

THE FOOD GUIDE PYRAMID

Fats, oils, and sweets
Use sparingly

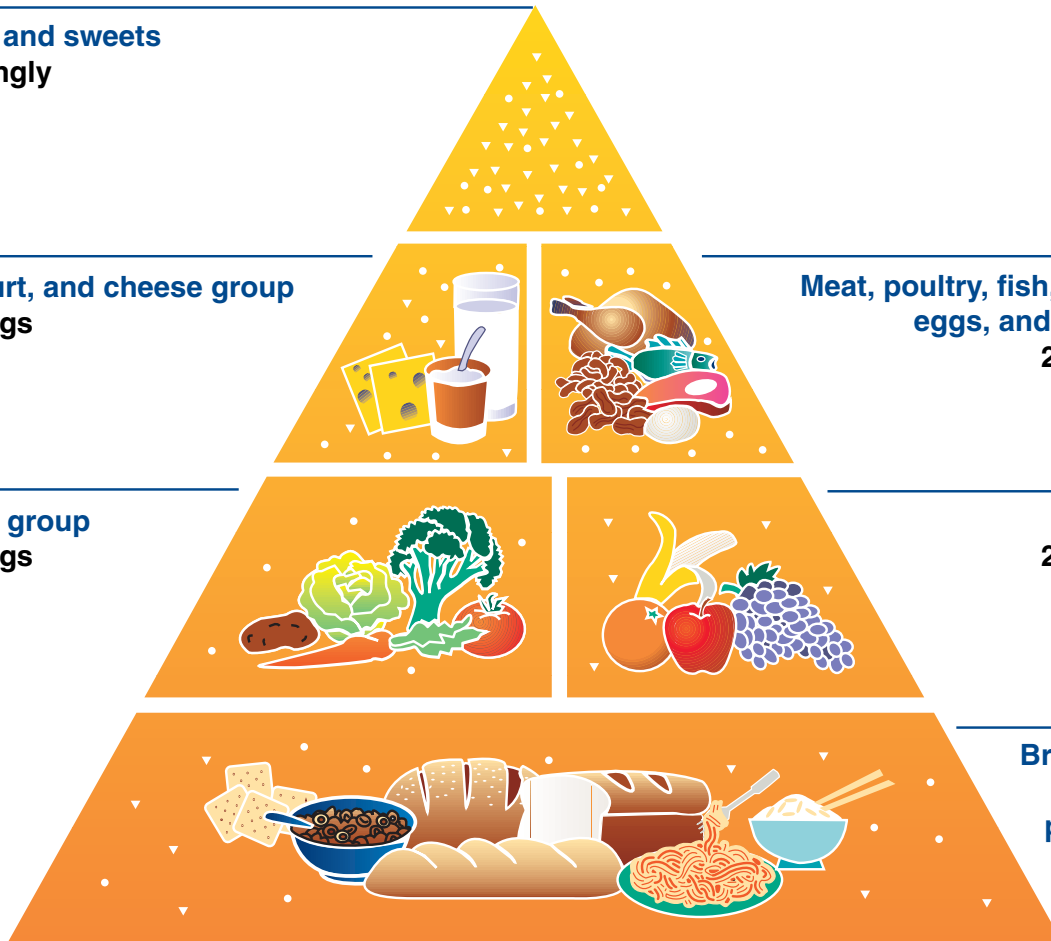
Milk, yogurt, and cheese group
2-3 servings

**Meat, poultry, fish, dry beans,
eggs, and nuts group**
2-3 servings

Vegetable group
3-5 servings

Fruit group
2-3 servings

**Bread, cereal,
rice, and
pasta group**
6-11
servings



FITNESS TARGET ZONES AND NUTRITION

**Consume the recommended number of servings
from each of the food groups.**

F	Frequency	Eat three meals a day. An occasional snack is fine.
I	Intensity	The number of calories you consume each day should fall within the range recommended for your sex and age group unless you are extremely sedentary or very active.
T	Time	Eat meals at regular intervals, such as morning, noon, and evening.

NUTRITION LABEL

Serving Size

The number of Calories listed is based on this serving size.

