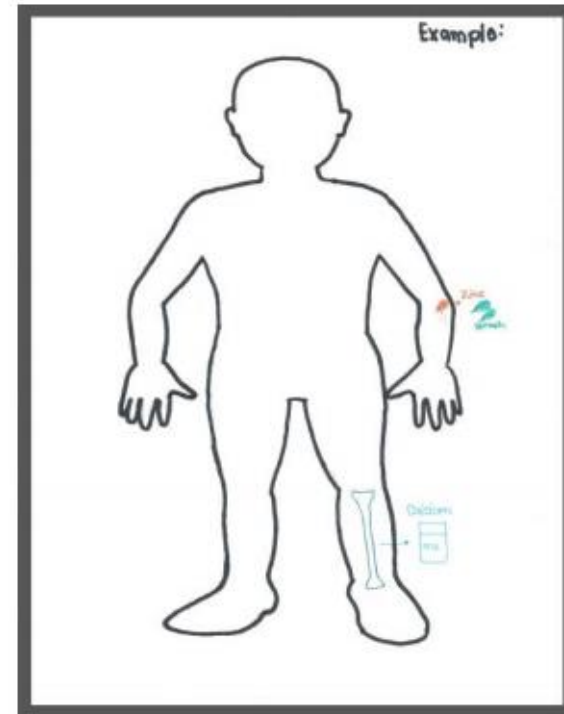


Food Science
High School (Grades 9-12)
Lesson One- Nutrient Body

Standards	E1. Explore the basic chemistry of food science
Learning Targets/I Can Statements	Students will be able to identify the 6 main nutrients and analyze how they affect body processes.
Essential Question(s)	What are the main nutrients and how do their benefits to the body?
Resources	<ul style="list-style-type: none"> • Microsoft Word • Microsoft Publisher • Internet • Microsoft Teams
Learning Activities or Experiences	<p>Opening Activity</p> <p>Quick Write- Must be at least three paragraphs (5 sentences each)</p> <p>Foods that Help and Heal- What kind of food makes you feel better when you are mentally and physically drained? Why do you think this food makes you feel better? Is the food special to you for reasons other than taste? Write about this food and its effect on you, using details that help the reader see, smell, taste, and experience the food the way you do.</p> <p>Nutrient Body- Complete the following worksheet. Download and type your answers in the document. Document will be available for download under files in Microsoft Teams.</p> <p>Step 1- complete the chart below regarding nutrients in our bodies. Use any available online resource, but make sure it is from a reputable site.</p>

Step 2: Use the Google Slide [template](#) provided. For each of the nutrients listed in your chart, include a clipart visual of this nutrient and how it affects your body. After finding a clipart that represents the nutrient, you must **label it!** Next to each clipart, draw an arrow to a space outside the body. Label this with the nutrient name, and include two pictures of food items that would provide this nutrient.

- ★ **EXAMPLE:** Calcium builds strong bones. In order to represent this on your nutrient body, you may include a picture of a large bone in one of the legs. After drawing the picture, you could draw an arrow to the side and label it “Calcium”, with a glass of milk, and a head of broccoli included next to the word.
- ★ **EXAMPLE:** Zinc helps wounds heal. In order to represent this on your nutrient body, you may include a picture of a small wound in one of the arms. After drawing this image, you could draw an arrow to the side and label it “Zinc”, with a picture of spinach leaves and a handful of peanuts next to the word.



Place a checkmark by each nutrient as your complete your nutrient body.

___ Carbohydrates

___ Fiber

___ Protein

___ Fat

___ Vitamin A

___ Vitamin D

___ Vitamin E

___ Vitamin K

___ Vitamin B complex

___ Vitamin C

___ Calcium

___ Magnesium

___ Phosphorus

___ Iodine

___ Iron

___ Sodium

___ Zinc

___ Water

Closing	Closing Activity (5 minutes) <ul style="list-style-type: none">• Summarize the body's absorption of nutrients

