

Health 2/03/20

EQ: Are we eating the right foods?

CW: Two day meal plan

HW: No HW

Agenda

1. Question of the day
2. Facts about fats
3. Macronutrients
4. Meal plan

Open Ended Question

Write silently for three minutes: If you had three wishes, what would you wish for? Why?



<https://www.youtube.com/embed/GOWHwaOA714>



<https://www.youtube.com/embed/s3jH1U3EwIs>

Different types of fats

Saturated Fats

Saturated fats mainly come from animal food sources such as: red meat, poultry, and dairy products.

Our bodies need some fat for energy, but too much saturated fat can lead to high cholesterol and excess body weight.



Different types of fats

Trans Fats

Trans fat occur naturally from oils through food processing called partial hydrogenation.

Foods high in trans fats include: chips, doughnuts, cakes, pies, margarine, crackers, and fried fast foods.

Trans fats increase our total blood cholesterol and can increase our risk of cardiovascular disease.



Different types of fats

Polyunsaturated Fatty Acids:

This type of fat is found mainly in plant based food and oils. For example: Salmon, vegetable oil, nuts, and seeds.

Eating polyunsaturated fatty acids help support healthy brain and muscle functions, but can also cause inflammation in the body.

POLYUNSATURATED FATS



Different types of fats

Monounsaturated fatty acids:

This type of fat is found in avocados, macadamia nuts, and olives.

Monounsaturated Fatty acids are good for our bodies they protect the heart and support insulin sensitivity.



vocabulary

Nutrients



substances in food that your body needs to grow, have energy, and stay healthy.

a substance required in relatively large amounts

Macro
Nutrients



Micro
Nutrients



A substance required in trace amounts

Nutrition
Label

a label required on most packaged food in many countries



nutrients

NUTRIENTS are substances in food that your body needs to grow, have energy, and stay healthy.

Nutrients can be broken down into two categories:

MACRONUTRIENTS

a substance required in relatively large amounts

EXAMPLES INCLUDE:

- Carbohydrates
- Proteins
- Fats

MICRONUTRIENTS

A substance required in trace amounts

EXAMPLES INCLUDE:

- Vitamins
- Minerals

carbohydrates

the starches and sugars found in our foods are known as

CARBOHYDRATES

There are two types of carbohydrates that we should be aware of when consuming foods:

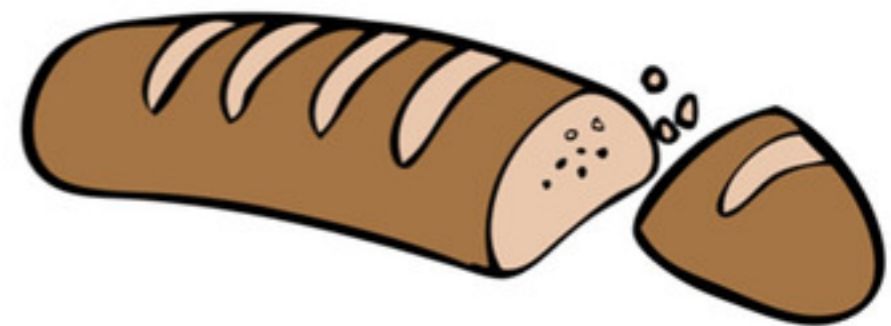
SIMPLE

Natural sugars found in fruits, milk, & honey. It can also be found in many processed foods.



COMPLEX

Starches found in potatoes, beans, & whole grain foods.



proteins

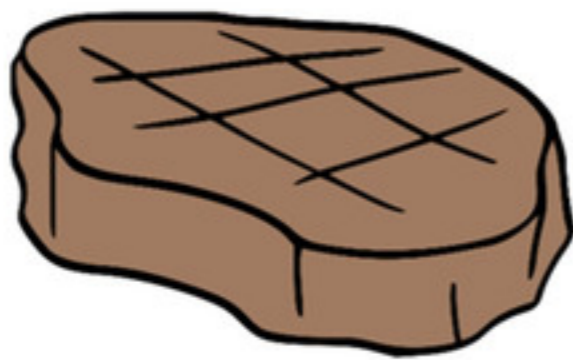
the nutrient group used to build and repair cells is known as

PROTEINS

There are two types of proteins that we should be aware of when consuming foods:

