

Career and Technical Education
Phase IV: May 18 – June 5, 2020
Grade 8: Nutrition and Wellness Course

Take Charge of Your Health: A Guide for Teenagers

As you get older, you're able to start making your own decisions about a lot of things that matter most to you. You may choose your own clothes, music, and friends. You also may be ready to make some decisions about your body and health. Making healthy decisions about what you eat and drink, how active you are, and how much sleep you get is a great place to start.

How does the body use energy? Your body needs energy to function and grow. Calories from food and drinks give you that energy. Think of food as energy to charge up your battery for the day. Throughout the day, you use energy from the battery to think and move, so you need to eat and drink to stay powered up. Balancing the energy you take in through food and beverages with the energy you use for growth, activity, and daily living is called "energy balance".

Choose Healthy Foods and Drinks

Healthy eating involves taking control of how much and what types of food you eat, as well as the beverages you drink. Try to replace foods high in sugar, salt, and unhealthy **fats** with fruits, vegetables, whole grains, low-fat protein foods, and fat-free or low-fat dairy foods. Below are a few healthy eating tips

- Try to limit foods like cookies, candy, frozen desserts, chips, and fries, which often have a lot of sugar, unhealthy fat, and salt.
- For a quick snack, try recharging with a pear, apple, or banana; a small bag of baby carrots; or hummus with sliced veggies.
- Don't add sugar to your food and drinks.
- Drink fat-free or low-fat milk and avoid sugary drinks. Soda, energy drinks, sweet tea, and some juices have added sugars, a source of extra calories. The 2015-2020 Dietary Guidelines call for getting less than 10 percent of your daily calories from added sugars.

Did you know?

- Just one super-sized, fast food meal may have more calories than you need in a whole day. And when people are served more food, they may eat or drink more—even if they don't need it. This habit may lead to weight gain. When consuming fast food, choose small portions or healthier options, like a veggie wrap or salad instead of fries or other fried items.

Be Media Smart

Advertisements, TV shows, the internet, and social media may affect your food and beverage choices and how you choose to spend your time. Sometimes, different ads may try to get you to consume high-fat foods and sugary drinks. Be aware of some of the methods that ads use to influence you:

Middle School Grade 8
(credit bearing)

- An ad may show a group of teens consuming a food or drink, or using a product to make you think all teens are or should be doing the same. The ad may even use phrases like “all teens need” or “all teens are.”
- Advertisers sometimes show famous people using or recommending a product because they think you will want to buy products that your favorite celebrities use.
- Ads often use cartoon figures to make a food, beverage, or activity look exciting and appealing to young people.

Get Moving

- Physical activity should be part of your daily life, whether you play sports, take physical education (PE) classes in school, do chores, or get around by biking or walking. Regular physical activity can help you manage your weight, have stronger muscles and bones, and be more flexible
- You don't need money or equipment to stay active. You can run or use free community facilities, like school tracks and basketball courts, to be active at least 60 minutes each day. If you want to play a sport or game that you need equipment for, check with your neighbors or friends at school to see if you can borrow or share supplies. Your school guidance counselor or a PE teacher or coach could tell you how much it costs to join a sports team you are interested in. They may know if your school waives or reduces fees, or if you could apply for a “scholarship” for certain activities.
- Maybe you or some of your friends spend a lot of time indoors watching TV, surfing the web, using social media, or playing video games. Try getting in some outdoor activity to burn calories instead. Replace after-school TV and video-game time with physical activities at home, at school, or in your community.

Get Enough Sleep

- Sometimes it's hard to get enough sleep, especially if you have other responsibilities or are busy with activities after school. Like healthy eating and getting enough physical activity, getting enough sleep is important for staying healthy. You need enough sleep to do well in school. Not getting enough sleep can negatively impact your mood.
- If you have one, don't forget to turn off your cellphone or other device before you go to bed. This may help to keep your sleep from being interrupted. YES...TURN OFF THE CELL PHONE 📵

STUDENT ACTIVITY

After reading the information above, you will complete the scenario and label activity below. This activity will be discussed with your teacher and classmates. Additional instructional materials, activities, and support will be available during your virtual sessions. Please contact your teacher or school for any needed assistance. Remember to place your name, school, and teacher's name on any learning plans that you submit.

Activity One: Scenario –

Scott is a ninth grade student who appears to be confident and outgoing. He enjoys online video gaming, spending hours on the computer, and being on his smartphone/social media until late hours of the night. Often, Scott will eat fast food, chips, chocolate bars, and candy as part of his daily food intake. Now that he is getting ready for the next year of high school, Scott wants to join a sport. Scott is concerned about being ready to try out for a team and wants to be better prepared.

Student Activity to complete

You are Scott’s new nutrition and wellness helper. Based on what you learned in this class, and possibly your Health and Physical Education class, how would you encourage him to make healthier choices? Discuss what you would recommend to Scott in order for him to achieve a nutritional and healthy balance in life. Design a wellness plan for him that includes recommendations for improving his physical activity level, eating habits/patterns, and sleeping habits. You will need to create three different recommendations for each area. Your job is to help Scott with making better choices. You may type your plan on the computer or design it on paper.

Activity 2: Label Review

Below is an example of a food label. Take a moment to select two different food labels found on items within your home or online. This could be a beverage such as milk or juice. It may also be a canned food, frozen food, or snack. Compare the two labels and decide on which item you believe has the best nutritional value. Explain why you feel one has better nutritional value than the other. Specifically address the nutritional value and not just the taste. Afterwards, recreate a new label for one of the foods selected. How would you make the selected food more nutritious? Place the details on your new food label. This will be shared with your teacher.

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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
Dietary Fiber	25g 30g

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Information adapted from: nih.gov