

## 8th Grade NPA Final Project

Name: \_\_\_\_\_

Period: \_\_\_\_\_

People in your group: \_\_\_\_\_

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### ACTIVITIES

- I. Go to <http://www.active.com/fitness/calculators/bmi-kids> and calculate the following information
  - A. This information is personal. You do not have to share this information with another student. You will do this by yourself.
    1. Body Fat: \_\_\_\_\_
    2. BMI: \_\_\_\_\_
- II. Go to <https://www.choosemyplate.gov/quiz>
  - A. Take the the 5 quizzes and record your score for each
    1. Dairy: \_\_\_\_\_
    2. Fruit: \_\_\_\_\_
    3. Grains: \_\_\_\_\_
    4. Proteins: \_\_\_\_\_
    5. Vegetable Quiz: \_\_\_\_\_
- III. Create a profile on SUPERTRACKER
  - A. Watch the Food-A-Pedia site tour video, Getting Started: How to Use Food-A-Pedia, on YouTube (2 min. 8 sec.) Link: <https://www.supertracker.usda.gov/sitetour.aspx> (this link is an overview of the entire site)
    1. SuperTracker - Getting Started: How to create a profile - <https://www.youtube.com/watch?v=vZ67QXVJKBg&feature=youtu.be>
      - a) use your Google Drive ID and password
    2. SuperTracker - Getting Started: How to get My Plan- <https://www.youtube.com/watch?v=MukLDO5kGh8&feature=youtu.be>
    3. SuperTracker - Getting Started: How to use Food-A-Pedia- <https://www.youtube.com/watch?v=-EZI-Zfhd78&feature=youtu.be>
    4. Review navigation of the SuperTracker website Link: <https://www.supertracker.usda.gov/default.aspx>
  - B. Familiarize yourself with the Food-A-Pedia feature  
Link: <https://www.supertracker.usda.gov/foodapedia.aspx>

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#### IV. Track Your Snack

- A. <https://www.SuperTracker.usda.gov>
- B. Instructions: Use SuperTracker's Food-A-Pedia feature to answer the questions below. You can access Food-A-Pedia here: <https://www.supertracker.usda.gov/foodapedia.aspx>
  1. Search for your favorite snack using Food-A-Pedia and select the amount you typically eat.
    - a) What is your favorite snack? \_\_\_\_\_
    - b) How many food groups are in it? \_\_\_\_\_ food groups
    - c) What are the food groups? \_\_\_\_\_
    - d) How many total calories does it have? \_\_\_\_\_ total calories
    - e) How much saturated fat does it have? \_\_\_\_\_ calories from saturated fat
    - f) How much added sugars does it have? \_\_\_\_\_ calories from added sugars
    - g) How much sodium does it have? \_\_\_\_\_ mg
    - h) Based on this information, will you be choosing this snack: (circle one)
      - i) More often      Less often      The same

(1) Why? \_\_\_\_\_
    - j) What is another snack you like to eat? \_\_\_\_\_
    - k) Compare this snack to your favorite snack in Food-A-Pedia.
    - l) Is one of the snacks a healthier choice? If yes, why?  
\_\_\_\_\_
  2. Compare 1 cup of "Apple juice" and 1 cup of "Fruit drink".
    - a) Which option contributes more to the Fruit food group? \_\_\_\_\_

- b) Which option has more added sugars? \_\_\_\_\_
- c) Which option is the healthier choice? Why?  
\_\_\_\_\_
3. Use Food-A-Pedia to find a snack that (1) has less than 200 calories per portion, (2) contributes to at least one food group, and (3) has less than 200 mg sodium per portion.
- What snack did you find? \_\_\_\_\_
  - Choose an amount you typically eat. What amount did you choose? \_\_\_\_\_
  - What food group(s) does it contribute to? \_\_\_\_\_
  - How many total calories does it have per portion? \_\_\_\_\_ total calories
  - How much saturated fat does it have per portion? \_\_\_\_\_ calories from saturated fat
  - How much added sugars does it have per portion? \_\_\_\_\_ calories from added sugars
  - How much sodium does it have per portion? \_\_\_\_\_ mg
  - Think of two snacks you typically eat. Look up the nutrition content of both snacks using Food-A-Pedia and compare (1) the number of food groups, (2) the number of calories, (3) the amount of added sugars, (4) the amount of saturated fat, and (5) the amount of sodium.