**Food Science
High School (Grades 9-12)
Lesson Two- Be Sugary**

Standards	E1. Explore the basic chemistry of food science
Learning Targets/I Can Statements	Students will be able to identify the 6 main nutrients and analyze how they affect body processes.
Essential Question(s)	Identify and describe the forms that carbohydrates take in food
Resources	<ul style="list-style-type: none"> • Microsoft Word • Microsoft Publisher • Internet • Microsoft Teams
Learning Activities or Experiences	<p>Opening Activity</p> <p style="text-align: center;">Be Sugar Savvy</p> <p>Directions: you will choose one drink item and one food item to analyze. You will research the items' nutrition labels, and sugar content. You will create a Google Slides presentation showcasing your findings.</p> <p>Research the following criteria:</p> <ol style="list-style-type: none"> 1. Choose one drink item and one food item to be the topic of your research. 2. For each item, google a picture of the items' nutrition labels.

3. Identify the number of grams of sugar per serving, and per container (if multiple servings in a container)
4. Calculate the number of teaspoons of sugar are in a serving and container (see picture below for how to calculate)

Include the following on Google Slides:

★ Slide 1 - Food Item

- Name of food item
- Picture of item
- Picture of item's nutrition label
- # of grams of sugar per serving & per container (if needed)
- # of teaspoons of sugar per serving & per container (if needed)

★ Slide 2 - Drink Item

- Name of food item
- Picture of item
- Picture of item's nutrition label
- # of grams of sugar per serving & per container (if needed)
- # of teaspoons of sugar per serving & per container (if needed)

Calculating Sugar Drinks

How many teaspoons of sugar are in a 20 ounce cola?

Note: If the container has more than one serving, multiply the number of grams of sugar by the number of servings to get the **total grams** of sugar in the container. For example, 27 grams sugar x 2.5 total servings = 65 grams of sugar in the entire bottle.



Nutrition Facts		Standard Serving	This Package
Serving Size		8 fl oz (240 mL)	20 fl oz (591 mL)
Servings Per Container		2.5	
Amount Per Serving			
		% DV*	% DV*
Calories	100	0%	240
Total Fat	0g	0%	0g
Sodium	35mg	1%	75mg
Total Carbohydrate	27g	9%	65g
Sugars	27g		65g
Protein	0g		0g

*Percent Daily Values (DV) are based on a diet of 2,000 calories.

Calculation:

$$\text{Grams of sugar} \div 4 = \text{teaspoons of sugar}$$
$$65 \text{ grams of sugar} \div 4 = 16.25 \text{ teaspoons of sugar}$$



There are 16.25 teaspoons of sugar in a 20 ounce cola.

Closing	Closing Activity (5 minutes) <ul style="list-style-type: none">• How can you add nutritious carbohydrates to your diet?

**Food Science
High School (Grades 9-12)
Lesson Three- Fast Food Truths**

Standards	E1. Explore the basic chemistry of food science			
Learning Targets/I Can Statements	Students will be able to identify the 6 main nutrients and analyze how they affect body processes.			
Essential Question(s)	Identify and describe the forms that carbohydrates take in food			
Resources	<ul style="list-style-type: none"> • Microsoft Word • Microsoft Publisher • Internet • Microsoft Teams 			
Learning Activities or Experiences	<p>Opening Activity</p> <p>Fast Food Truths- Download file in Microsoft Teams and complete</p> <p>1. Directions: List your top 3 food restaurants from the following choices and your favorite meal at each. If you choices are not on the list, you may add it.</p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • 5 Guys Burger & Fries • Arby's • Blimpies • Burger King • Chick-fil-A • Dairy Queen • Domino's Pizza • Hardee's </td> <td style="vertical-align: top; padding-left: 20px;"> <ul style="list-style-type: none"> • Jimmy Johns • KFC • Little Caesars • Long John Silver's • McDonald's • Papa John's • Pizza Hut • Sonic </td> <td style="vertical-align: top; padding-left: 20px;"> <ul style="list-style-type: none"> • Starbucks • Subway • Taco Bell • Taco Time • Wendy's • Carl's Jr. • Chipotle • In-N-Out Burger </td> </tr> </table>	<ul style="list-style-type: none"> • 5 Guys Burger & Fries • Arby's • Blimpies • Burger King • Chick-fil-A • Dairy Queen • Domino's Pizza • Hardee's 	<ul style="list-style-type: none"> • Jimmy Johns • KFC • Little Caesars • Long John Silver's • McDonald's • Papa John's • Pizza Hut • Sonic 	<ul style="list-style-type: none"> • Starbucks • Subway • Taco Bell • Taco Time • Wendy's • Carl's Jr. • Chipotle • In-N-Out Burger
<ul style="list-style-type: none"> • 5 Guys Burger & Fries • Arby's • Blimpies • Burger King • Chick-fil-A • Dairy Queen • Domino's Pizza • Hardee's 	<ul style="list-style-type: none"> • Jimmy Johns • KFC • Little Caesars • Long John Silver's • McDonald's • Papa John's • Pizza Hut • Sonic 	<ul style="list-style-type: none"> • Starbucks • Subway • Taco Bell • Taco Time • Wendy's • Carl's Jr. • Chipotle • In-N-Out Burger 		