Calories

Teenage girls need about 2,200 Calories a day.
Teenage boys need about 2,800 Calories a day.

Total Fat

Fats provide energy and carry important vitamins. High levels of dietary fat may lead to serious health problems, including heart disease.

Saturated Fat

Choose foods low in saturated fats. These are linked to atherosclerosis and heart disease.

Cholesterol

Choose foods low in cholesterol to help prevent atherosclerosis and heart disease.

Nutrition Facts

Serving Size ½ cup (114 g)

Servings per Container 4

Amount Per Serving

Calories 90	Calories from Fat 30
% Daily Value	

Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300 mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	

Vitamin A	80%	Vitamin C	60%
Calcium	4%	Iron	4%

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

		Calories	2,000	2,500
Total fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

Sodium

Most people eat more sodium than they need. Limit the amount of sodium in your diet.

Total Carbohydrate

Carbohydrates provide energy. Complex carbohydrates such as bread, vegetables, and grains give you added nutrients.

Dietary Fiber

Fiber is important for avoiding intestinal problems and may even help prevent some forms of cancer.

Protein

Proteins are the building blocks for body cells.

Vitamins and Minerals

These are needed for growth and repair of body cells, and help regulate cell functions.

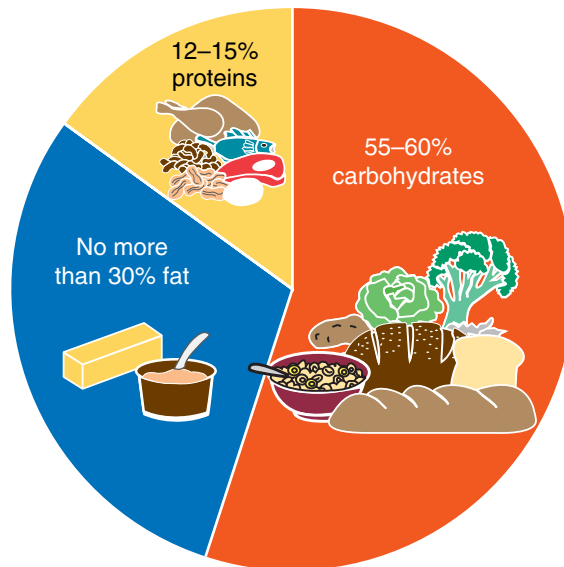
Daily Value

Teens may require higher levels if they are particularly active.

Overhead
Transparency
Master

14-D

PERCENTAGE OF CALORIES FROM ENERGY NUTRIENTS



From *Fitness for Life: Teacher Resources and Materials, Fifth Edition* by Karen McConnell, Charles B. Corbin, and Darren Dale, 2005, Champaign, IL: Human Kinetics.

Application**14****FOOD GROUPS AND DIET**

Jason and Donna argued about who had the healthier diet, so they decided to keep track of their meals for one day. This information is in the chart below. Decide in which food group each food item belongs. Write the letter of the food group in the blank beside the food item. Some foods may belong to more than one food group.

Food group key

A: Bread-cereal-rice-pasta

C: Fruit

E: Meat-poultry-fish-beans-eggs-nuts

B: Vegetable

D: Milk-yogurt-cheese

F: Fats and sweets

Menus	Breakfast	Lunch	Snack	Dinner
Jason	___ orange juice ___ 2 eggs ___ 8 oz. milk ___ toast	___ tuna salad ___ 1 apple ___ 8 oz. milk ___ crackers	___ 8 oz. milk ___ bran muffin	___ veggie pizza ___ salad ___ 8 oz. milk
Donna	___ 1/2 grapefruit ___ corn flakes ___ 8 oz. milk	___ hot dog ___ roll ___ 8 oz. milk ___ cookies	___ soft drink ___ potato chips	___ roast beef ___ rice ___ peas ___ gelatin ___ 8 oz. milk

- Who had the more balanced diet? _____
- Suggest a way to improve the other person's diet.

