

Name: _____

Period: _____

8th Grade Nutrition and Physical Activity

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 8th GRADE, click on NUTRITION AND PHYSICAL EDUCATION, the links to the powerpoints are in this page

8.NPA.1.1 Interpret the Body Mass Index in terms of body composition and healthy weight, underweight, overweight and obesity.

I. Pre-Test

- A. What is the difference between body composition and body weight?
- B. How do you calculate Body Mass Index (BMI)?
- C. Explain the purpose, limitations and possible uses of BMI scores.

II. Vocabulary to Define

A. Nutrition: _____

B. Epidemic: _____

C. contributing factor: _____

D. Diet:(not dieting) _____

III. Notes

A. Obesity Epidemic (watch the video and answer the following questions)

1. ____ in 3 adults are obese
2. ____ in 6 children are obese
3. Obesity is a major cause of death due to:
4. Define obesity: _____
5. What is one contributing factor to why the obesity epidemic changed...
6. How has technology changed the obesity epidemic?
7. Is there an easy or simple solution for the obesity epidemic?
8. What can we do to help stop the obesity epidemic?

B. Review Questions

1. What percent of Americans are considered overweight? _____
2. What percent of Americans are considered obese? _____
3. Childhood obesity has _____ in the past 20 years.
4. On the average, adult Americans gain _____ pound(s) every year between the ages of 25 to 44.
5. According to the U.S. Surgeon General, obesity is responsible for _____ deaths every year.

C. What is BMI? _____

D. What is body composition? _____

E. BMI classifications

1. Underweight: _____
2. Normal Range: _____
3. Overweight: _____
4. Pre-Obese: _____
5. Obese: _____

F. What are some other ways to measure body fat?

1. _____
2. _____

8.NPA.1.2 Summarize the benefits of consuming adequate amounts of vitamins A, E, D, and C, magnesium, calcium, iron, fiber, folic acid, and water in a variety of foods.

I. Pre-Test

Name: _____

Period: _____

- A. What are the benefits of vitamins A, E, D, and C, magnesium, calcium, iron, fiber, and folic acid?
- B. What does fortification mean?
- C. What does enrichment mean?

II. Vocabulary to Define:

- A. Compounds: _____
- B. Fat Soluble Vitamins: _____
- C. Antioxidant: _____
- D. cardiovascular health: _____
- E. Toxicity: _____
- F. Deposits: _____
- G. Immune System: _____
- H. Metabolism: _____

III. Notes

A. The Nature of Vitamins

- 1. _____
- 2. _____

B. Fat Soluble Vitamins

- 1. _____
- 2. _____

3. Kinds of Fat Soluble Vitamins

a) Vitamin A:

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

(4) Sources of Vitamin A

- (a) _____
- (b) _____
- (c) _____

b) Vitamin D

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

(5) Sources of Vitamin D

- (a) _____
- (b) _____
- (c) _____

c) Vitamin E

- (1) _____
- (2) _____

(3) Sources of Vitamin E

- (a) _____
- (b) _____
- (c) _____

C. Water Soluble Vitamins

- 1. _____
- 2. _____

3. Kinds of Water Soluble Vitamins

a) Vitamin C - Ascorbic Acid

- (1) _____

Name: _____

Period: _____

(2) _____

(3) Sources of Vitamin C

(a) _____

(b) _____

b) Folic Acid

(1) _____

(2) _____

(3) _____

(4) _____

(5) Sources of Folic Acid

(a) _____

D. Minerals

1. _____

2. _____

3. Types of Minerals

a) Calcium

(1) _____

(2) _____

(3) _____

(4) Sources of Calcium

(a) _____

4. Video "3 Key Vitamins & Minerals for Teens"

a) What are the 3 important vitamins and minerals that teens need?

(1) Calcium _____

(2) Iron _____

(3) Vitamin D _____

b) Iron

(1) _____

(2) _____

(3) _____

(4) Sources of Iron

(a) _____

(b) _____

(c) _____

c) Sources of Magnesium

(a) _____

(b) _____

(c) _____

E. Fiber

1. _____

2. _____

3. _____

4. _____

5. _____

6. Great Sources of Fiber

a) _____

b) _____

c) _____

d) _____

F. What is fortification? _____

G. What is enrichment? _____

8.NPA.1.3 Implement meal plans that are consistent with Dietary Guidelines.