- Jack in the Box
- Panda Express
- Panera Bread Co.
- Popeye's

Restaurant	Favorite Meal (EX: McDonald's cheeseburger, medium fries, medium diet coke)
1.	
2.	
3.	

2. **Directions:** Visit the following websites listed below or other reliable fast food sources (restaurant website). The sites provided allow you to analyze your choices using nutrition facts at various fast food restaurants.

- <http://fastfoodnutrition.org/>
- <https://www.nutritionix.com/brands/restaurant>

3. **Directions:** Once you search the restaurant's name, click on the specific food item to record the nutritional facts of each of the food items you have chosen for each restaurant. *NOTE: On most sites, you must click on the food item in order to see a complete set of nutritional facts for that item.* Complete the charts on the following pages.

4. After you have completed the charts, answer the questions on the last page using the general recommendations listed below. Keep in mind when answering the questions that you would eat only one of the restaurant meals in one day (don't assume you would eat all 3 meals in the same day). Also, when determining healthier alternatives, be sure to use the actual menu, rather than just listing "salad" for every answer.

Closing

Closing Activity (5 minutes)

Reflection Questions:

1. How many times a week or month do you typically eat at a fast food restaurant?

	<p>2. Overall how has this activity and anything discussed in class about food choices affected your view on fast food? Explain your answer.</p>
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**Food Science
High School (Grades 9-12)
Lesson Four- Eat This, Not That!**

Standards	E1. Explore the basic chemistry of food science
Learning Targets/I Can Statements	Students will be able to identify the 6 main nutrients and analyze how they affect body processes.
Essential Question(s)	Identify and describe the forms that carbohydrates take in food
Resources	<ul style="list-style-type: none"> • Microsoft Word • Microsoft Publisher • Internet • Microsoft Teams
Learning Activities or Experiences	<p style="text-align: center;">Eat This, Not That! Project</p> <p>Directions: You will evaluate the menu at an assigned restaurant and determine what healthier options are available to substitute in place of the top selling items (which are typically not the healthiest). You will use the information to create a Google Slides presentation.</p> <p>Assignment:</p> <ol style="list-style-type: none"> 1. Choose your restaurant from this list. Each restaurant name has a link to their nutritional information. 2. After choosing your restaurant, you must research the following information: <ol style="list-style-type: none"> a. Part 1: <ol style="list-style-type: none"> i. Determine 3 of the most unhealthy popular items

1. Your items must be of various courses. For example, you cannot select 3 sandwiches, instead you must pick from appetizers, side dish, main dish, beverage, or dessert.
 - ii. For the 3 items you select, you must research the following:
 1. Total Calories per item
 2. Grams of Saturated Fat per item
 3. Grams of Trans Fat per item
 4. % Daily Value of Total Fat per item
- b. **Part 2:**
 - i. Identify healthier options that you could substitute for the items you selected in Part 1
 - ii. For the 3 items you select, you must research the following:
 1. Total Calories per item
 2. Grams of Saturated Fat per item
 3. Grams of Trans Fat per item
 4. % Daily Value of Total Fat per item
3. Using the information you gathered during your research, you will create a Slide presentation.
 - a. The following must be included in your Google Slides presentation:
 - i. **Slide 1: title slide**
 1. Include name of restaurant
 2. Your name
 - ii. **Slide 2: Unhealthy Options**
 1. Include the three menu items. For each menu item, include the items from Part 2 above.
 2. For each menu item, include a picture of each.
 - iii. **Slide 3: Healthier Options**
 1. Include the three menu items. For each menu item, include the items from Part 2 above.
 2. For each menu item, include a picture of each.
4. When complete, turn in to the assignment on Classroom.