- List good sources of each of the following in Jason's diet:

Carbohydrates _____

Protein _____

Fats _____

Fiber _____

Vitamins and minerals _____



14

Reinforcement

GOOD NUTRITION CROSSWORD PUZZLE

Use these clues to complete the crossword puzzle below.

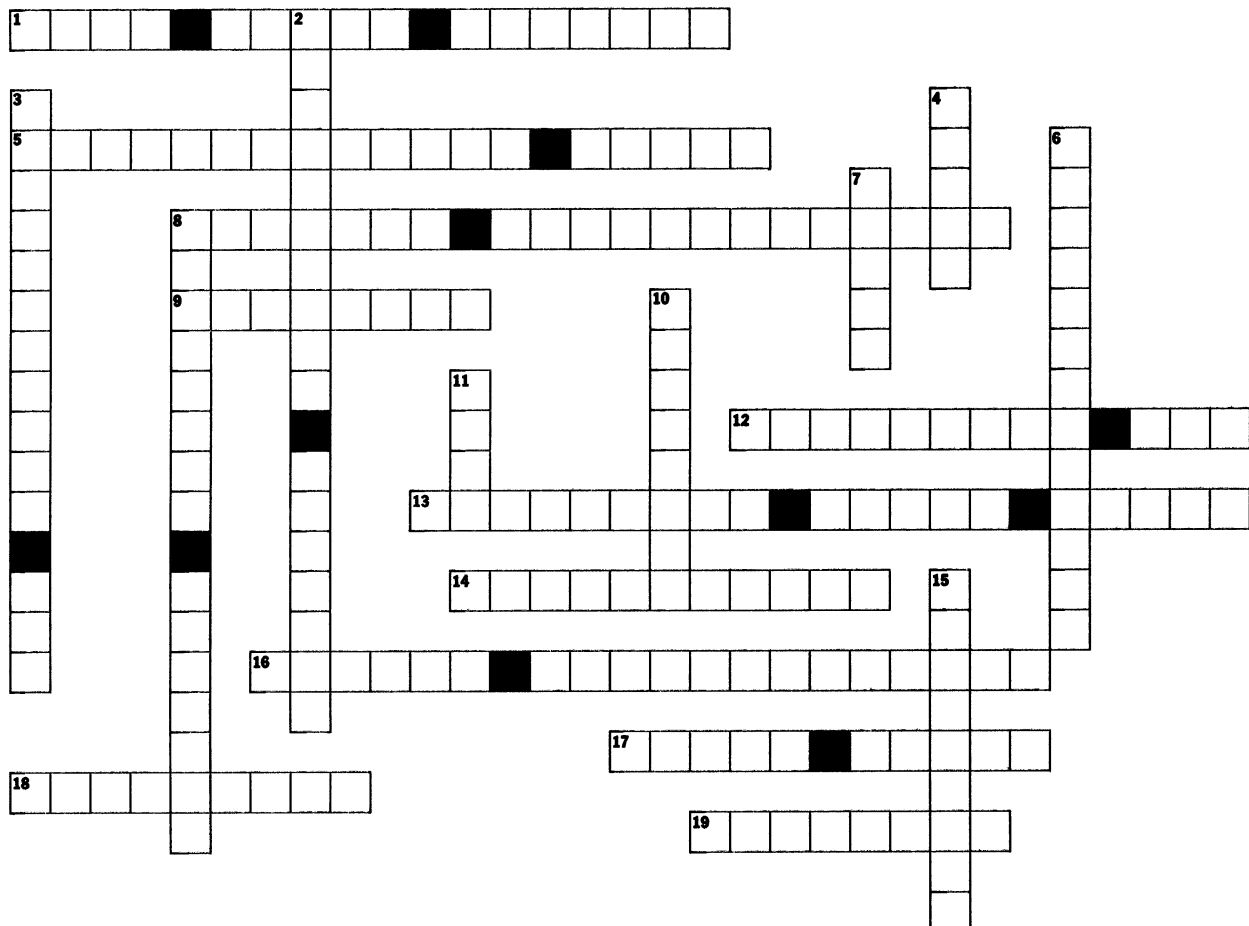
Across

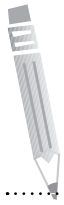
1. an outline of what you need to eat each day
5. containing large amounts of nutrients for the number of calories provided
8. foods that contain more nutrients than do simple carbohydrates
9. calcium and iron are examples
12. fat that is solid at room temperature; usually from animal sources
13. amino acids not manufactured by your body; you must get them from food
14. waxy, fat-like substance found in saturated fats of animal cells
16. sugars that can be used by the body with little change during digestion
17. chemical substances that form proteins
18. study of foods and how they nourish the body

