

6th Grade Nutrition and Physical Activity

Name: _____

Instructions:

1. Define all the vocabulary words. Make sure the definition relates to Nutrition and Physical Activity
2. Highlight the vocabulary words in the notes
3. Fill in the blanks using the wiki Healthful Living website.
4. How to get to the website...
 - a. Follow these links: West Lake Middle School webpage, click on ACADEMICS, click on HEALTHFUL LIVING, click on POWERPOINTS, click on 6th GRADE, click on NUTRITION AND PHYSICAL EDUCATION, the links to the powerpoints are in this page

6.NPA.1.1 - Attribute the prevention of nutrition-related diseases to following the Dietary Guidelines for Americans

I. Pre-test

- A. Why is obesity classified as a disease?
- B. Summarize the Dietary Guidelines for Americans.

II. Vocabulary to Define:

A. Nutrition:

B. Risk factor:

C. Cardiovascular Disease:

D. High Blood pressure:

E. Sodium:

F. Insufficient:

G. Excessive:

H. Consumption:

I. Stroke:

J. Diabetes:

K. Osteoporosis:

L. Diet:

M. Chronic:

N. Adaptable:

O. Nutrient Density:

III. Notes

- A. About _____ of American children are overweight or obese.
- B. What problems can happen if you are a obese as a child?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

C. What are some Nutrition-related Diseases?

1. Cardiovascular Disease

a) % of Americans that have it: _____

b) Major Risk Factors for contracting Cardiovascular Disease:

(1) _____

(2) _____

(3) _____

(4) _____

2. High Blood Pressure

a) % of Americans that have it: _____

b) Dietary factors that increase risk of high blood pressure:

(1) _____

(2) _____

(3) _____

(4) _____

c) High blood pressure puts you at risk for the following conditions

(1) _____

(2) _____

(3) _____

(4) _____

3. Diabetes

a) % of Americans that have it: _____

b) The vast majority of Type II diabetes cases are linked to

(1) _____

(2) _____

(3) _____

4. Cancer

a) % of Americans that have it: _____

5. Osteoporosis

a) What are 2 important factors in achieving and maintaining optimal bone mass.

(1) _____

(2) _____

b) When is 90% of your bone thickness (density) formed? _____

6. What are the Dietary Guidelines for Americans?

a) Guideline 1: _____

(1) _____

(a) Diet is one of the most powerful tools we have to reduce the onset of disease. Healthy eating patterns can help prevent obesity, heart disease, high blood pressure, and Type 2 diabetes. Currently, about half of all American adults have one or more of these diet-related chronic diseases.

(2) _____

(a) When people follow a healthy eating pattern, they can incorporate many of the foods they enjoy. Healthy eating patterns can work for anyone, accommodating their traditions, culture, and budget.

b) Guideline 2: _____

(1) The Dietary Guidelines gives clear recommendations about how to follow a healthy eating pattern. By definition, healthy eating patterns need to:

