

7th 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 7th GRADE, click on NUTRITION AND PHYSICAL EDUCATION, the links to the powerpoints are in this page

7.NPA.1.1 – Use the Dietary Guidelines for Americans to eat nutrient- dense foods in moderation.

I. Pre-Test

- A. What does eating a healthy diet mean?
- B. List 4 things that you can do to build a healthy eating pattern.
- C. What are the MyPlate recommendations for a healthy diet?

II. Vocabulary to define:

A. Nutrition:

B. Diet: (not dieting)

C. Nutrient Dense Foods:

D. Saturated Fats:

E. Trans Fat:

F. Quantitative:

G. Sodium:

H. Whole Grains:

III. Notes

A. What is a HEALTHY DIET?

1. _____
2. _____
3. _____

B. What does CALORIC BALANCE mean?

1. _____

C. What is NUTRIENT DENSITY?

1. _____

D. Dietary Guidelines

1. Key Recommendations

a) _____

(1) A healthy eating pattern includes

- (a) _____
- (b) _____
- (c) _____
- (d) _____
- (e) _____
- (f) _____

(2) A healthy eating pattern limits

- (a) _____

b) Key Recommendations that are quantitative are provided for several components of the diet that should be limited

- (1) _____
- (2) _____
- (3) _____
- (4) _____

E. MyPlate Guidelines

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

7.NPA.1.2 - Analyze Nutrition Facts Labels for nutrients such as proteins, fats, and carbohydrates.

I. Pre-Test

- A. What are proteins and what do they do for the body?
- B. What are fats and what do they do for the body?
- C. Are there unhealthy and healthy fats? If so, what are they?
- D. What are carbohydrates and what do they do for the body?
- E. Are there unhealthy and healthy carbohydrates? If so, what are they?

II. Vocabulary to Define

- A. Polyunsaturated fat:

- B. Monounsaturated Fat:

- C. Cholesterol:

- D. Optimize:

- E. Inflammation:

- F. High Blood Pressure:

- G. HDL: what type of cholesterol (good or bad)
- H. LDL: what type of cholesterol (good or bad)

III. Notes

- A. Prezi "Analyzing Nutrition Facts Label"
 - 1. Nutrient: _____
 - 2. Essential Nutrient: _____
 - 3. Types of Fat:
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - 4. Unsaturated Fats are known to:
 - a) _____
 - b) _____
 - c) _____
 - 5. Sources of Unsaturated Fats:
 - a) _____
 - b) _____
 - c) _____
 - 6. Key Notes about Unsaturated Fats:

- a) _____
- b) _____
- c) _____
- 7. Saturated Fats
 - a) _____
 - b) _____
 - c) _____
 - d) _____
- 8. Trans Fat
 - a) _____
 - b) _____
- 9. Health Risks of Trans Fat
 - a) _____
 - b) _____
 - c) _____
 - d) _____
- 10. Why do people use trans fats?
 - a) _____
 - b) _____
 - c) _____
- 11. Carbohydrates
 - a) Simple Carbohydrates
 - (1) _____
 - (2) _____
 - b) Complex Carbohydrates: _____
 - (1) Benefits
 - (a) _____
 - (b) _____
 - (c) _____
 - (d) _____
 - (e) _____
 - (2) How many calories per gram of energy do carbohydrates provide? _____
- 12. Protein:

 - a) Sources
 - (1) _____
 - (2) _____
 - (3) _____
 - (4) _____
 - b) How many calories per gram of energy does protein provide? _____
 - c) Multiple Functions of protein:
 - (1) _____
 - (2) _____
 - (3) _____
 - (4) _____
 - d) How to choose protein
 - (1) _____
 - (2) _____
 - (3) _____

7.NPA.2.1 - Compare weight management strategies for healthy eating patterns, including attention to portion and serving sizes.

I. Pre-Test

- A. Why is it important to know the correct portions and serving sizes of your food?

- B. What are appropriate serving sizes for foods?
- C. How can you plan for proper portions in a healthy eating plan?

II. Vocabulary to Define:

- A. Insulin:
-

III. Notes

A. General Strategies for Achieving or Maintaining a Healthy Weight

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

B. 12 Ways to Right Size Your Portions

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

C. 10 easy Ways to Downsize Serving Size

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

7.NPA.2.2 –Recall the health benefits of consuming more water.

I. Pre-Test

- A. What are the benefits of drinking sufficient amounts of water?
- B. What does water do for the body?
- C. What are some signs of dehydration?

II. Vocabulary to Define:

- A. Dehydration:
-

- B. Metabolize:
-

- C. Convert:
-

D. Fatigue:

E. Constipation:

III. Notes

A. What are some signs of dehydration?

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

B. Water has many important functions that benefit our body:

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

C. Water!

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

7.NPA.3.1 - Interpret relationship between poor nutrition and chronic illness such as diabetes, cardiovascular diseases, and obesity.

