Healthy Eating Habits
Teacher’s Guide
Middle School

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A Message from our Company...

Dear Educator:

Thank you for your interest in the educational videos produced by the Visual Learning Company. We are a Vermont-based, family owned and operated business specializing in the production of quality educational science videos and materials.

We have a long family tradition of education. Our grandmothers graduated from normal school in the 1920’s to become teachers. Brian’s mother was an elementary teacher and guidance counselor, and his father was a high school teacher and superintendent. This family tradition inspired Brian to become a science teacher, and to earn a Ph.D. in education, and led Stephanie to work on science educational programs at NASA.

In developing this video, accompanying teacher’s guide, and student activities, our goal is to provide educators with the highest quality materials, thus enabling students to be successful. In this era of more demanding standards and assessment requirements, supplementary materials need to be curricular and standards based - this is what we do!

Our videos and accompanying materials focus on the key concepts and vocabulary required by national and state standards and goals. It is our mission to help students meet these goals and standards, while experiencing the joy and thrill of science.

Sincerely,

Brian and Stephanie Jerome
National Standards Correlations

National Science Education Standards
(Content standards: 5-8, National Academy of Sciences)

Science in Personal and Social Perspectives (Content Standard F)

Personal Health
• Food provides energy and nutrients for growth and development. Nutrition requirements vary with body weight, age, sex, activity, and body functioning.

Risks and Benefits
• Students should understand the risks associated with chemical hazards (pollutants in air, water, soil and food), with biological hazards (pollen, viruses, bacteria, and parasites), and with personal hazards (smoking, dieting, and drinking).

Benchmarks for Science Literacy
(Project 2061 – AAAS)

The Human Organism - Physical Health (6E)

By the end of 8th grade, students should know that:
• The amount of food energy (calories) a person requires varies with body weight, age, sex, activity level, and natural body efficiency. Regular exercise is important to maintain a healthy heart/lung system, good muscle tone, and bone strength.

The Designed World - Health Technology (8F)

By the end of 8th grade, students should know that:
• Sanitation measures such as the use of sewers, landfills, and safe food handling are important in controlling the spread of organisms that cause disease.
Student Learning Objectives

Upon viewing the video and completing the enclosed student activities, students will be able to do the following:

• Explain that a diet includes the type of food a person eats, how much they eat, and how often they eat.

• Recognize and explain the new food pyramid.

• Create a healthy diet plan using the food pyramid.

• Describe a healthy diet as a diet that includes all the necessary nutrients while maintaining a healthy body weight.

• List the five major food groups including: grains; vegetables; fruits; milk, yogurt, and cheese; and meat, poultry, fish, dry beans, eggs, and nuts.

• Discuss the function of the food label in providing important information about the nutritional value of foods.

• Understand that the Percent Daily Value on the food label is the amount of a nutrient provided by a food in relation to a 2000 calorie diet.

• Describe the process of shopping for healthy food including the importance of preparing a grocery list, looking at food labels, and choosing unprocessed foods over processed foods.

• Identify some ingredients that can make food unhealthy if added in excess while cooking, such as salt, condiments, butter, and lard.

• Summarize some important practices in handling food safely including washing your hands, washing unpackaged food, tying back long hair, storing food in the refrigerator, and cooking foods thoroughly.
Assessment

Preliminary Assessment:
The Preliminary Assessment, provided in the Student Masters section, is an assessment tool designed to gain an understanding of students’ pre-existing knowledge. It can also be used as a benchmark upon which to assess student progress based on the objectives stated on the previous pages.

Video Review:
The Video Review, provided in the Student Masters section, can be used as an assessment tool or as a student activity. There are two main parts. The first part contains questions that can be answered during the video. The second series of ten questions consists of a video quiz to be answered at the conclusion of the video.

Post Assessment:
The Post Assessment, provided in the Student Masters section, can be utilized as an assessment tool following completion of the video and student activities. The results of the Post Assessment can be compared against the results of the Preliminary Assessment to evaluate student progress.
Introducing the Video

Before showing the video to students, ask the class if they have ever been grocery shopping with their families. Ask them how their families prepare for the shopping trip. Explain that grocery stores often have a very wide selection of foods that can make choosing the healthiest options difficult. Discuss the importance of planning what to buy ahead of time to make sure you get everything you need at the store.