- (a) _____
- (b) _____
- (c) _____
- (2) Healthy eating patterns include nutrient-dense forms of:
 - (a) A variety of vegetables: dark green, red and orange, legumes (beans and peas), starchy, and other vegetables
 - (b) Fruits, especially whole fruits
 - (c) Grains, at least half of which are whole grains
 - (d) Fat-free or low-fat dairy, including milk, yogurt, cheese, and fortified soy beverages
 - (e) A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds
 - (f) Oils, including those from plants (canola, corn, olive, peanut, safflower, soybean, and sunflower) and oils that are naturally present in foods (nuts, seeds, seafood, olives, and avocados)
- c) Guideline 3: _____
 - (1) Added Sugars: _____
 - (a) When sugars or syrups are added to foods as they're processed or prepared, they're called added sugars. (Natural sugars—in fruits, vegetables, and milk—are not added sugars.) Added sugars add calories without other nutritional value. When a person's diet is high in added sugars, it may be hard for them to achieve a healthy eating pattern.
 - (2) Saturated & Trans Fats: _____
 - (a) Diets high in saturated and trans fats are associated with heart disease. Foods high in saturated fats include butter, whole milk, and meats that aren't labeled lean. Trans fats are in processed foods, like desserts, frozen pizza, and coffee creamer.
 - (3) Sodium: _____
 - (a) Most Americans get 50% more sodium than recommended. Diets high in sodium are associated with high blood pressure and heart disease.
 - (4) Alcohol: _____
 - (a) The Dietary Guidelines doesn't recommend that people start drinking alcohol for any reason and many people shouldn't drink, such as women during pregnancy. But for adults of legal drinking age who already do, moderation is essential.
- d) Guideline 4: _____
 - (1) Making healthy shifts is a great way to add more nutrient-dense foods while eating fewer foods with added sugars, saturated and trans fats, and sodium.
 - (a) Examples include shifts from:
 - (i) Full-fat cheese or whole milk to _____
 - (ii) White bread to _____
 - (iii) Fatty cuts of meat to _____
 - (iv) Butter to _____
 - (v) Soft drinks to _____
 - (vi) Potato chips to _____
- e) Guideline 5: _____
 - (1) At Home
 - (a) Add more veggies to favorite dishes
 - (b) _____
 - (c) Incorporate physical activity into time with family or friends
 - (2) In Schools Support healthier options in the cafeteria
 - (a) Encourage nutrition education programs or school gardens
 - (b) _____
 - (3) At Work
 - (a) Add healthier food options in vending machines and during staff functions
 - (b) Provide health and wellness programs and nutrition counseling
 - (c) _____
 - (4) In the Community
 - (a) Start a community garden or farmers' market
 - (b) Improve healthy food options at shelters and food banks
 - (c) Create walkable communities by maintaining safe public spaces

7. What are the Physical Activities Guidelines for Americans

a) Key Guidelines for Children and Adolescents

(1) Children and adolescents should do _____ or more of physical activity daily.

(a) Aerobic:

(i) Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least _____.

(b) Muscle-strengthening:

(i) As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least _____.

(c) Bone-strengthening:

(i) As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least _____.

(d) It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

6.NPA.1.2 – Evaluate Nutrition Facts label with the advertisement of nutrition choices and allowable claims on food labels.

I. Pre-Test

A. Analyze health claims of food labels and determine whether they are accurate and valid.

II. Vocabulary

A. Dietary supplements:

III. Notes

A. What is a health claim?

1. _____
2. They can be used on food packages or dietary supplements.
3. Health claims should provide information on healthful eating patterns that may help reduce the risk of heart disease, cancer, osteoporosis, high blood pressure, dental cavities, or certain birth defects.

B. What are some examples of Health Claims?

1. _____
2. _____
3. _____

6.NPA.1.3 - Apply MyPlate meal-planning guides to ethnic and vegetarian choices

I. Pre-Test

A. What are some concerns vegetarians have about their diets?

II. Vocabulary to define

A. Protein:

III. Notes

A. What are the 5 types of vegetarians?

1. _____
2. _____
3. _____
4. _____
5. _____

B. What are some foods that are high in nutrients and calories?

1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
- C. Vegetarian dietary concerns. Make sure you get enough of these vitamins and minerals...
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
- D. What are some tips for vegetarians?
 1. _____
 2. _____
 3. _____

6.NPA.2.1 – Compare weight management strategies for healthy eating patterns, including attention to portion and serving size.

I. Pre-Test

- A. What does portion mean in nutrition?
- B. List 5 ways to avoid portion size downfalls.
- C. How can you downsize your portions? List 5 ways.

