6th Grade Health

EQ: How much fiber is in my food?

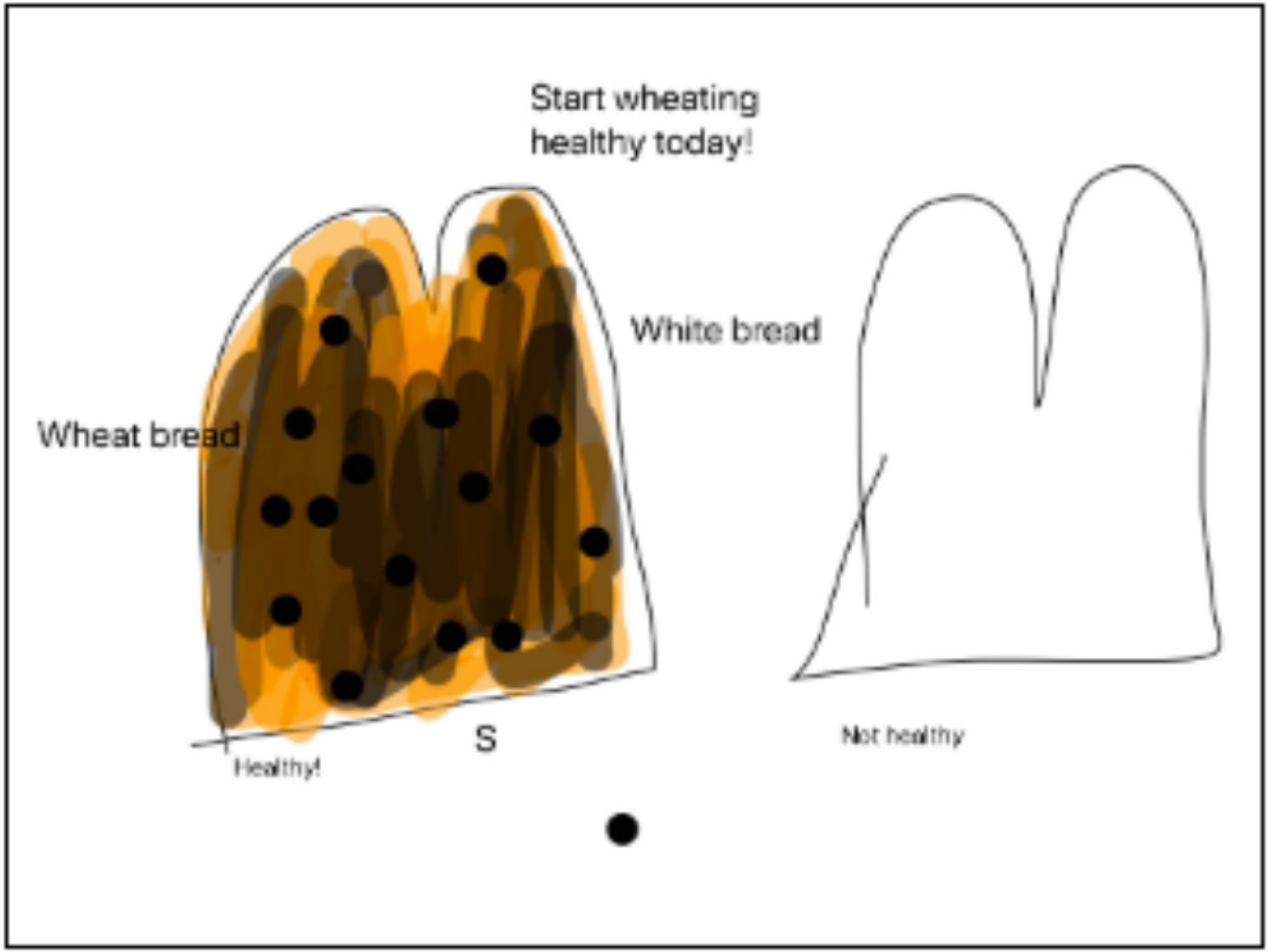
CW: Fiber Investigation

HW: No HW

What did you eat for dinner last night?

Collaborate!

What did you eat for dinner last night?


Start wheating
healthy today!
White bread
Wheat bread
S
Healthy!
Not healthy

More fiber!!
NO FIBER! :(
Wheat bread
vs.
White bread
Choose the healthier choice!!!
HEALTHY
NOT HEALTHY

Meh
Better
White
grain

Drop the white and
give wheat a bite!
(Btw if miles also has
this he copied me)

Wheat has nutrients
your body needs and
white bread does not.

Agenda

1. Tip of the day

2. How do Carbs impact your body?

3. Fiber Investigation

More Reasons to Eat Fruit

Strawberries can potentially fight against cancer and aging

Bananas are great for athletes because they give you energy

Cherries help calm your nervous system

Grapes relax your blood vessels

Pinapples help fight arthritis

Blueberries protect your heart

Peaches are rich in potassium, fluoride, and iron

Apples help your body develop resistance against infections

Kiwis increases bone mass

Mangos protect against several kinds of cancer

Watermelon helps control your heart rate

Oranges help maintain great skin and vision

https://www.youtube.com/embed/wxzc_2c6GMg

Brown Rice

Nutrition Facts

Serving Size 1 cup 195g (195 g)

Amount Per Serving

Calories 216 Calories from Fat 15

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	2%
Trans Fat	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 45g	15%
Dietary Fiber 4g	14%
Sugars 1g	
Protein 5g	

Vitamin A	0% •	Vitamin C	0%
Calcium	2% •	Iron	5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Brown Rice

Soda

Nutrition Facts

Serving Size 1 bottle 16 lf oz 491g (491 g)

Amount Per Serving

Calories 182 Calories from Fat 1

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 47g	16%
Dietary Fiber 0g	0%
Sugars 44g	
Protein 0g	

Vitamin A	0% •	Vitamin C	0%
Calcium	1% •	Iron	3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
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Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine

Carbohydrates are a body's main source of what?

There are how many types of carbohydrates?

An example of each is:

True or False?

Starches, Sugars and Fibers are all types of carbohydrates.

True or False?

Fruits and vegetables are carbohydrates

True or False?

Table sugar is a complex carbohydrate.

True or False?

Most carbohydrate foods come from plants.

Answer: TRUE

Carbohydrate foods are the plant foods that you eat. There are the healthy carbs, such as:

Foods from whole grains: Breads… Rolls… Pasta… Cereal… Bagels… Rice…

Fruits: Apples… Oranges… Pears… Bananas… Grapes… Berries… Peaches… Watermelon… Pineapple… Kiwi… Grapefruit…

Vegetables: Lettuce… Broccoli… Carrots… Potatoes… Peas… Corn… Onions… Beans… Spinach… Squash…

and there are less healthy (some would say un-healthy) choices, such as:

French fries… Doughnuts… Chips… Pies… Cakes… Cookies… Products made from all white flour.

It is important that you choose most of your foods from the first list rather than from the second. In addition to being poor carbohydrate foods, the foods in the second list are generally loaded with fat, particularly saturated fat and trans-fats, which have been implicated as bad actors in the rise of heart disease and cancer.

Although most carbohydrates come from plants, one animal product, milk contains the carbohydrate lactose. There also is some carbohydrate found in liver, but it is not considered a significant source.

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