As a class, begin to make a sample shopping list for one day’s meals. Write the list on the blackboard. Be sure to consider each of the food groups in creating a balanced diet for the day. Tell students to pay close attention to the video to learn more about healthy eating habits. After the video, have students reevaluate the list on the board and continue to discuss healthy food choices.

Video Viewing Suggestions

The student Master “Video Review” is provided for distribution to students. You may choose to have your students complete this Master while viewing the program or to do so upon its conclusion.

The program is approximately twenty minutes in length and includes a ten question video quiz. Answers are not provided to the Video Quiz on the video, but are included in this teacher's guide. You may choose to grade student quizzes as an assessment tool or to review the answers in class.

The video is content-rich with numerous vocabulary words. For this reason you may want to periodically stop the video to review and discuss new terminology and concepts.
Video Script: Healthy Eating Habits

1. Have you ever heard the expression “Healthy eating starts at the grocery store?”
2. What does this mean? It means that you have to know what kind of food to buy to have a healthy diet.
3. It’s not only important to shop for healthy foods, but it’s also important to handle and prepare food correctly.
4. How do you go about selecting healthy food?
5. What role do food labels play in helping you select healthy foods?
6. How do you go about preparing, baking, and cooking food in a healthy way?
7. And how do you go about planning a meal?
8. During the next few minutes we are going to answer these difficult questions and others,...
9. ...as we explore the topic of healthy eating habits.
10. Graphic Transition – A Healthy Diet Reviewed
11. You Decide!
    What is a diet?
12. You may think a diet is a way of eating to lose weight, but this isn’t really the case.
13. Diet refers to your overall, general eating pattern.
14. Diet includes the types of food a person eats, how much they eat, and how often they eat.
15. A healthy diet ensures a person gets all the nutrients he or she needs while maintaining a healthy body weight.
16. A person’s diet is a very individualized thing, and depends on their gender, their age, and their activity level.
17. The food pyramid seen here recommends that we eat foods from the five major food groups on a daily basis.
18. The food groups include: grains; vegetables; fruits; milk, yogurt and cheese; and meat, poultry, fish, eggs, dry beans, and nuts.
19. The amount you should consume from each food group can be calculated by looking it up on the Internet, in books, or by asking a registered dietitian.
20. A 13 year old boy, for example, who exercises 30-60 minutes, should eat 7 ounces of grains,
21. ...3 cups of vegetables,
22. ...2 cups of fruit,
23. ...3 cups from the milk group,
24. ...and 6 ounces from the meat and beans group on a daily basis.
25. Also, it is very important to drink at least eight 8-ounce glasses of water a day to keep the body hydrated and functioning properly.
26. **Graphic Transition- Food Labels**
27. Think about how strange it would be if you went to the grocery store, and instead of seeing brightly colored food packages,
28. ...the food was just labeled according to the nutritional value.
29. Do you think you would choose your food differently? It's an interesting idea isn’t it?
30. Well you do have the opportunity to select food based on its nutritional value, you just need to know where to look!
31. Nutritional information is on the back or side of the package on a food label.
32. A food label states how many servings are in the container of the food,
33. ...as well as the number of calories per serving,
34. ...and the amount of nutrients in each serving.
35. Let’s take a look at the food label on this yogurt container.
36. You can see that there are 4 servings of yogurt in this 32 ounce container. Therefore, each serving consists of 8 ounces.
37. **You Observe!**
   How many calories are in a serving?
38. There are 110 calories per serving.
39. The next part of a food label, Percent Daily Value, lists some of the nutrients found in the food.
40. Some of the nutrients, such as Total Fat and Total Carbohydrate, are stated in grams as well as percentages.
41. The percentage states how much of a particular nutrient is provided in relation to a 2000 calorie a day diet.
42. For example, a serving of yogurt contains 10 grams of protein, which represents 20% of the protein a person needs per day.
43. The food label also states the percent daily value of specific vitamins.
44. With a little practice you can get quite good at reading and analyzing food labels.
45. **Graphic Transition- Meal Planning**
46. As we discussed earlier, a diet is a general pattern of eating.
47. A well balanced diet includes eating a wide variety of foods from the major food groups.
48. If you are like most people, you like to eat. Therefore, a well balanced diet should include healthy foods you enjoy eating.
49. We previously discussed the food pyramid, and that a person’s daily diet needs to be individualized according to their age, gender, and activity level.
50. For example, over the course of a day, an average 13-year old boy who exercises regularly should eat 2 cups of fruits.
51. And 3 cups of vegetables,
52. ...3 cups from the milk group,
53. ...6 ounces from the meat and beans group,
54. ...and 7 ounces from the grains group.
55. So if this boy eats three meals a day- breakfast, lunch, and dinner, as well as a couple of snacks,
56. ...all he needs to do is select the correct quantity of food from the five major food groups and spread the food out over the course of the day.
57. The key is to make sure you eat a variety of foods from each of the food groups in the correct amounts.
58. If you eat less than is generally prescribed you might lose weight, and not get the nutrients your body needs.
59. **You Predict!**
   What might happen if you eat a lot more food than is suggested?
60. If you eat more food, you might gain weight.
61. **Graphic Transition- Shopping for Healthy Food**
62. You probably live near a big grocery store that has a wide selection of food.
63. Shopping for healthy foods from such a wide range of selections can be a bit overwhelming.
64. How do you go about deciding what foods are healthiest?
65. The best strategy for food shopping is to have a list written out ahead of time that includes the foods you want to purchase.
66. It is not a good idea to go to the store unprepared.
67. If you are unprepared you might end up buying things you don’t need, or end up forgetting to buy foods that you do need.
68. A grocery list should reflect the types of meals you have planned for the next several days.
69. If you are a really good planner you might even be able to buy foods for the next couple of weeks.
70. It takes time and hard work to develop a grocery list which reflects specific meals and a healthy diet, but it is an essential part of eating well.
71. In the grocery store you may have few choices when it comes to certain foods.
72. For example, there may only be one type of lettuce, or one type of orange juice.
73. But in other cases there are literally dozens of different choices for a single type of food. Such is the case with breakfast foods.
74. When you have to decide between similar foods, food labels can play an important role in helping you choose the healthiest food.
75. Let’s take a look at the nutritional information of two different breakfast foods.
76. The first label states that in a serving of cereal, there are only 1.5 grams of fat, 90 milligrams of sodium, 5 grams of fiber, 4 grams of protein, and 110 calories.
77. The other label states that in a serving of waffles there are 6 grams of fat, 440
milligrams of sodium, 1 gram of fiber, 5 grams of protein, and 190 calories.