	<i>Food Choice 1</i>	<i>Food Choice 2</i>
Name of Snack		
Snack Portion Size (e.g., 1 cup)		
Number of Food Groups (Per Portion)		
Number of Calories (Per Portion)		
Amount of Saturated Fat (Per Portion)		
Amount of Added Sugars (Per Portion)		
Amount of Sodium (Per Portion)		

4. Why is healthy snacking important?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. Identify one barrier that prevents you from making healthy snack choices. How can you overcome this barrier?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

V. ***What's Your Plan?***

- <https://www.SuperTracker.usda.gov>
- Instructions: Personalize a SuperTracker profile and review your personalized plan (My Plan). You can create a profile here: <https://www.supertracker.usda.gov/CreateProfile.aspx> You can access your plan here: <https://www.supertracker.usda.gov/myplan.aspx>
  - According to your plan, how many calories should you eat in a day? \_\_\_\_\_ calories
  - Are you surprised by your daily calorie allowance? Circle one:
    - I thought it would be... higher lower I got the calorie allowance I expected
  - What are the five food groups?  
\_\_\_\_\_
  - List three foods that are in the Grains group and the amount of each that counts as 1 ounce of Grains.

Food in the Grains Group	Amount that Counts as 1 Ounce of Grains
1.	

2.	
3.	

5. Take a look at your daily food group targets.
  - a. How many ounces of Grains do you need in a day? \_\_\_\_\_ ounces
  - b. How many cups of Vegetables do you need in a day? \_\_\_\_\_ cups
  - c. How many cups of Fruits do you need in a day? \_\_\_\_\_ cups
  - d. How many cups of Dairy do you need in a day? \_\_\_\_\_ cups
  - e. How many ounces of Protein Foods do you need in a day? \_\_\_\_\_ ounces
  - f. Do you think you meet your daily food group targets on a typical day? Check one:
    - a) Yes      or      No    If you answered no, which food group(s) could you improve on?

6. According to your plan, how much seafood should you eat per week? \_\_\_\_\_

7. Why is it important to eat from each food group every day?

\_\_\_\_\_

8. Are there any changes you would like to make to your diet based on your plan? If yes, what are they?

\_\_\_\_\_

\_\_\_\_\_

VI. **Build Healthy Meals**

A. <https://www.SuperTracker.usda.gov>

B. Instructions: Use SuperTracker's Food Tracker feature to build a 1-day menu that meets your daily food group targets and stays within your daily calorie allowance. You can access Food Tracker here: <https://www.supertracker.usda.gov/foodtracker.aspx>

1. What did you plan for breakfast in your menu? \_\_\_\_\_
2. How many total calories are in the daily menu you created? \_\_\_\_\_ calories
3. How much of each food group does your menu include?
  - a) Grains \_\_\_\_\_ ounces
  - b) Vegetables \_\_\_\_\_ cups
  - c) Fruits \_\_\_\_\_ cups
  - d) Dairy \_\_\_\_\_ cups
  - e) Protein Foods \_\_\_\_\_ ounces
  - f) How many grams of saturated fat are in the daily menu you created? \_\_\_\_\_ grams
  - g) Did you go over your saturated fat limit? If yes, what changes could you make to lower the saturated fat in your menu?    Yes \_\_\_\_\_ or    No
  - h) How many grams of added sugars are in the daily menu you created? \_\_\_\_\_ grams
4. Did you go over your added sugars limit? If yes, what changes could you make to lower the added sugars in your menu?
  - a) Yes \_\_\_\_\_ or NO
5. How much sodium is in the daily menu you created? \_\_\_\_\_ milligrams
6. Did you go over your sodium limit? If yes, what changes could you make to lower the sodium in your menu?
  - (1) Yes \_\_\_\_\_ or NO
7. How difficult was it to plan a daily menu that meets all five food group targets within your calorie allowance? Circle one:
  - (1) It was easy      It was difficult      It was neither easy nor difficult
8. Did you include any foods that you do not typically eat that you would like to try? If yes, please list them.
 

