|  |
| --- |
| **NAME:** |
| **LESSON 1: DIETARY GUIDELINES**  |
| **Dietary Guidelines Notes:****1. Follow a healthy eating pattern across the lifespan.**-Calorie levels:-Nutrients:-Chronic diseases:**2. Focus on variety, nutrient density, and amount.**-Nutrients:-Water:-Fats:-Carbohydrates:-Protein:-Vitamins:-Minerals:-Food Groups:-Grains:-Vegetables:-Fruit:-Protein:-Dairy:-Nutrient-dense example:**3. Limit calories from added sugars and saturated fats and reduce sodium intake.**-Sugar:-Saturated fat:-Sodium:**4. Shift to healthier food and beverage choices.**-Food choices:-Beverage choices:**5. Support healthy eating patterns for all.**-Supporting others:**Explain how the Guidelines are useful in planning a healthy diet.** |
| Heart Disease:Cancer: Diabetes:Hypertension:Osteoporosis: |
| **Nutrition, Physical Activity, and Overall Health** |
| **Assignment****Grade: \_\_\_\_ / 38** | **Teacher Comments:** |
| **LESSON 2: NUTRITION FACTS** |
| **Fat****1.****2.****3.****4.****5.** | **Protein****1.****2.****3.****4.****5.** | **Carbs.****1.****2.****3.****4.****5.** | **Vitamins****1.****2.****3.****4.****5.** | **Minerals****1.****2.****3.****4.****5.** | **Water****1.****2.****3.****4.****5.** |
| **More Fiber:** | **More Calcium:** | **More Iron:** |
| **The importance of a variety of foods/drinks:** |
|  | **What Is It?** | **Health Rank** | **Why?** |
| **1** |  |  |  |
| **2** |  |  |  |
| **3** |  |  |  |
| **4** |  |  |  |
| **5** |  |  |  |
| **6** |  |  |  |
| **7** |  |  |  |
| **8** |  |  |  |
| **9** |  |  |  |
| **10** |  |  |  |
| **11** |  |  |  |
| **12** |  |  |  |
| **Participation****Grade: \_\_\_\_ / 58** | **Teacher Comments:** |
| **LESSON 3: IMPROVING EATING HABITS** |
| **\_\_\_\_ Food Group Servings****\_\_\_\_ Variety of Food Groups****\_\_\_\_ Fruit & Vegetables****\_\_\_\_ Whole Grains & Milk****\_\_\_\_ Drinking Water****\_\_\_\_ Sugar, Fat, Sodium****\_\_\_\_ Eating Breakfast****\_\_\_\_ Healthy Snacks****\_\_\_\_ Dining Out****\_\_\_\_ Food Preparation****\_\_\_\_ Balancing Calories****\_\_\_\_ Eating Plan****\_\_\_\_ Supporting Others** | **Explain Your #1:****Explain Your #13:** |
| **Unhealthy Option Related to your #13:** | **Healthier Decision #1:** | **Healthier Decision #2:** |
| **⇓** | **⇓** | **⇓** |
| **If you continue to do this…**Short-Term Effects:1.2.Long-Term Effects:1.2. | **If you continue to do this…**Short-Term Effects:1.2.Long-Term Effects:1.2. | **If you continue to do this…**Short-Term Effects:1.2.Long-Term Effects:1.2. |
| **SMART Goal: Over the next 10 days,** |
| **Day 1:** | **Day 2:** | **Day 3:** | **Day 4:** | **Day 5:** |
|  |  |  |  |  |
| **Day 6:** | **Day 7:** | **Day 8:** | **Day 9:** | **Day 10:** |
|  |  |  |  |  |
| **Project****Grade: \_\_\_\_ / 66** | **Teacher Comments:** |
| **LESSON 4: OVERCOMING INFLUENCES AND BARRIERS** |
| **Family:****Culture:****Peers:****School:****Community:****Media/Technology:****Public Health Policies:** |
| **Barrier #1:** | **Barrier #2:** | **Barrier #3:** |
| **⇓** | **⇓** | **⇓** |
| **Possible Solution #1:** | **Possible Solution #2:** | **Possible Solution #3:** |
| **How effective was solution #\_\_\_\_ ?** |
| **Signature Of The Witness:** |
| **Assignment****Grade: \_\_\_\_ / 42** | **Teacher Comments:** |
| **LESSON 5: ACCOMPLISHING GOALS AND BEYOND** |
| **What are 3 benefits of eating naturally- and/or organically produced foods?****Website(s) used:****How are food additives used in foods and drinks? Give 3 examples.****Website(s) used:****What are two positive effects and two negative effects of some food additives? Be specific.****Website(s) used:** |
| **Monitoring Strategy #1:****Monitoring Strategy #2:****Monitoring Strategy #3:** |
| **Signature Of The Witness:** |
| **Month Later:** | **Semester Later:** | **Year Later:** | **Through Young Adulthood:** | **Life-long:** |
| **Homework****Grade: \_\_\_\_ / 34** | **Teacher Comments:** |
| **LESSON 6: ADVOCATING FOR HEALTHIER EATING** |
| **Healthy:****1.****2.** | **Risky:****1.****2.** |
| **Effect #1:****Effect #2:** |
| **Optional Notes for Advocacy Project:** |
| **Participation****Grade: \_\_\_\_ / 28** | **Teacher Comments:** |