78. Based on this serving information, which breakfast choice is healthier?
79. The cereal is the healthier choice because it is higher in nutrients, has more fiber, has less fat and less calories.

80. A lot of the food in the grocery store is processed food. Processed food means the food has been altered by adding chemicals, preservatives, dyes, or has been altered in some other way.
81. Unprocessed foods includes foods such as fruits, vegetables, and other foods that have not been significantly changed.
82. Not all processed foods are bad, and most of us eat some processed foods throughout the course of the week.
83. But if you are concerned with the type of nutrients you eat, then you need to pay close attention to food labels.
84. For example, if you are concerned about salt you need to look for the amount of sodium on the food label.
85. This can of soup contains 960 milligrams of sodium per serving which is equivalent to almost half of the total amount of sodium you should have on a daily basis.
86. And if you are concerned about fats, take a look at the amount of fat in these potato chips - they contain 10 grams of fat for 15 potato chips.
87. There is no doubt that looking at food labels requires work and time.
88. But if you are really concerned about what you eat, it is time well spent.

89. **Graphic Transition- Preparing Healthy Foods**
90. Perhaps you have had the chance to help make meals in your home.
91. As you grow older you will gain more responsibility for preparing your own meals.
92. There are a few simple goals to keep in mind when preparing meals. These include limiting fat, sodium, and sugar.
93. This is easy to do if you know how.
94. One of the things to remember is that some ingredients you add to food in excess can be unhealthy.
95. Salt for example, when added to food while cooking or eating, can contribute to health problems such as high blood pressure.
96. Salt is also abundant in many sauces such as soy sauce.
97. Be aware that condiments such as ketchup, mayonnaise, and salad dressings are usually high in calories and low in nutrients. Try to use them sparingly.
98. Frying food in lard, butter, or oil tends to add calories and can introduce a significant amount of fat into your diet.
99. Baking, broiling, or grilling foods tends to be a healthier alternative.
100. Fruits and vegetables should always be washed prior to eating because chemicals or dirt may be left on them.
Script (cont.)