I. Pre-Test

- A. What diseases are associated with obesity?
- B. What are some ways that people can predict if they are overweight?

II. Vocabulary to define:

A. BMI:

B. Circumference:

C. Chronic:

D. Insufficient:

E. Absorption:

F. Degenerative:

III. Notes

A. What diseases are related to poor nutrition?

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

5. _____
 6. _____
 7. _____
 8. _____
 9. _____
 10. _____
 11. _____
 12. _____
- B. BMI is just one indicator of potential health risks associated with being overweight or obese. For assessing someone's likelihood of developing overweight - or obesity related diseases, the National Heart, Lung, and Blood Institute guidelines recommend looking at two other predictors:
1. _____
 2. _____
 3. _____
- C. Just as a person struggling with his or her weight needs to balance exercise and nutrition, the approach to obesity prevention and prevention of chronic diseases needs to be balanced by:
1. _____
 2. _____
 3. _____
- D. How much physical activity is it recommended that we have in one day? _____
- E. Diseases Associated with Obesity
1. *Diabetes*-Type 2 or adult onset diabetes: _____
 2. Osteoporosis: _____
 3. Cardiovascular Disease: _____
 4. Cancer: _____
 5. Metabolic Syndrome: _____
 6. Osteoarthritis: _____
 7. High Blood Pressure: _____
 8. Asthma: _____
 9. Sleep apnea: _____
 10. Dental Caries: _____
 11. Rickets: _____
 12. Anemia: _____
 13. Gallbladder/Liver Disease: _____
 14. Precocious puberty: _____

7.NPA.3.2 - Attribute a positive body image to healthy self-esteem and the avoidance of risky eating behaviors.

- I. Pre-Test
 - A. What is body image?
 - B. How are body image and self-esteem related?
 - C. Can you improve your body image? If so, how?
- II. Vocabulary to Define:
 - A. Assumptions: _____
 - B. Generalizations: _____
 - C. Distorted: _____
 - D. Perception: _____
 - E. Media: _____
- III. Notes
 - A. Body image is...

1. _____
 2. _____
 3. _____
 4. _____
- B. Negative Body image is...
1. _____
 2. _____
 3. _____
 4. _____
- C. Positive Body Image is...
1. _____
 2. _____
 3. _____
 4. _____
- D. What is self esteem?
1. _____
- E. How are body image and self esteem related?
1. _____
 2. _____
- F. How can you change your body image?
1. _____
 2. _____
 3. _____
 4. _____
- G. What is an advocate? _____
- H. How can you be an advocate for others?
1. _____
 2. _____
 3. _____

7.NPA.4.1 - Design goals for increasing physical activity and strategies for achieving those goals.

- I. Pre-Test
 - A. How can you increase daily physical activity and decrease inactivity?
 - B. What are some things that you can do to increase your physical activity?
 - C. What are the three types of exercise?
 - D. What are some barriers to exercise?
- II. Vocabulary to Define:
 - A. High Intensity Exercise: _____
 - B. Metabolism: _____
 - C. Body Composition: _____
 - D. Immune: _____
 - E. Psychological: _____
 - F. Endurance: _____
- III. Notes
 - A. Warm-Up Quiz
 1. To improve health you must do high-intensity exercise. T or F
 2. The best time to stretch is after a workout. T or F
 3. If you want to lose fat around your middle to have a flat stomach, you should do sit-ups. T or F

B. Benefits of exercise

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

C. How does exercise improve Psychological & Emotional Wellness?

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

D. How much exercise should a teen get a day? _____

E. What are the three types of physical activity?

1. _____
2. _____
3. _____

F. What can you do to increase endurance?

1. _____
2. _____
3. _____

G. How can you increase flexibility?

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

H. What activities can you do to increase strength?

1. _____
2. _____
3. _____

I. What are some barriers to exercise?

1. _____
2. _____
3. _____

J. What are tips for exercising success?

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

7.NPA.4.2 - Implement a personal fitness plan that balances caloric intake and expenditure.

I. Pre-Test

- A. What is caloric intake?
- B. What is caloric expenditure?
- C. How can you create a successful personal fitness plan?

II. Vocabulary to Define:

- A. Expended:
-

III. Notes

- A. What are the 4 major Dietary Guidelines?

1. _____

2. _____
3. _____
4. _____

B. Exercise can:

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

C. What is caloric intake? _____

D. What is Basal Metabolic Rate (BMR)?

E. What is caloric expenditure? _____

F. How can you find success in an exercise program?

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