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| **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:** | | | | | | | | | | | | | |