Name: _____

Rubric

Criteria	Comments	Score
1. Information Part 1: <ul style="list-style-type: none">● 3 Foods provided are of different courses● 4 pieces of nutritional information provided for each food		____/12
2. Information Part 2: <ul style="list-style-type: none">● 3 Foods provided are healthier substitutions for those foods provided in Part 1● 4 pieces of nutritional information provided for each food		____/12
3. Minimum of 7 pictures included		____/14
4. Creativity: variety of colors, fonts & design elements		____/10
Total		____/48

Closing	<p>Closing Activity (5 minutes)</p> <p>Analyze the differences between a meal you would normally order vs the healthier option that you selected for this project.</p>

**Food Science
High School (Grades 9-12)
Lesson Five- How Food Choices Can Cause and Prevent Chronic Diseases**

Standards	E1. Explore the basic chemistry of food science
Learning Targets/I Can Statements	Students will be able to identify the 6 main nutrients and analyze how they affect body processes.
Essential Question(s)	Identify and describe the forms that carbohydrates take in food
Resources	<ul style="list-style-type: none"> • Microsoft Word • Microsoft Publisher • Internet • Microsoft Teams
Learning Activities or Experiences	<p>How Food Choices Can Cause and Prevent Chronic Diseases</p> <p>Online Research Project</p> <p><u>Introduction:</u></p> <p>Healthy eating and regular physical activity can prevent injury, disability, and early death from many chronic conditions, including obesity, heart disease, stroke, some cancers, diabetes, depression, and osteoporosis. They also can help people maintain a healthy weight. Unfortunately, few Americans make healthy food choices on a regular basis to receive health benefits. (CDC, 2011)</p> <p><u>Directions:</u></p>

	<p>Using credible online resources, research the chronic diseases below. For each disease, you should find out the following information and write it into the grid below. Please be sure to correctly cite any online sources used.</p> <ol style="list-style-type: none">1. What exactly is the disease? (a detailed definition)2. How is the disease related to a person's diet? (the food choices that a person makes)3. Write down at least 6 foods that may cause the disease.4. Write down at least 6 foods that may prevent the disease. <p>*** Chart is located under file in Microsoft Team***</p> <p><u>Online Resources Used</u></p> <p>Please cite below.</p>
<p>Closing</p>	<p>Closing Activity (5 minutes)</p> <p>Begin thinking about which disease you want to research for your next assignment.</p>

**Food Science
High School (Grades 9-12)
Lesson Six- Fad Diets**

Standards	E1. Explore the basic chemistry of food science
Learning Targets/I Can Statements	Students will be able to identify the 6 main nutrients and analyze how they affect body processes.
Essential Question(s)	Identify and describe the forms that carbohydrates take in food
Resources	<ul style="list-style-type: none"> • Microsoft Word • Microsoft Publisher • Internet • Microsoft Teams
Learning Activities or Experiences	<p style="text-align: center;">Fad Diet Research</p> <p>Part 1: Fad Diet Research</p> <p>Directions: Research Fad Diets throughout history & answer the questions below.*** Chart is located under file in Microsoft Team***</p> <p>Part 2: Long Term Effects of Fad Diets</p> <p>1. Directions: Research the long term effects of fad diets - specifically to teenagers. Think about the potential negative side effects on development.</p>

	<p>How can it impact your physical development, brain development, metabolism, etc. List 10 facts below & include the URL of where you found the information. Select one of the Fad Diets and type a two- page paper (12pt Font Double Spaced) with your findings specifically to teenagers. Reflect on how you can help other teams with their eating habits and avoiding these fad diets. Discuss what you have learned about nutrients and their main functions. Describe how the body uses nutrients both now and later. After learning about fad diets, what is your overall opinion on them? Why do you think so many people try fad diets? Explain your reasoning.</p>
Closing	<p>Closing Activity (5 minutes)</p> <p>Directions: Answer the following questions below after completing your research.</p> <ol style="list-style-type: none">1. If your friend mentioned that they were going to try a fad diet because they wanted to lose weight, what is three things you would tell them?2. Overall, what is your takeaway from this lesson?

