

Essential Standard

- 8.NPA.4 – Analyze plans for lifelong nutrition and health---related fitness to enhance quality of life.

Clarifying Objective

- 8.NPA.4.1 - Outline strategies that can be used to overcome barriers to healthy eating.

Statement of Objectives

- *After studying the Dietary Guidelines and Food Guide Pyramid, we know what healthy eating behavior is. We also know that we do not always eat in healthy ways. Today we will talk about barriers to healthy eating. By the end of the lesson, you will be able to overcome the common barriers to eating nutritiously.*

Article for Discussion

- [New ads from Coke address obesity](#)

Overcoming Barriers to Healthy Eating



Ann Landers, an advice columnist, stated:
*“If any of the fad diets worked, we would
not need another one next year.”*



How Unhealthy Eating Affects Health (specifically fad diets)

- a. Fad diets limit the variety of foods eaten.
- b. Fad diets may be nutritionally unsound.
- c. Most fad dieters regain all the weight lost and gain more weight.
- d. Some fad diets encourage a weight loss that is greater than 1-2 pounds a week which results in loss of water and muscle.
- e. Metabolism slows with dieting and makes it more difficult for healthy weight loss.

Who and What Influences Eating?



Who are Resources?



Who are Resources?

- **school nurse**
- **coaches**
- **cafeteria staff**

Overcoming Barriers



Diet Journal:

Your friend keeps a diet journal to keep a record of the foods and beverages she consumes. The entries below show her food and beverage choices for a weekend. In the space below each journal entry, write a suggestion for how your friend might improve her diet. Write a reason for your suggestion.

- Took a megadose of vitamin pills for breakfast Saturday morning.
 - Suggestion for improvement:
 - Reason:
- Had greasy potato chips and soft drink for a snack Saturday before playing softball.
 - Suggestion for improvement:
 - Reason:
- Drank a cola drink and ate a seasoned taco Saturday night before bed.
 - Suggestion for improvement:
 - Reason
- Skipped breakfast on Sunday morning to lose weight.
 - Suggestion for improvement:
 - Reason
- Ate a candy bar before warm-up for my softball game.
 - Suggestion for improvement:
 - Reason:

Overcoming Barriers

| Barrier | Strategies to Overcome |
|---|------------------------|
| Not enough time to get a healthy meal | |
| Easy convenience of vending machine snacks | |
| Expense of fresh fruits and veggies | |
| Family meals are usually fried or processed foods | |
| Used to eating food high in fat, sugar, salt | |
| Don't like to try new things ("picky eater") | |

Closure:

- *There are many obstacles to healthy eating such as busy schedules and pressures to eat fast foods. By keeping a diet journal, we can be more aware of our choices and work toward selecting foods that include the nutrients we need.*