I. Pre-test

A. What are some obstacles to eating healthy and how can you overcome these obstacles?

B. What is MyPlate?

C. Why is important to follow the Dietary Guidelines?

D. What are the Dietary Guidelines?

II. Vocabulary to Define

Name: _____

Period: _____

- A. saturated fats: _____
- B. trans fats: _____
- C. Cholesterol: _____
- D. Whole Grains: _____
- E. Quantitative: _____
- F. Refined Grains: _____
- G. Implement: _____

III. Notes

- A. What is a healthy diet?
 - 1. _____
 - 2. _____
 - 3. _____
- B. 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) _____
 - 2. MyPlate recommendations
 - a) _____
 - (1) _____
 - (2) _____
 - b) _____
 - (1) _____
 - (2) _____
 - (3) _____
 - (4) _____
 - c) _____
 - (1) _____
 - (2) _____
 - d) _____
 - (1) _____
 - (2) _____
 - e) _____
 - (1) _____
 - (2) _____
 - f) _____
 - (1) _____
 - (2) _____
 - (3) _____

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- g) (4) _____

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

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

- I. Pre-Test
 - A. What is the relationship between caloric intake and caloric expenditure?
 - B. What is the influence of caloric intake and caloric expenditure on an individual's weight?
- II. Notes
 - A. What does the word "diet" mean? _____
 - B. Nutrient Density is _____
 - C. In order to lose a pound of body weight, a person must burn off an extra _____.

8.NPA.2.2 – Generate a healthful eating plan incorporating food choices inside and outside the home setting.

- I. Pre-Test
 - A. What are some obstacles to eating healthy and how can you overcome these obstacles?
- II. Vocabulary to define:
 - A. Distort: _____
 - B. Consumption: _____
 - C. Ravenously: _____
- III. Notes
 - A. The American Heart Association recommends that you get no more than _____ of your total calories from fat.
 - B. Restaurants often _____ portion sizes, encourage more _____ consumption than normal, and offer lots of food choices for one sitting (appetizers, main course with extra side dishes, dessert).
 - C. Eating Light When Eating Out at Fast Food Restaurants
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____
 - 5. _____
 - 6. _____
 - 7. _____
 - 8. _____
 - 9. _____
 - 10. _____
 - D. Eating Light when Eating out in Restaurants
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____
 - 5. _____
 - 6. _____
 - 7. _____

8.NPA.3.1 - Identify media and peer pressures that result in unhealthy weight control (eating disorders, fad dieting, excessive exercise, smoking).

- I. Pre-Test
 - A. How can a person cope with unrealistic expectations of media and peer pressure?
- II. Vocabulary to Define

Name: _____

Period: _____

- A. Eating Disorder: _____
- B. Excessive: _____
- C. Restrictive: _____
- D. Moderation: _____
- E. Immunity: _____
- F. Depletion: _____

III. Notes

- A. Eating Disorders
 - 1. Anorexia Nervosa (more information in the next powerpoint)
 - 2. Bulimia: (more information in the next powerpoint)
 - 3. Fad Dieting
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
 - f) _____
 - 4. Excessive Exercise
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
 - f) _____
 - g) _____
 - 5. Smoking
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
 - f) _____

8.NPA.3.2 - Differentiate the signs, symptoms, and consequences of common eating disorders from more healthy eating behaviors.

- I. Pre-Test
 - A. List the types of eating disorders.
 - B. What are the signs, symptoms, and consequences of each eating disorder?
 - C. What resources are available for individuals with eating disorders?
- II. Vocabulary to Define
 - A. Obsession: _____
 - B. Constraint: _____

III. Notes

- A. What is normal eating?
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____
 - 5. _____
 - 6. _____
 - 7. _____
- B. Eating Disorders
 - 1. Three Main Kinds of Eating Disorders

Name: _____

Period: _____

- a) _____
- b) _____
- c) _____
- 2. Anorexia
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
 - f) _____
 - g) _____
- 3. Bulimia
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
 - f) _____
- 4. Binge Eating Disorder
 - a) _____
 - b) _____
 - c) _____
 - d) _____
- 5. Causes of Eating Disorders
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
 - f) _____
 - g) _____
 - h) _____

C. Effects of Eating Disorders

- 1. Anorexia
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
 - f) _____
 - g) _____
 - h) _____
- 2. Bulimia
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
 - f) _____
- 3. Binge Eating Disorder
 - a) _____
 - b) _____
 - c) _____

8.NPA.3.3 - Use strategies to advocate for those who are at risk for eating disorders or poor nutrition.

- I. Pre-test
 - A. What are the signs, symptoms, and consequences of each eating disorder?
 - B. What resources are available for individuals with eating disorders?
- II. Vocabulary to Define

Name: _____

Period: _____

- A. bone density: _____
- B. Dehydration: _____
- C. Purging: _____
- D. Electrolyte: _____
- E. Bowel Movements: _____
- F. Gastric: _____

III. Notes

- A. What is an eating disorder? What are some basic facts.
- B. Anorexia Nervosa
 - 1. _____
 - 2. Warning Signs of Anorexia Nervosa
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
 - f) _____
 - g) _____
 - h) _____
 - i) _____
 - j) _____
 - k) _____
 - 3. Health Consequences of Anorexia
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
 - f) _____
 - g) _____
- C. Bulimia Nervosa
 - 1. _____
 - 2. Warning Signs of Bulimia
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
 - f) _____
 - g) _____
 - h) _____
 - i) _____
 - j) _____
 - 3. Health Consequences of Bulimia
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
- D. Tips for Talking to a Friend Who May Be Struggling with an Eating Disorder
 - 1. _____

Name: _____

Period: _____

2. a) _____
- a) _____
3. a) _____
4. a) _____
5. a) _____
6. a) _____
7. a) _____

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

- I. Pre-Test
 - A. How can you overcome unhealthy eating patterns?
- II. Notes
 - A. How Unhealthy Eating Affects Health (specifically fad diets)
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 - B. Who are resources?
 1. _____
 2. _____
 3. _____
 4. _____

8.NPA.4.2 (Part 1) Differentiate methods of food preparation in terms of health and safety.