**Food Science
High School (Grades 9-12)
Lesson Seven-Ten- Dietary Analysis Project**

Standards	E1. Explore the basic chemistry of food science
Learning Targets/I Can Statements	Students will be able to identify the 6 main nutrients and analyze how they affect body processes.
Essential Question(s)	Identify and describe the forms that carbohydrates take in food
Resources	<ul style="list-style-type: none"> • Microsoft Word • Microsoft Publisher • Internet • Microsoft Teams
Learning Activities or Experiences	<p>Dietary Analysis</p> <p>This is a three- day assignment. You must answer questions daily on your eating habits. You should also type and submit daily proof of your meals. Take pictures and create a chart with your meals for breakfast, lunch, dinner and two snacks.</p> <p>My Fitness Pal Project</p> <p>My Fitness Pal is the fastest and easiest calorie counter. With the largest food calorie counter (over 2 million foods), and amazingly fast food and exercise entry, people are able to achieve their goals with My Fitness Pal. You may also download the My Fitness Pal app on your phone.</p>

How to set up your account:

1. Set up an account on www.myfitnesspal.com – Username, Email, Password
2. Tell us about yourself
Current weight, goal weight, height, gender, exercise, goal each week, etc.
3. Suggested fitness goals and nutrition goals (You can set or system will set for you). Nutritional Goals:

Net calories consumed daily Carbs per day

Fats per day

Protein per day

Sugar per day

Sodium per day

Fitness Goals: (You need to set this yourself).

Calories burned per week Workouts

Total minutes of workouts

4. Get started now

5. My home tab: Daily Summary

Goals- Your fitness goals (customize goals or use ones they set for you)

6. Food tab: Food diary for everyday

Breakfast, Lunch, Dinner, and Snacks- don't forget drinks.

7. Exercise Tab: Exercise diary for everyday Cardiovascular

Strength training

Assignment: Nutrition Intake and Diary Analysis

Part 1: Tracking your nutritional intake and physical activity (completed on My Fitness Pal)

1. For this assignment, you will need to keep track of your nutritional intake over a 3 day period.

2. Choose one behavior you would like to change over the assignment. For example, eat breakfast every day, cut out soda, eat fruit each day, get 30 minutes of exercise each day, etc. You will have to share this in your reflection.
3. At the end of each day you are tracking, go to your “My Fitness Pal” account. Select the “Food” tab and enter your food intake for the day (don’t forget drinks). Next, click on the “Exercise” tab and enter your activity for the day. You may enter this information throughout the day if you want to keep your intake in check.
4. Once you have entered all the foods and physical activity for the day, click on “Complete this Entry” at the bottom of the page.
5. To get your report for the 3 days, click on the Foods tab, scroll to the bottom of the page and click on “View Full Report” (Printable). In upper left corner select your start & end dates, leave the 4 boxes to the right checked, and click on “change report”. After it updates, right click on the page and select print. Print your document.

Part 2: Reflection (must be typed in a Word document and have your name & class period)

1. Are you meeting your daily goals for calories? If yes, what have you been doing, if anything to make sure you are making your goal? If no, what have you been doing that is affecting you attaining your goals?
2. Are you meeting your daily goals for exercise/physical activity? If yes, what have you been doing, if anything to make sure you are making your goal? If no, what have you been doing (or not doing) that is affecting you attaining your goals?
3. Name at least two negative aspects of this assignment and explain in detail why they were a negative aspect. Examples might be: difficulty of my fitness pal, remembering to log food/activity, etc.

	<p>4. Name at least two positive aspects of this assignment and explain in detail why they were a positive aspect. Examples might be: paying better attention to what you eat, great app to use, etc.</p> <p>5. What was the behavior you chose to modify? Explain in detail how well you did with the modification. Was it positive? Did you notice a change of any kind? Will you keep it up?,etc.</p> <p>Part 3: Turning Assignment In</p> <p>Reflection and (Download report to your DLE) Printed report stapled together with your name clearly displayed on both documents.</p> <p>Assignment Two-</p> <p>Students are to also complete ServSafe modules.</p>
Closing	<p>Closing Activity (5 minutes)</p> <p>Journal daily how you feel after the foods you consume. How was your energy level? What foods contributed to the lack of energy or the burst of energy? How was your fluid intake? Create a chart analyzing each nutrient you ate vs the recommended value? Plan ahead for tomorrow. What foods can you eat based on your recommended intake? How can you select healthier options.</p>

Name _____ Date _____ Period ____

Fast Food Truths

1. Directions: List your top 3 food restaurants from the following choices and your favorite meal at each. If your choices are not on the list, you may add it.