\_\_\_\_\_

9. Describe similarities and differences between your menu and what you typically eat.

a) Similarities (for example, I drink low-fat milk, which was included in my menu):

\_\_\_\_\_

\_\_\_\_\_

- b) Differences (for example, I typically eat fewer fruits and vegetables than the menu I created):

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VII. **Get Active**

A. [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov)

B. Instructions: Use SuperTracker's Physical Activity Tracker to add all physical activities you have done today. Answer the questions below based on your experience using Physical Activity Tracker. You can access it here:

<https://www.supertracker.usda.gov/physicalactivitytracker.aspx>

1. Why is being physically active important?

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2. How many minutes of aerobic physical activity should you do in a day? at least \_\_\_\_\_ minutes  
3. How many days a week should you do muscle-strengthening activities? at least \_\_\_\_\_ days a week  
4. How many days a week should you do bone-strengthening activities? at least \_\_\_\_\_ days a week  
5. List 3 muscle-strengthening activities.

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6. List 3 bone-strengthening activities.

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7. Did you meet your physical activity target today?

a) Yes or No

8. Did you do any vigorous intensity activities today? What were they?

Yes, \_\_\_\_\_ or No

9. Did you do any muscle- or bone-strengthening activities today? What were they?

a) Muscle-strengthening: \_\_\_\_\_

b) Bone-strengthening: \_\_\_\_\_

10. Below are some common barriers to being physically active. What are some ways you could overcome each barrier?

a) The weather is bad: \_\_\_\_\_

b) I'm not athletic: \_\_\_\_\_

c) I don't have access to gym equipment: \_\_\_\_\_

11. Are there any changes you would like to make to your physical activity habits based on what you learned in this lesson? If yes, what are they?

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VIII. **Balance Your Calories**

A. [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov)

B. Instructions: Discuss each question with your group and fill in your answers together.

1. What does it mean to balance your calories?

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2. In general, if the calories that you eat and drink are equal to the calories your body uses, your weight... (circle one)

a) Goes down                      Stays the same                      Goes up

3. In general, if the calories that you eat and drink are less than the calories your body uses, your weight... (circle one)

a) Goes down                      Stays the same                      Goes up

4. In general, if the calories that you eat and drink are more than the calories your body uses, your weight... (circle one)

a) Goes down                      Stays the same                      Goes up

5. How do you know if your calories in and calories out are out of balance?

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6. Why do different people need to eat a different number of calories?

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7. List 3 ways your body uses energy.

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8. Which physical activity do you think requires more energy?

a) Walking for 10 minutes

b) Running for 10 minutes

c) Why do you think this activity requires more energy?

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	Possible Points	Total Points Earned
I. Body Fat and BMI	6	
II. 5 Quizzes	50	
IV. Track Your Snack		
1. Answered Questions	12	
2. Compare Apple Juice and Fruit Juice	4	
3. Compare Snacks	23	
V. What's Your Plan		
1. Calories a Day	1	
2. and 3. - Answered Questions	6	
4. Grains group	6	
5. Daily Food Group Targets	7	
6. 7., 8. - Answered Questions	3	
VI. Build Healthy Meals		
1. and 2. - Answered Questions	2	
3. How much of each	8	
4. Thru 10 = Answered Questions	7	
VII. Get Active		
1. Through 11 = Answered Questions	18	
VIII. Balance Your Calories		
1. Through 8 = Answered Questions	10	
<b>Total Possible Points/Points Earned</b>	<b>163</b>	