- I. Pre-Test
 - A. What causes food borne illness?
 - B. List 4 things that you can do to protect yourself from foodborne illness.
 - C. What is the 2 hour rule?

- II. Vocabulary to define:
 - A. Foodborne illness: _____
 - B. Undiagnosed: _____
 - C. Contamination: _____
 - D. Symptoms: _____

- III. Notes
 - A. According to the Centers for Disease Control and Prevention (CDC), each year there are _____ cases of foodborne illness in the United States and over 3000 deaths are attributed to foodborne illness.
 - B. Symptoms of foodborne illnesses
 1. _____
 2. _____
 - C. What causes food borne illnesses
 1. _____
 2. _____
 3. _____
 4. _____
 - D. What food are at higher risk of contamination?
 1. _____
 2. _____

- E. What is the danger zone?
 - 1. _____
- F. What is the 2 hour rule?
 - 1. _____
- G. CLEAN
 - 1. _____
 - 2. _____
 - 3. _____
- H. SEPARATE
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____
- I. CHILL
 - 1. _____
 - 2. _____
 - 3. _____
- J. COOK
 - 1. _____

- K. Food Safety Word Match
 - 1. Two Hour Rule _____
 - 2. Personal hygiene _____
 - 3. Perishable food _____
 - 4. Cross-contamination _____
 - 5. Contaminated food _____
 - 6. Danger zone _____
 - 7. Foodborne illness _____
 - 8. The Thaw Law _____
 - 9. Sanitation _____
 - 10. Thorough cooking _____

- A. Transfer of harmful bacteria from one food to another. Harmful bacteria can be transferred to food from other sources such as hands.
- B. Defrost foods in the refrigerator, microwave, or under running water. Never defrost food on the kitchen counter.
- C. Keeping work areas free from dirt or bacteria.
- D. Foods that can become unsafe or spoil quickly if not refrigerated or frozen.
- E. Cleanliness, keeping yourself clean.
- F. Perishable food should not be left at room temperature longer than two hours.
- G. Food that contains harmful microbes.
- H. Cooking food to safe internal temperature.
- I. Sickness caused by eating contaminated food, sometimes called food poisoning.
- J. The range of temperatures at which most bacteria multiply rapidly—between 40 and 140 degrees Fahrenheit.

8.NPA.4.2 (part 2)-Differentiate methods of food preparation in terms of their health and safety.

- I. Pre-Test
 - A. What can you do to reduce the amount of fat in the foods that you cook?
 - B. What are some different names of sugar?
 - C. How can you reduce the amounts of sugar in the foods that you cook?

- II. Notes
 - A. Fats
 - 1. Fat Forms
 - a) _____
 - b) _____
 - c) _____
 - 2. Fat Functions
 - a) _____
 - b) _____

Name: _____

Period: _____

c) _____

d) _____

e) _____

3. Cut the Fat

a) _____

b) _____

c) _____

B. Sugar Signs

1. Other Names for Sugar

a) _____

b) _____

c) _____

2. Sugar Serves to:

a) _____

b) _____

c) _____

3. Ways to reduce sugar

a) _____

b) _____

c) _____

4. Stir Fry: _____

5. Bake: _____

6. Broil: _____

7. Poach: _____

8. Grill: _____

9. Steam: _____

10. Saute: _____

8.NPA.4.3 – Summarize the benefits of regular physical activity.

I. Pre-Test

A. List a benefit of exercise for to each body system.

II. Vocabulary to define:

A. Cardiovascular:

B. Atherosclerosis:

C. Digestion:

D. Elimination:

E. Metabolism:

F. Osteoporosis:

G. Endocrine System:

H. Pituitary Gland:

I. Camaraderie:

III. Notes

A. How does exercise help your body?

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Name: _____

Period: _____

- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____
- 19. _____
- 20. _____

B. Cardiovascular

- 1. _____
- 2. _____
- 3. _____

C. Digestion

- 1. _____
- 2. _____

D. Respiratory

- 1. _____
- 2. _____

E. Skeletal

- 1. _____

F. Muscular

- 1. _____

G. Nervous

- 1. _____

H. Reproductive

- 1. _____
- 2. _____

I. Endocrine

- 1. _____
- 2. _____

J. Benefits of Physical Activity

- 1. _____
- 2. _____
- 3. _____

- a) _____
- b) _____
- c) _____

- 4. _____

- a) _____
- b) _____
- c) _____

- 5. _____

- a) _____
- b) _____