101. When buying meat or poultry, try to choose lean or low-fat cuts.
102. Some meats, such as chicken, should be rinsed before cooking.
103. Dairy products you use should be low in fat or fat-free.
104. Finally, when preparing foods such as rice, pasta, or bread, try to use whole-grains because they are high in fiber.
105. Knowing what foods are made of and how to cook them is an important part of preparing a healthy meal.

106. Graphic Transition- Handling Food Safely
107. Not only is it important to eat well, but it is also important to safely handle and store food.
108. Before you eat, prepare, or handle food always wash your hands with soap and water for at least 20 seconds.
109. Hand washing helps reduce the risk of bacteria and other harmful microorganisms from contaminating food.
110. Food that is not cooked or is not packaged, such as fruits and vegetables, should also be washed thoroughly.
111. If you have long hair, tie it back to prevent it from falling in food.

112. You Decide!

What piece of machinery is designed to safely store food?

113. A refrigerator is designed to keep food cool and to prevent it from spoiling.
114. Dairy products, meat, certain fruits and vegetables are just a few of the things that need to be refrigerated.
115. Remember, a refrigerator is only useful if you keep food stored in it. Don’t leave foods out on the counter that can spoil.
116. If you are cooking or baking get help from someone who has experience.
117. There are many things you need to be aware of when cooking and baking. For example, always use clean pots, pans, and utensils.
118. Be extremely cautious with hot burners, ovens, and hot pans. Millions of people get burned every year in the kitchen.
119. Use pot holders when removing pans from the oven or microwave.
120. When cooking and baking make sure you closely follow the recipe, and make sure meats, dairy products, and other foods are thoroughly cooked at correct temperatures.
121. These are just a few of the very important steps you need to practice when handling, storing, and preparing food.
122. Millions of people get food borne illnesses every year and most of these could have been avoided if safe food management practices were followed.

123. Graphic Transition-Summing Up
Script (cont.)

124. During the past few minutes we highlighted some of the important aspects of healthy eating habits.
125. We reviewed the fundamentals of a healthy diet which includes eating a variety of foods from the five major food groups.
126. We discussed how to plan meals using a person’s individualized diet plan.
127. And we explored some of the ways to effectively shop for food and make healthy food choices using food labels.
128. Suggestions and tips were made on how to prepare foods in a healthy manner.
129. Finally, some of the important aspects of safe food preparation and storage were highlighted.
130. So the next time you go to the grocery store,...
131. ...get asked to help prepare a meal,...
132. ...or clean up after eating,...
133. ...think about some of the things we just discussed.
134. You just might think about healthy eating habits a little differently.

Graphic Transition- Video Assessment

Fill in the correct word to complete the sentence. Good luck, and let’s get started.

1. A _______ refers to a person’s general eating pattern.
2. Food labels state ________ information.
3. A person’s diet depends on their ____, gender, and activity level.
4. A well balanced diet includes a wide _______ of foods.
5. It is a good idea to write a grocery ______.
6. To choose the healthiest food, you should compare food ________.
7. Many processed foods are high in ________, also known as salt.
8. Frying foods can introduce a lot of ______ into the diet.
9. Try to select _______ grain breads, cereals, and pastas that are high in fiber.
10. Always _____ your hands before handling food.

Answers can be found on page 17.
Student Assessments and Activities

Assessment Masters:

• Preliminary Assessment
• Video Review
• Post Assessment

Student Activity Masters:

• Healthy Meal Planning
• The Power of a Healthy Diet
• Analyzing Food Labels
• Vocabulary of Healthy Eating Habits
Healthy Eating Habits

Answers to Student Assessments

Preliminary Assessment (pgs. 20-21)

1. individualized
2. groups
3. package
4. nutrients
5. loss
6. processed
7. list
8. compare
9. grill
10. wash
11. T
12. F
13. F
14. T
15. F
16. T
17. T
18. T
19. F
20. F

Video Quiz (p. 22)

1. diet
2. nutritional
3. age
4. variety
5. list
6. labels
7. sodium
8. fat
9. whole
10. wash

Video Review (p. 22)

1. A diet is an overall, general pattern of eating.
2. There are 110 calories in one serving.
3. If you eat a lot more food than is suggested, you might gain weight.
4. A refrigerator is designed to keep food cool and prevent it from spoiling.