II. Vocabulary to Define

- A. Body Mass Index: _____
- B. Portion: _____
- C. Body cues (as it relates to nutrition): _____

III. Notes

- A. What is the definition of overweight? _____
- B. What is the definition of obese? _____
- C. Portion Sizes (what is the portion size of the following items?)
 1. 1 cup of cereal: _____
 2. 1 pancake: _____
 3. ½ cup of cooked rice, pasta, or potato? _____
 4. 1 slice of bread: _____
 5. 1 ½ ounce of cheese: _____
 6. ½ cup ice cream: _____
 7. 1 teaspoon of margarine: _____
 8. 3 oz. of meat, fish or poultry: _____
 9. 3 oz. grilled or baked fish: _____
 10. 2 tablespoons of peanut butter: _____
 11. ½ cup fresh vegetables: _____
 12. 1 cup salad greens: _____
 13. 1 baked potato: _____
 14. 1 medium fruit: _____
 15. ¼ cup raisins: _____
- D. How to Avoid Portion Size Downfalls
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
- E. 12 Smart Ways to Right Size Your Portions
 1. _____

2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

F. 10 Easy Ways to Downsize Serving Sizes

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

6.NPA.2.2 - Differentiate the health effects of beverages which are nutrient dense with those high in sugar and calories

I. Pre-Test

- A. Which drink has the lowest sugar count?
 1. Water b. Low fat choc milk c. Monster Energy Drink d. Diet Coke
- B. Name 3 forms of added sugars you will find on food labels for drinks?
- C. Where is the best place to look for added sugars in drinks?
- D. What is a negative health effect of consuming drinks that are high in sugar?
 1. run faster b. weight gain c. low blood pressure d. lose weight
- E. Is water a better choice than soft drinks, sports drinks, smoothies, or energy drinks? Explain why.
- F. Which beverage listed is nutrient-dense?
 - a. Pepsi b. Coffee c. Low fat milk d. Sports drinks

II. Vocabulary to Define:

- A. Nutritious: _____
- B. Caffeine: _____
- C. Beverages: _____
- D. Consuming: _____

III. Notes

- A. What are added sugars? _____
- B. What is an "empty calorie"? _____
- C. How many teaspoons of sugar should a person limit themselves to in a day? _____
- D. 4 grams of sugar = _____ teaspoon
- E. 12 grams of sugar = _____ tablespoons
- F. Besides being high in sugar, what other criteria should we consider to determine if a beverage is nutritious?
 1. _____

2. _____
 3. _____
 4. _____
- G. The major sources of added sugars in the diets of Americans are:
1. Sodas, energy drinks and sports drinks: _____
 2. Grain-based desserts: _____
 3. Sugar-sweetened fruit drinks: _____
 4. Dairy-based desserts: _____
 5. Candy: _____
- H. How can we tell if a food or drink has added sugar?

- I. What are the health effects of consuming drinks that are high in sugar?
1. _____

- J. What are the health effects of consuming nutrient-dense drinks?
1. _____

- K. Which beverages are nutrient dense?

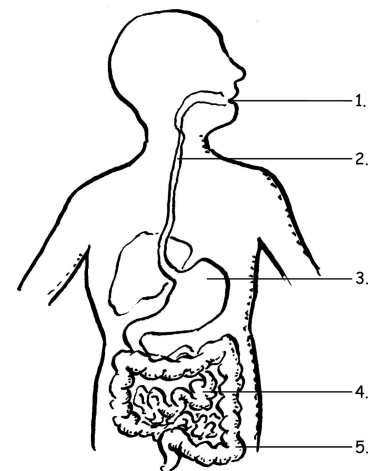
- L. Is water a better choice than soft drinks, sports drinks, smoothies or energy drinks? Why?

6.NPA.2.3 - Implement a plan to consume adequate amounts of foods high in fiber.

- I. Pre-Test
 - A. What foods are high in fiber?
 - B. What are the 2 types of fiber?
 - C. Which food groups contain fiber?
 - D. How do you know how much fiber a food has?
- II. Vocabulary to Define:
 - A. Digestion: _____
 - B. Healthy Diet: _____
 - C. Intake: _____
- III.
- IV. Notes
 - A. Label the diagram
 - B. How long does food usually stay in the stomach?

 - C. Where does most of the digestion process take place?