- 5 Guys Burger & Fries
- Arby's
- Blimpies
- Burger King
- Chick-fil-A
- Dairy Queen
- Domino's Pizza
- Hardee's
- Jack in the Box
- Popeye's
- Jimmy Johns
- KFC
- Little Caesars
- Long John Silver's
- McDonald's
- Papa John's
- Pizza Hut
- Sonic
- Panda Express
- Starbucks
- Subway
- Taco Bell
- Taco Time
- Wendy's
- Carl's Jr.
- Chipotle
- In-N-Out Burger
- Panera Bread Co.

Restaurant	Favorite Meal <small>(EX: McDonald's cheeseburger, medium fries, medium diet coke)</small>
1.	
2.	
3.	

2. Directions: Visit the following websites listed below or other reliable fast food sources (restaurant website). The sites provided allow you to analyze your choices using nutrition facts at various fast food restaurants.

- <http://fastfoodnutrition.org/>
- <https://www.nutritionix.com/brands/restaurant>

3. Directions: Once you search the restaurant's name, click on the specific food item to record the nutritional facts of each of the food items you have chosen for each restaurant.

NOTE: On most sites, you must click on the food item in order to see a complete set of nutritional facts for that item. Complete the charts on the following pages.

Total											

Directions: Answer the following questions based on the information listed above for Fast Food Restaurant #1

1. How did your meals compare to your recommended daily amount? (Keep in mind you would most likely eat 2 more meals in the day and possibly eat snacks)
2. Are your food choices part of a well-balanced diet? Why or why not?
3. What, off this specific menu, could you order to make a more nutritious meal?

Fast Food Restaurant #2: [Enter name here]

Food Item	Calories	Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
Total											

Directions: Answer the following questions based on the information listed above for Fast Food Restaurant #2

1. How did your meals compare to your recommended daily amount? (Keep in mind you would most likely eat 2 more meals in the day and possibly eat snacks)
2. Are your food choices part of a well-balanced diet? Why or why not?
3. What, off this specific menu, could you order to make a more nutritious meal?

Fast Food Restaurant #3: [Enter name here]

Food Item	Calories	Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
Total											

Directions: Answer the following questions based on the information listed above for Fast Food Restaurant #3

1. How did your meals compare to your recommended daily amount? (Keep in mind you would most likely eat 2 more meals in the day and possibly eat snacks)
2. Are your food choices part of a well-balanced diet? Why or why not?
3. What, off this specific menu, could you order to make a more nutritious meal?

Reflection Questions:

1. How many times a week or month do you typically eat at a fast food restaurant?
2. Overall how has this activity and anything discussed in class about food choices affected your view on fast food? Explain your answer.

Be Sugar Savvy

Directions: you will choose one drink item and one food item to analyze. You will research the items' nutrition labels, and sugar content. You will create a Google Slides presentation showcasing your findings.

Research the following criteria:

1. Choose one drink item and one food item to be the topic of your research.
2. For each item, google a picture of the items' nutrition labels.
3. Identify the number of grams of sugar per serving, and per container (if multiple servings in a container)
4. Calculate the number of teaspoons of sugar are in a serving and container (see picture below for how to calculate)

Include the following on Google Slides:

★ Slide 1 - Food Item

- Name of food item
- Picture of item
- Picture of item's nutrition label
- # of grams of sugar per serving & per container (if needed)
- # of teaspoons of sugar per serving & per container (if needed)

★ Slide 2 - Drink Item

- Name of food item
- Picture of item
- Picture of item's nutrition label
- # of grams of sugar per serving & per container (if needed)
- # of teaspoons of sugar per serving & per container (if needed)

Calculating Sugar Drinks

How many teaspoons of sugar are in a 20 ounce cola?