Post Assessment (pgs. 23-24)

1. loss
2. list
3. wash
4. processed
5. package
6. grill
7. individualized
8. nutrients
9. compare
10. groups
11. F
12. T
13. F
14. T
15. F
16. F
17. T
18. T
19. T
20. F
Healthy Eating Habits

Answers to Student Activities

Healthy Meal Planning (p. 25 - 26)

SAMPLE

<table>
<thead>
<tr>
<th>Your Meal Plan</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>• whole wheat cereal with strawberries and bananas</td>
</tr>
<tr>
<td>• skim milk</td>
</tr>
<tr>
<td>• orange juice</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>• tuna salad sandwiches with tomato</td>
</tr>
<tr>
<td>• carrot and celery sticks</td>
</tr>
<tr>
<td>• skim milk</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>• tossed salad</td>
</tr>
<tr>
<td>• grilled chicken</td>
</tr>
<tr>
<td>• baked sweet potatoes</td>
</tr>
<tr>
<td>• broccoli</td>
</tr>
<tr>
<td>• water</td>
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<tr>
<td><strong>Snacks</strong></td>
</tr>
<tr>
<td>• almonds</td>
</tr>
<tr>
<td>• low-salt pretzels</td>
</tr>
<tr>
<td>• peaches</td>
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</table>

<table>
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<th>Grocery Shopping List</th>
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<tr>
<td>skim milk</td>
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<tr>
<td>whole wheat bread</td>
</tr>
<tr>
<td>chicken</td>
</tr>
<tr>
<td>tuna fish</td>
</tr>
<tr>
<td>almonds</td>
</tr>
<tr>
<td>low-salt pretzels</td>
</tr>
<tr>
<td>whole wheat cereal</td>
</tr>
<tr>
<td>orange juice</td>
</tr>
<tr>
<td>fruits- bananas</td>
</tr>
<tr>
<td>strawberries</td>
</tr>
<tr>
<td>peaches</td>
</tr>
<tr>
<td>vegetables- tomatoes</td>
</tr>
<tr>
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</tr>
<tr>
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<tr>
<td>lettuce</td>
</tr>
<tr>
<td>sweet potatoes</td>
</tr>
<tr>
<td>broccoli</td>
</tr>
</tbody>
</table>

1. No, each member of the family should not eat the same amount of food. The portion size that each person eats depends on their nutrient requirements.
2. Answers will vary. Example - It was very difficult to think of ideas for meals.
3. To exercise together, the family could do yard work, go for a walk, or play a sport such as soccer or tennis.

Analyzing Food Labels (p. 28 - 29)

1. Answers will vary.
2. There are 160mg of sodium in the toaster pastries, 190mg in the cereal, and 420mg in the waffles. If you were trying to eat a diet low in sodium, you should avoid the waffles.
3. The cereal is the best choice because, unlike the other two foods, it contains no saturated fats or trans fats.
4. The cereal has 110 calories per serving which is less than the other alternatives.
5. The cereal is the best choice based on vitamins and minerals because overall it contains more of these nutrients based on percent daily value.
6. The cereal is the healthiest choice. It would be good also to eat fruits, skim milk, and orange juice along with it.

The Power of a Healthy Diet (p. 27)

1. A healthy diet helps you to be healthy by aiding your body in resisting disease and reducing the risk of developing health problems.
2. Some benefits of eating many fruits and vegetables include reducing the risk of developing certain health problems and getting enough of all the vitamins and minerals the body needs.
3. A diet low in fat is good because it lowers your risk of many diseases.
4. Besides eating a healthy, balanced diet, you should exercise regularly to stay healthy.