 - D. Pancreas
 1. Located: _____
 2. Responsibility: _____
 - E. Liver
 1. Responsibility: _____
 - F. What is fiber?



1. _____
 2. _____
 3. _____
 4. _____
- G. What are the 2 forms of fiber?
1. _____

2. _____
- H. Soluble Fiber:
1. _____

 2. _____
 3. Examples of some soluble fiber:
 - a) _____
 - b) _____
 - c) _____
 - d) _____
- I. Insoluble fiber:
1. _____

 2. _____

 3. Examples of insoluble fiber:
 - a) _____
 - b) _____
 - c) _____
- J. How much fiber should someone your age be consuming?

- K. Which food groups contain fiber?

- L. HOW DO YOU KNOW HOW MUCH FIBER A FOOD HAS?

- M. SOME TIPS FOR INCREASING FIBER INTAKE:
1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____

6.NPA.3.1 – Explain the relationships between food consumption, physical activity, and healthy weight management.

6.NPA.3.2 Implement a personal wellness plan in nutrition and fitness to enhance the quality of life.

- I. Pre-Test
 - A. What is the relationship between food consumption, physical activity, and body weight?
- II. Vocabulary to Define:
 - A. Strenuous:

 - B. Reps:

 - C. Range of motion:

- III. Notes
 - A. Ways to Reach (and Maintain!) a Healthy Weight
 1. Dieting isn't the way to go when it comes to losing weight.
 - a) _____

 - b) Most dieters gain back
any _____.

2. Weight loss/maintaining weight is most likely to be successful when people _____ their habits, replacing old, unhealthy ones with new, healthy behaviors.

B. MYTHBUSTERS:PHYSICAL ACTIVITY BENEFITS

1. MYTH: Physical activity has to be strenuous to be effective.
 - a) In fact, moderate activities such as brisk walking, dancing, or mowing the lawn improve health.
2. MYTH: Exercising takes too much time.
 - a) It only takes a few minutes a day to become more physically active.
 - b) To condition your heart and lungs, regular exercise does not have to take more than about 30 to 60 minutes, three or four times a week.
3. MYTH: All exercises give you the same benefits.
 - a) All physical activities can give enjoyment.
 - b) Low-intensity activities - if performed daily - can have long-term health benefits and lower your risk of heart disease.
 - c) Only regular, brisk and sustained exercises such as walking, jogging or swimming improve the efficiency of the heart and lungs and burn off substantial extra calories.
 - d) Other activities may provide benefits such as increased flexibility or muscle strength, depending on the type of activity.
4. MYTH: Physical activity is boring.
 - a) Physical activity should be something you enjoy whether it is gardening, dancing, or walking on a treadmill.
 - b) You'll be much more likely to stick with your chosen physical activity if it's fun.
5. MYTH: You have to be athletic to exercise.
 - a) Most physical activities do not require any special athletic skills.
 - b) In fact, many people who found school sports difficult have discovered that these other activities are easy to do and enjoy.

C. What do these 3 words have to do with health?

1. Strength
 - a) _____
_____.
 - b) In the fitness world, this typically refers to how much _____
_____.
 - (1) The type of resistance can include dumbbells, barbells, resistance bands, machines, cables, medicine balls or your own body.
 - c) When lifting heavy weight, you _____, muscle size and connective tissues such as ligaments and tendons.
2. Endurance
 - a) Muscular endurance refers to the _____
_____.
 - b) In the world of fitness, health and weight loss, this has to do with how long your muscles can last during higher rep strength exercises.
 - c) Keeping your reps between 12 to 16 (and lifting enough weight that you can ONLY complete the desired number of reps) allows you to focus on muscular endurance rather than strength and hypertrophy (gaining muscle mass).
3. Flexibility
 - a) A person's flexibility refers to the ability of _____
_____.
 - b) Having flexibility in your muscles allows for more movement around the joints and that means:
 - (1) Better _____
 - (2) Less muscle _____
 - (3) Reduced risk of injury
 - (4) More relaxation for the mind and body