Note: If the container has more than one serving, multiply the number of grams of sugar by the number of servings to get the **total grams** of sugar in the container. For example, 27 grams sugar x 2.5 total servings = 65 grams of sugar in the entire bottle.



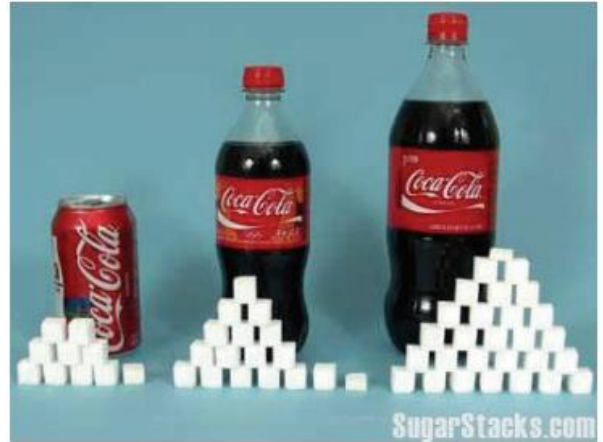
Nutrition Facts		Standard Serving	This Package	
Serving Size		8 fl oz (240 mL)	20 fl oz (591 mL)	
Servings Per Container		2.5		
Amount Per Serving		% DV*	% DV*	
Calories	100		240	
Total Fat	0g	0%	0g	0%
Sodium	35mg	1%	75mg	3%
Total Carbohydrate	27g	9%	65g	22%
Sugars	27g		65g	
Protein	0g		0g	

*Percent Daily Values (DV) are based on a diet of 2,000 calories per day.

Calculation:

Grams of sugar ÷ 4 = teaspoons of sugar

65 grams of sugar ÷ 4 = 16.25 teaspoons of sugar



There are 16.25 teaspoons of sugar in a 20 ounce cola.

Name:

Fad Diet Research

Part 1: Fad Diet Research

Directions: Research the following Fad Diets throughout history & answer the questions below.

Diet	What is it?	Advantages (List at least 5)	Disadvantages (List at least 5)	What foods do you eat/not eat? How does it fit into MyPlate?	Does this diet recommend exercise? If so, how much?	In your opinion, is this diet considered a fad diet? Explain why or why not.
Keto						
Paleo						
Intermittent Fasting						
Weight Watchers						
DASH Diet						
Atkins						
South Beach Diet						

Whole 30						
Mediterranean						
Zone Diet						
Egg Fast						
<i>(Fad Diet of Your Choice)</i>						
<i>(Fad Diet of Your Choice)</i>						

Part 2: Long Term Effects of Fad Diets

Directions: Research the long term effects of fad diets - specifically to teenagers. Think about the potential negative side effects on development. How can it impact your physical development, brain development, metabolism, etc. List 10 facts below & include the URL of where you found the information.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

- 7.
- 8.
- 9.
- 10.

Part 3: Questions

Directions: Answer the following questions below after completing your research.

1. After learning about fad diets, what is your overall opinion on them?
2. Why do you think so many people try fad diets? Explain your reasoning.
3. If your friend mentioned that they were going to try a fad diet because they wanted to lose weight, what is three things you would tell them?
4. Overall, what is your takeaway from this lesson?

Name _____ Date _____ Period ____

Nutrient Body

An **essential nutrient** is a nutrient that the body cannot make on its own, so it has to be given to our body by the foods we eat. We need these nutrients for our body to work properly. The six essential nutrients include: Vitamins, Minerals, Water, Fat, Carbohydrates, and Protein.

Step 1: Individually, complete the chart below regarding nutrients in our bodies. Use our any available online resource, but make sure it is from a reputable site.