Vocabulary of Healthy Eating Habits (p. 30)

1. d - food pyramid
2. f - diet
3. b - percent daily value
4. h - processed food
5. a - food label
6. j - refrigerator
7. c - grocery list
8. e - food groups
9. i - hand washing
10. g - balanced diet
Assessment and Student Activity Masters
Preliminary Assessment

Directions: Fill in the blank with the correct word. A list of possible answers is provided at the bottom of the page.

1. A diet is an ____________________________ way of eating that depends on a person’s unique characteristics.

2. The food pyramid recommends we eat foods from each of the five food _______________ every day.

3. Food labels are usually on the side or back of a food ________________.

4. A food label can tell you the percent daily value of __________________ found in the food.

5. Eating less than is recommended can lead to weight ____________.

6. __________________ foods quite often are high in fat, salt, or sugar.

7. A _____________ can help you to remember everything you need when you go food shopping.

8. To choose the healthiest food options, you need to ________________ food labels.

9. It is healthier to ____________ or bake food than to fry it.

10. It is important to ____________ foods such as fruits and vegetables.

compare          grill
package          processed
individualized  groups
wash             nutrients
list             loss

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Preliminary Assessment

Directions: Decide whether the statement is true (T) or false (F).

11. It is important to drink at least eight 8-ounce glasses of water each day.  T  F

12. Percent Daily Value is the measurement of how much a day’s food will cost.  T  F

13. A well balanced diet includes exactly the same amount of food from each of the five food groups.  T  F

14. Eating too much food or eating fatty foods can cause you to gain weight.  T  F

15. Large grocery stores rarely have more than one kind of each type of food.  T  F

16. Going food shopping without a list may cause you to buy things you do not need, or cause you to forget to buy specific things.  T  F

17. Eating too much salt can cause health problems like high blood pressure.  T  F

18. Foods labels are a useful tool in determining the healthiest choice at the grocery store.  T  F

19. When you cook food, you should make sure that every dish has as much salt, fat, and sugar as possible.  T  F

20. Washing your hands is pointless, and you shouldn’t bother doing it.  T  F
Video Review

Directions: During the course of the program, answer the questions as they are presented in the video. At the end of the video, answer the Video Quiz questions.

You Decide!
1. What is a diet?

You Observe!
2. How many calories are in a serving?

You Predict!
3. What might happen if you eat a lot more food than is suggested?

You Decide!
4. What piece of machinery is designed to safely store food?

Video Quiz:
1. A ___________ refers to a person’s general eating pattern.
2. Food labels state __________________________ information.
3. A person’s diet depends on their _______ , gender, and activity level.
4. A well balanced diet includes a wide ________________ of foods.
5. It is a good idea to write a grocery ________ .
6. To choose the healthiest food, you should compare food ______________ .
7. Many processed foods are high in ________________ , also known as salt.
8. Frying foods can introduce a lot of ________ into the diet.
9. Try to select ____________ grain breads, cereals, and pastas that are high in fiber.
10. Always __________ your hands before handling food.
Post Assessment

Directions: Fill in the blank with the correct word. A list of possible answers is provided at the bottom of the page.

1. Eating less than is recommended can lead to weight ________.

2. A ________ can help you to remember everything you need when you go food shopping.

3. It is important to ____________ foods such as fruits and vegetables.

4. ________________ foods quite often are high in fat, salt, or sugar.

5. Food labels are usually on the side or back of a food ____________________.

6. It is healthier to ____________ or bake food than to fry it.

7. A diet is an __________________________ way of eating that depends on a person’s unique characteristics.

8. A food label can tell you the percent daily value of ________________ found in the food.

9. To choose the healthiest food options, you need to ________________ food labels.

10. The food pyramid recommends that we eat foods from each of the five food groups every day.

compare nargs processed packaged individualized grilled wash list
Post Assessment

Directions: Decide whether the statement is true (T) or false (F).