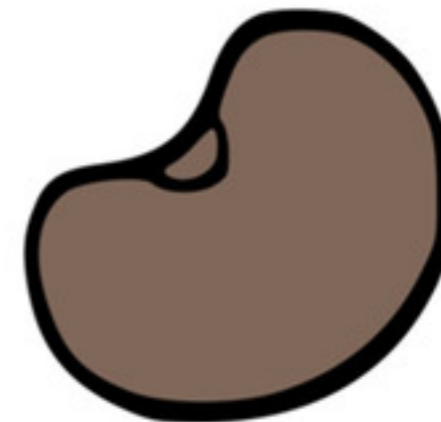
COMPLETE

Contains all nine of the essential amino acids



INCOMPLETE

Does not contain all of the nine essential amino acids



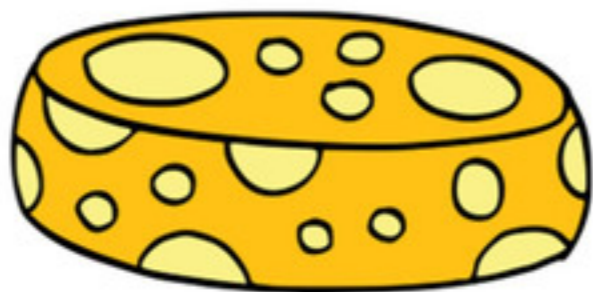
fats

Nutrients that promote natural growth, provide energy, and keep skin healthy are known as **FATS**

There are two types of fats that we should be aware of when consuming foods:

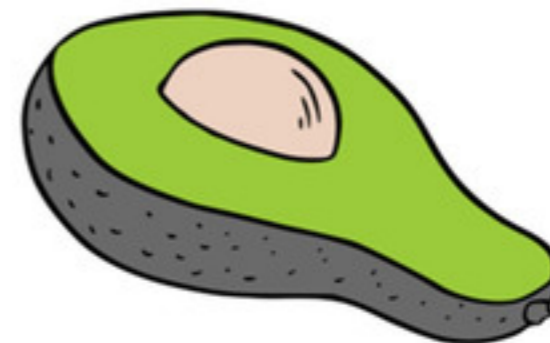
SATURATED

Fats that are solid at room temperature



UNSATURATED

Fats that are liquid at room temperature



40-30-30 macros

CARBOHYDRATES

40% of your daily intake should consist of carbohydrates.

The carbs can be simple, like fruits and vegetables, or complex like whole grains.

PROTEINS

30% of your daily intake should consist of proteins.

These proteins can be complete from meat sources or incomplete pairings from plant sources.

FATS

30% of your daily intake should consist of fats.

Limit the amounts of saturated fats as these should come primarily from unsaturated fats.

analyzing macronutrients

- Complete worksheet #1 – Analyzing Daily Macronutrient Intake
- Review/share as a class
- Compare and contrast responses

**ANALYZING DAILY
MACRONUTRIENT INTAKE**

Name: _____ Date: _____ Class: _____

Directions: In the table below, list the food items you've consumed over the past two days. Be sure to place them in the appropriate macronutrient category (carbohydrates, proteins, and fats).

MACRONUTRIENT	DAY ONE	DAY TWO
Carbohydrates		
Proteins		
Fats		

Directions: Answer the following questions based on the chart you filled in above.

1. Which category has the most items in? _____
2. Based on your answers above, do you feel that your diet is balanced?
Yes No
3. How can you improve your diet to be more balanced?

guidelines for nutrition

There are two government agencies that have an impact on nutrition in schools & within the community:

USDA

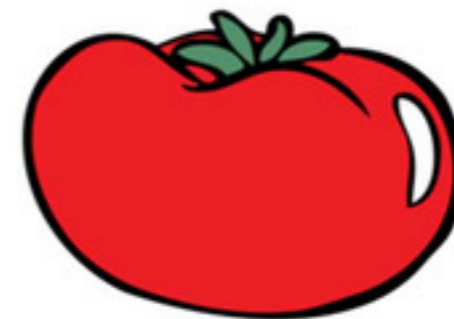
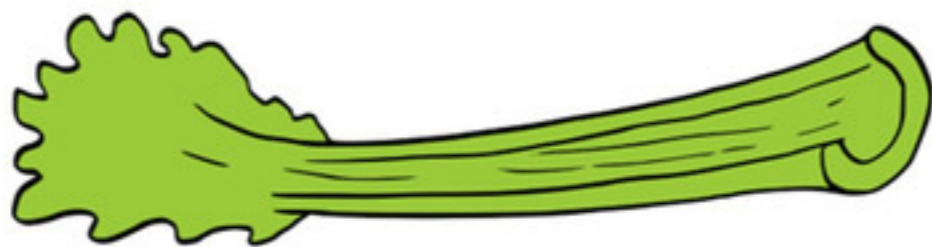
U.S. Department of Agriculture

HHS

U.S. Department of Health & Human Services

DIETARY GUIDELINES FOR AMERICAN

Scientific evidence that aids the federal government in creating and sustaining food programs including lunch menus for schools



meal planning

- Complete worksheet #2 – Two Day Meal Planning
- Remember that each meal/snack should be balanced using the 40-30-30 method
- Share meal ideas as a class

TWO DAY MEAL PLAN

Name: _____ Date: _____ Class: _____

Directions: Utilizing your knowledge of carbohydrates, proteins, and fats, create a two day meal plan that balances the three macronutrients throughout each day. Each plan should include breakfast, lunch, one snack, and dinner.

DAY 1		DAY 2	
Breakfast		Breakfast	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	