Nutrient	What foods contain the highest amounts? Include 3.	What does this nutrient do for the body? (It's job/benefits)	What happens when you don't get enough of this nutrient? (know as a <i>deficiency</i>)
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Carbohydrate			
Fiber			
Protein			
Fat			
Vitamin A			
Vitamin D			

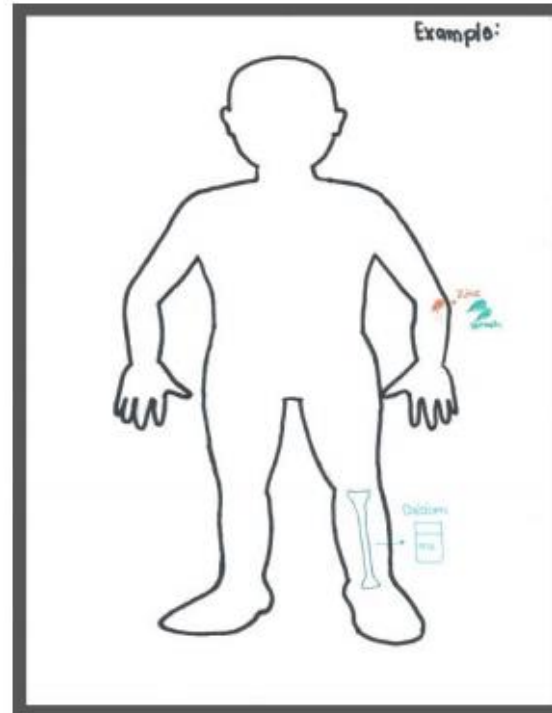
Vitamin E			
Vitamin K			
Vitamin B Complex			
Vitamin C			
Calcium			
Magnesium			

Phosphorus			
Iodine			
Iron			
Sodium			
Zinc			
Water			

Step 2: Use the Google Slide [template](#) provided. For each of the your chart, include a clipart visual of this nutrient and how it affects your a clipart that represents the nutrient, you must **label it!** Next to each arrow to a space outside the body. Label this with the nutrient name, pictures of food items that would provide this nutrient.

- ★ **EXAMPLE:** Calcium builds strong bones. In order to represent nutrient body, you may include a picture of a large bone in one drawing the picture, you could draw an arrow to the side and with a glass of milk, and a head of broccoli included next to the
- ★ **EXAMPLE:** Zinc helps wounds heal. In order to represent this on body, you may include a picture of a small wound in one of the drawing this image, you could draw an arrow to the side and a picture of spinach leaves and a handful of peanuts next to the

Place a checkmark by each nutrient as your complete your nutrient



nutrients listed in body. After finding clipart, draw an and include two

this on your of the legs. After label it "Calcium", word. your nutrient arms. After label it "Zinc", with word. body.

- | | | | |
|--|------------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> Carbohydrates | <input type="checkbox"/> Fiber | <input type="checkbox"/> Protein | <input type="checkbox"/> Fat |
| <input type="checkbox"/> Vitamin A | <input type="checkbox"/> Vitamin D | <input type="checkbox"/> Vitamin E | <input type="checkbox"/> Vitamin K |
| <input type="checkbox"/> Vitamin B complex | <input type="checkbox"/> Vitamin C | <input type="checkbox"/> Calcium | <input type="checkbox"/> Magnesium |
| <input type="checkbox"/> Phosphorus | <input type="checkbox"/> Iodine | <input type="checkbox"/> Iron | <input type="checkbox"/> Sodium |
| <input type="checkbox"/> Zinc | <input type="checkbox"/> Water | | |

How Food Choices Can Cause and Prevent Chronic Diseases

Online Research Project

Introduction:

Healthy eating and regular physical activity can prevent injury, disability, and early death from many chronic conditions, including obesity, heart disease, stroke, some cancers, diabetes, depression, and osteoporosis. They also can help people maintain a healthy weight. Unfortunately, few Americans make healthy food choices on a regular basis to receive health benefits. (CDC, 2011)

Directions:

Using credible online resources, research the chronic diseases below. For each disease, you should find out the following information and write it into the grid below. Please be sure to correctly cite any online sources used.

1. What exactly is the disease? (a detailed definition)
2. How is the disease related to a person's diet? (the food choices that a person makes)
3. Write down at least 6 foods that may cause the disease.
4. Write down at least 6 foods that may prevent the disease.

Disease	What is it?	How disease is related to diet	Foods that cause the disease (Name 6 foods)	Foods that prevent the disease (Name 6 foods)
Cancer				
Diabetes				

Obesity				
Heart Disease				
Stroke				

Online Resources Used

Please cite below.