11. A well balanced diet includes exactly the same amount of food from each of the five food groups.  T   F

12. Eating too much salt can cause health problems like high blood pressure.  T   F

13. Washing your hands is pointless, and you shouldn’t bother doing it.  T   F

14. Foods labels are a useful tool in determining the healthiest choice at the grocery store.  T   F

15. Percent Daily Value is the measurement of how much a day’s food will cost.  T   F

16. When you cook food, you should make sure that every dish has as much salt, fat, and sugar as possible.  T   F

17. Going food shopping without a list may cause you to buy things you do not need, or cause you to forget to buy specific things.  T   F

18. Eating too much food or eating fatty foods can cause you to gain weight.  T   F

19. It is important to drink at least eight 8-ounce glasses of water each day.  T   F

20. Large grocery stores rarely have more than one kind of each type of food.  T   F
Healthy Meal Planning

Background:
Have you ever looked closely at your school’s lunch menu? Perhaps lunch today included chicken patties, rice, carrots, apples, and milk. Or maybe your school served tomato soup, grilled cheese sandwiches, celery sticks, oranges, and milk. When planning a menu, hopefully your school takes into account all of the five food groups to plan a well balanced meal.

Someday you will be responsible for planning your own meals. Learning to create a well balanced diet can be a difficult thing to do. The food pyramid is a useful tool to help you eat well. It shows each of the food groups you need to consider to eat a healthy diet. A good meal should include something from each of the five food groups. In case you have forgotten, the five food groups are: the grain group; the vegetable group; the fruit group; the milk, cheese and yogurt group; and the meat, poultry, fish, dry beans, eggs, and nuts group.

In this activity you will be planning a menu for a family for an entire day. You are responsible for making sure that everyone gets enough of all six essential nutrients.

Directions:
Using the chart on the next page and the tips below, plan a breakfast, a lunch, and a dinner for a four person family. Make a grocery shopping list based on your meal plan. Then answer the questions.

Tips for Healthy Meal Planning
• Eat a wide variety of foods from each of the major food groups.

• Try to eat at least 5 servings of fruits and vegetables every day.

• Rather than frying or sauteing foods, try broiling, grilling or baking instead.

• Avoid eating too many processed or prepared foods.

• Avoid fatty foods.
**Healthy Meal Planning Worksheet**

<table>
<thead>
<tr>
<th>Your Meal Plan</th>
<th>Grocery Shopping List:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Snacks</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Questions:**
1. Should each member of the family eat exactly the same amount of food? Why or why not?

2. What was your greatest challenge in creating the meal plan or the shopping list?

3. An important part of staying healthy is getting plenty of exercise. What sorts of exercise could the whole family do together?
The Power of a Healthy Diet

Directions: Read the information below, then answer the questions.

Background: You have probably learned a lot about how to choose healthy foods and eat a healthy diet. But you may not know that eating healthy has an incredible impact on the ability of your body to resist disease and to avoid health problems.

A healthy diet has a large impact on lowering your risk of certain diseases. People are always saying that it's important to eat a lot of fruits and vegetables. This is good advice, because eating a wide variety of vegetables and fruits can actually lower the risk of getting cancer. Also, choosing fruits and vegetables in many different colors is beneficial. Deep colors like green, purple, and orange represent the different vitamins and minerals that foods contain. Getting enough of all the vitamins and minerals is essential to preventing diseases such as scurvy, caused by vitamin C deficiency, or loss of eyesight, which results from not getting enough vitamin A. A healthy diet is also low in fat, particularly saturated fats and trans-fatty acids. Eating dairy products and meats that are low-fat is highly recommended. Eating less fat lowers your risk for many diseases. A diet high in saturated fats contributes to high cholesterol and high blood pressure, which can lead to heart disease. A diet very low in saturated fats can lower both cholesterol and blood pressure. Eating a healthy diet is one of the best ways you can ensure you will be healthy.

It is important not to forget that exercise is an essential component of a complete, healthy lifestyle. If you are not active, you cannot fully reap the benefits of a carefully planned, balanced diet. Using the food pyramid as a guide, you can reduce the chance of contracting a number of diseases, and improve your health!

Questions:
1. How does a healthy diet help you to be healthy?

2. What are some benefits of eating many fruits and vegetables?

3. Why is a diet low in fat good?

4. Besides eating a healthy diet, what else should you do to stay healthy?
**Analyzing Food Labels**

**Background:** You have probably noticed the black and white chart printed on the package of most foods you purchase. This chart is called a food label. Have you ever really looked at a food label? Food labels provide essential information about the nutritional value of a food, including how much of the food makes up a serving, the number of calories in a serving, and the amount of nutrients in a serving. Although the label looks complicated, it is actually easy to find all the important information. Reading food labels is not hard - it just takes practice.