19. nutrients needed for growth and repair of body cells; do not contain calories

Down

2. foods containing some, but not all eight, essential amino acids
3. fat that is liquid at room temperature; usually from plant sources
4. carbohydrates that the body cannot digest
6. nutrients that provide quick energy
7. carries nutrients to cells and wastes away from cells, regulates body temperature; makes up 50-60% of body weight
8. food containing all eight essential amino acids
10. nutrients that build, repair, and maintain body cells
11. nutrients that provide energy and dissolve and carry certain vitamins to cells
15. food substances required for growth and maintenance of body cells





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Chapter Test

CHOOSING NUTRITIOUS FOOD

Choose the letter of the *best* answer for questions 1-14.

Use what you learned throughout the chapter to answer the final question.

1. Food substances required by your body for the growth and maintenance of cells are
 - a. sugars.
 - b. calories.
 - c. nutrients.
 - d. low fat.
2. Which of the following should be reduced in the diets of many people?
 - a. water
 - b. sodium and fats
 - c. complex carbohydrates
 - d. incomplete proteins
3. According to the Food Guide Pyramid, you should eat the largest number of servings from the
 - a. fruit group.
 - b. meat, poultry, fish, beans, and egg group.
 - c. vegetable group.
 - d. bread, cereal, rice, and pasta group.
4. A nutritionally dense food has a large amount of
 - a. water.
 - b. trace minerals.
 - c. fiber for the calories it provides.
 - d. nutrients for the calories it provides.
5. Getting enough calcium and doing weight-bearing exercises all your life helps reduce the risk of
 - a. atherosclerosis.
 - b. arthritis.
 - c. osteoporosis.
 - d. kidney stones.
6. Which contains large amounts of complex carbohydrates?
 - a. vegetables
 - b. candy bar
 - c. milk
 - d. honey
7. Concerning vitamins, which is TRUE?
 - a. All are fat soluble.
 - b. Vitamin supplements may exceed the safe limit.
 - c. Vitamins contain calories and provide energy.
 - d. Any excess intake is eliminated daily.
8. Which is TRUE about fiber? It is
 - a. a source of calcium.
 - b. helpful in preventing intestinal problems.
 - c. a source of energy.
 - d. one of the food groups.
9. Foods with the nine essential amino acids are classified as
 - a. simple carbohydrates.
 - b. complex carbohydrates.
 - c. complete proteins.
 - d. incomplete proteins.
10. Which of the following contain no calories?
 - a. minerals
 - b. incomplete proteins
 - c. simple carbohydrates
 - d. unsaturated fats
11. The minimum amount of a nutrient needed to meet the health needs of most people is called the
 - a. Tolerable Upper Limit.
 - b. Recommended Dietary Allowance.
 - c. Target Limit.
 - d. Nutrient Threshold.
12. The main source of unsaturated fats in the diet is
 - a. plants.
 - b. meats.
 - c. dairy products.
 - d. carbohydrates.
13. What is most likely the source of cholesterol?
 - a. water-soluble vitamins
 - b. macrominerals
 - c. unsaturated fats
 - d. saturated fats
14. What is the BEST advice for planning a well-balanced diet?
 - a. Base diet choices on the Food Guide Pyramid.
 - b. Choose saturated over unsaturated fats.
 - c. Eat two meals daily.
 - d. Eat many simple carbohydrates.
15. Explain how to maintain a balanced, healthy diet.

From Fitness for Life Teacher Resources and Materials, Fifth Edition by Karen McConnell, Charles B. Corbin, and Darren Dale, 2005, Champaign, IL: Human Kinetics.