- **C: Choose Sensibly:** It deals with making sensible food choices.

Click **Next** to attempt another question.



Provide a short answer to the question given below.

For lunch Josh had a cheeseburger, fries, and a non-diet soft drink. What could he choose for his afternoon snack and dinner to balance out his high-fat, high-sugar, high-salt meal?