People often say that breakfast is the most important meal of the day. It is a good idea to select foods that are healthy and high in energy to give you the right start. In this activity, you will analyze the food labels of three common breakfast foods.

**Directions:** Look closely at the three food labels printed below. Use the information to answer the questions on the next page.

---

### Toaster Pastry

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Serving Size</th>
<th>1 pastry</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Calories | 200 | Calories from Fat 45%
| Total Fat | 5g | 8% |
| Saturated Fat | 2.5g | 13% |
| Trans Fat | 0g | |
| Cholesterol | 0mg | 0% |
| Sodium | 160mg | 7% |
| Potassium | 0g | 0% |
| Total Carbohydrate | 37g | 12% |
| Dietary Fiber less than 1g | | 2% |
| Sugars | 17g | |
| Protein | 2g | |

---

### Cereal

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Serving Size</th>
<th>3/4 cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>about 14</td>
<td></td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Calories | 110 | Calories from Fat 15%
| Total Fat | 1.5g | 2% |
| Saturated Fat | 0g | 0% |
| Trans Fat | 0g | |
| Cholesterol | 0mg | 0% |
| Sodium | 190mg | 8% |
| Potassium | 60mg | 2% |
| Total Carbohydrate | 22g | 7% |
| Dietary Fiber | 2g | 8% |
| Sugars | 9g | |
| Protein | 3g | |

---

### Frozen Waffles

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Serving Size</th>
<th>2 Waffles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Calories | 180 | Calories from Fat 50%
| Total Fat | 6g | 9% |
| Saturated Fat | 1.5g | 8% |
| Trans Fat | 2g | |
| Cholesterol | 15mg | 5% |
| Sodium | 420mg | 18% |
| Potassium | 60mg | 2% |
| Total Carbohydrate | 26g | 9% |
| Dietary Fiber | 1g | 4% |
| Sugars | 2g | |
| Protein | 5g | |

---

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Healthy Eating Habits

Analyzing Food Labels

Questions:

1. Without considering the food labels, which one of the three foods would you choose for breakfast: toaster pastries, cereal, or frozen waffles?

2. How much sodium is there in each of the foods? If you were trying to eat a diet low in sodium, which food shouldn’t you eat?

3. Nutritionists often advise that you avoid eating foods containing lots of saturated fats and trans fats. Looking only at these categories, which is the healthiest food choice?

4. Calories are the amount of energy in a food. If you wanted to eat the fewest calories per serving, which is the best breakfast choice?

5. If you were choosing a food to eat based on the vitamin and mineral content of the food, which would you eat?

6. Which food is the best choice as part of a healthy breakfast? What other sorts of food could you eat along with it to have a balanced breakfast?
Vocabulary of Healthy Eating Habits

Directions: Unscramble the vocabulary words in the first column. Match the words to the definitions in the second column.

____ 1. dofo riympad

______________________________
a. A chart containing nutritional information on packaged foods.

____ 2. tied

______________________________
b. Part of the food label that lists percents in relation to daily food requirements of nutrients.

____ 3. rneepct idlay evual

______________________________
c. A way to plan before buying food; helps to make sure you buy everything you need.

____ 4. osdreepcs oofd

______________________________
d. A diagram that helps remind you to eat a balanced diet consisting of foods from all of the food groups.

____ 5. odfo beall

______________________________
e. Categories of foods that contain the same main nutrients; the basis of the food pyramid.

____ 6. fgareiorretr

______________________________
f. A general pattern of eating.

____ 7. croyger silt

______________________________
g. A way of eating to insure foods are eaten from all the major food groups in the correct quantities.

____ 8. fdoor pguuos

______________________________
h. Food that has been altered by adding chemicals, preservatives, dyes, or altered in some other way.

____ 9. dhna sngaihw

______________________________
i. Cleaning your hands before eating, preparing, or handling food to reduce the risk of contaminating food.

____ 10. caldbane tide

______________________________
j. A kitchen appliance used for storing food that needs to be kept cool.