

Essential Standard

- 8.NPA.2 Create strategies to consume a variety of nutrient-- -dense foods and beverages and to consume less nutrient- dense foods in moderation.

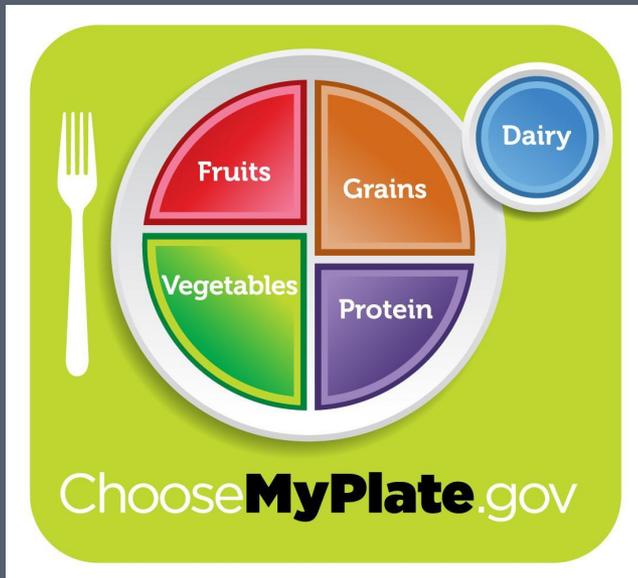
Clarifying Objective

- 8.NPA.2.1 - Plan healthy personal eating strategies with attention to caloric intake and expenditure.

Statement Of Objectives:

- *In today's lesson, you are going to examine your daily diet to determine caloric intake and whether you are meeting your nutritional needs. We are also going to examine the relationship between caloric intake and caloric expenditure and its effect on an individual's weight. Then, you will demonstrate how you can use this information to plan healthy eating strategies to maintain, gain or reduce weight in a healthy manner.*

NUTRITION PROJECT



8th Grade



What does “diet” mean?

- A) when someone is trying to lose weight
 - B) the food that a person consumes
 - c) both answers are correct
- Answer
- B



The Dietary Guidelines Recommend

- A) **Limiting sodium, solid fats, added sugars and refined grains**
- B) **Balancing calories to manage weight**
- C) **Eating a variety of vegetables especially dark green, red, and orange**
- D) **Increasing intake of fat-free or low-fat milk products**
- E) **All the answers are correct**

Answer

□ E

Nutrient-Density is

- A) Foods that are high in calories and fat
- B) Foods that provide substantial amounts of vitamins and minerals and relatively few calories



- Answer
 - B

Healthy weight loss is ...

- A) 1.5 - 2 pounds per week
- B) 2.5 - 3 pounds per week
- C) 3 - 4 pounds per week
- D) 5 pounds per week

Answer

- A



Matching Game

- Take out a sheet of paper and answer the questions.

What did this activity show you about serving sizes?

(they are smaller than we thought)

Serving Size

Matching Game

*HOW DOES A PERSON
BURN OFF CALORIES?*

How long would it take you to burn off the calories in this # of M&Ms?



$\frac{1}{4}$ of a bag

¼ bag of M & M's

- 60 calories
 - *For a 100 lb. person, he/she would have to do jumping jacks for almost 25 minutes to burn off those calories;*
 - *for a 120 lb. person, he/she would have to do jumping jacks for 20 minutes to burn off the 60 calories;*
 - *it would take 15 minutes for someone who weighs 150 lb.;*
 - *and 13 minutes for a 180 lb. person.*

Oh, by the way if you were to eat the whole bag of M&Ms, it has 240 calories in it.

How long do you think it would take to burn off the calories in 2 mini-Snickers bars?



2 mini-Snickers bars

□ *160 calories*

- *For a 100 lb. person, he/she would have to jog fast for almost 25 minutes to burn off those calories;*
- *for a 120 lb. person, he/she would have to do jog fast for almost 25 minutes to burn off the 160 calories;*
- *it would take 20 minutes for someone who weighs 150 lb.;*
- *and 15 minutes for a 180 lb. person.*

Oh, by the way if you were to eat a whole Snickers bar, (2oz., not a king-size bar), it has 273 calories in it.

