Lesson 1- Basics of Nutrition

1. What is Nutrition?
   A. Humans _________ food.

   B. __________ are substances in food that your body needs.

   C. __________ is the study of nutrients and how your body uses them.

   D. What influences your nutrition?

2. Six Different Classes of Nutrients
   Carbohydrates
   A. __________ are sugars and starches that occur naturally in foods.

   B. __________ of your daily nutrients should come from carbohydrates.

   C. What is the difference between simple and complex carbohydrates?

   D. What are two examples of carbohydrates?

   Fiber
   E. ______ is the parts of fruit, vegetables and grains that your body can’t digest.

   F. What are two examples of fiber?

   Proteins
   G. ______ are the nutrients your body uses to build, repair, and maintain cells and tissues.

   H. What are two examples of proteins?
**Fats**
I. _______ are an important part of good nutrition.

J. _______ is fat that is solid at room temperature and is considered to be the bad fat.

K. _______ is fat that is liquid at room temperature and is considered to be the good fat.

L. _______ is a fatty substance found in the blood.

M. What is the difference between LDL and HDL?

N. What are some foods that contain the good fat (unsaturated fat)?

**Vitamins and Minerals**
O. _______ are substances that help your body fight infections and use other minerals.
   Ex. Vitamin K helps blood clot.

P. _______ are elements that help form healthy teeth and bones.
   Ex. Milk has calcium that helps you have strong bones.

**Water**
Q. _______ helps with our body’s functions.

**Lesson 2 - Choose My Plate Food Model and Calories**

1. What is a calorie?

   A. A Calorie _____ is a unit of energy used by our bodies to maintain growth and health.

   B. What is the approximate amount of Kcals that you need per day?
C. What is the difference between nutrient dense and calorie dense food?  
Ex. Milk is nutrient dense vs. Pop is calorie dense

2. The Choose My Plate Food Model

A. Let’s check out http://www.choosemyplate.gov/

B. Draw a picture of what the Choose My Plate food model looks like:

C. List the five categories in the Choose My Plate food model:
   1. 
   2. 
   3. 
   4. 
   5. 

Tips to Help with Choose My Plate:

D. Make at least ______ of your grains whole grains.

E. Get a _________ of veggies.

F. Eat _________ ______ foods.

G. Eat _________ protein.

H. Make ______ of your plate fruit and veggies!

3. The Energy Equation

A. __________ ___ = __________ ____ to maintain weight

   Ex. Corn muffin 510 calories = Bike Riding 522 (Weight loss)
Lesson 3- Maintaing a Health Weight / Eating Disorders

A. Everyone has an ________________________ which is a weight that is best for your body.

B. BMI stands for ______________________________

C. BMI is a measurement that allows you to assess your body size, taking your height and weight into account.

D. Being ________________ is defined as weighing more than what it is appropriate for your gender, height, age, body frame, and growth pattern

E. What are two risks that an overweight person may experience:
   a. 
   b. 

F. Being ________________ is defined as weighing less than what it is appropriate for your gender, height, age, body frame, and growth pattern

G. What are two risks that an underweight person may experience:
   a. 
   b. 

H. Explain the energy equation in words you understand:

I. The way you see and feel about your body is called ________________________

J. An extreme and damaging eating behavior that can lead to sickness and even death is called an ____________________________
K. Often times, eating disorders are brought on by what?

L. Do eating disorders have a lot to do with hunger or not?

M. Binge eating disorder is defined as____________________________

N. Weighing more than 20 percent higher than what is appropriate for their height, age, and body frame is considered to be ____________

O. What are three characteristics or health risks of binge eating disorder?

a.

b.

c.

P. An eating disorder characterized by self-starvation leading to extreme weight loss is called ________________

Q. What are three characteristics or health risks of anorexia nervosa?

a.
R. A condition in which a person eats large amounts of food and then secretly purges is called ________________

S. What are three characteristics or health risks of anorexia nervosa?
   a. 
   b. 
   c. 

T. What are three types of treatments for eating disorders?
   a. 
   b. 
   c. 

U. List two people that you can talk to if you or someone you know has an eating disorder or unhealthy thoughts about eating:
   a. 
   b. 