How long do you think it would take to burn off the calories in a Reese's Cup?



a Reese's Cup

□ *90 calories*

- *For a 100 lb. person, he/she would have to perform that exercise for almost 12 minutes to burn off those calories;*
- *for a 120 lb. person, he/she would have to do it for 10 minutes to burn off the 60 calories;*
- *it would take eight minutes for someone who weighs 150 lb.;*
- *and seven minutes for a 180 lb. person.*

Oh, by the way if you were to eat one package of two Reese's Cups, it has 180 calories in it. So, you would have to double the exercise time to burn off the calories.

Diet Log Activity Directions

- Write down all foods eaten in a 24-hour period
- Be accurate on the amounts
- Include any snacks: gum, mints, or candy
- Include condiments: ketchup, dressing, gravy
- Don't forget drinks
- Write down how much is eaten: *large* banana, *2 large* bowls of cereal
- Include any late night snacks



Activity Log Activity Directions

- Do this in pencil
- Record all activity for a 24-hour period
- Use a PE day
- Start at midnight and continue to midnight
- Minutes should add up to 1440
- You must have it to complete your assignment before we do this lesson in class.
- You will be graded on neatness, so record on a separate sheet if necessary and then write finished product once your minutes fit.



Activity Calculator

- Add up all your hours you have written on your sheet
- Convert your hours to minutes by (multiplying the number of hours by 60 minutes)
- Add all your other minutes to this total
- This will give you the total number of minutes you have on your sheet
- Subtract your minutes from 1,440 to see how many minutes you are off
- Do the math more than once
- Try to get within 60-90 minutes of 1,440

You are now ready to do the lesson next class.

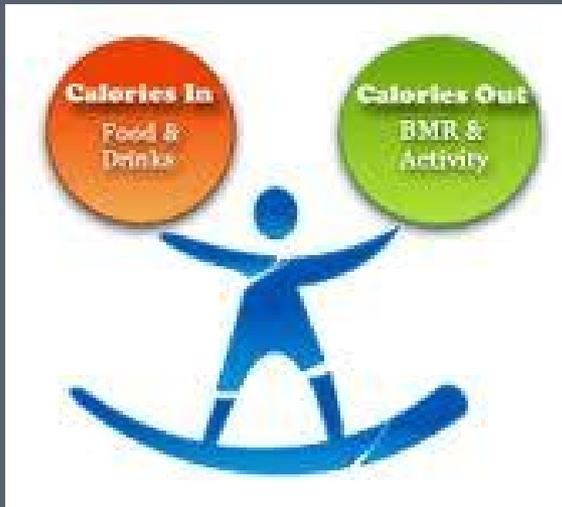


Caloric Intake vs. Caloric Expenditure

- In order to lose a pound of body weight, a person must burn off an extra 3,500 calories.

- If someone consumes 3,200 calories and burns off 2,800 calories, what effect will this have on their weight over time?

- Stay the same
- Gain weight
- Lose weight



Making Changes

- Use My Plan and Daily Diet Log:
 - Plan 5 days of foods and drinks that meet your:
 - Caloric needs
 - Nutritional needs
 - Limit saturated fats, empty calories, added sugar and sodium
- Use Activity Calculator and Caloric Intake vs. Caloric Expenditure:
 - Plan 5 days of physical activity
 - Use the website to determine how many calories would be burned off for each day and do daily totals.

Only include foods you like and exercise you would actually do. Be realistic about this plan.

Nutrition Project: To turn in!

- Daily Diet Log
- My Plan
- Activity Calculator Worksheet
- Print Out of Calories Burned
- Calorie Intake vs. Calorie Expenditure Worksheet
- Making Changes
- NEATNESS COUNTS!

Closure:

- *You did a great job with this Nutritional Project. You analyzed your diet to see if you were getting the recommended calories and the amounts that you needed to consume daily from the food groups. You learned the relationship between the calories you consume and the calories that you burn off and its effect on a person's body weight and developed a healthy eating plan that balances caloric intake and expenditure. I am very proud of your effort and commitment to finishing your projects.*