

UNIT 2: Healthy Eating Name: _____

Textbook: Food for Today

Chapter 1 & 2: Our Food Needs and Why People Eat the Food They Do

Pages: 2-25

Chapter 1 – Our Food Needs

- Food supplies your body with the nutrients it needs to help it grow and become strong.
- Food is also important for your overall physical, emotional, and intellectual health and well-being
- Wellness is a philosophy that encourages you to take care of your physical, social, emotional, and intellectual health.
- Food fulfills your psychological needs by making you feel secure or free from hunger.
- Meals shared with family, friends, and other social groups provide you with a sense of belonging and enjoyment.
- Shared food shopping, preparation, and eating together strengthen family relations.
- Food satisfies your senses and gives you enjoyment.

1. What is nutrition? Describe 3 health benefits of practicing food nutrition? (4)

2. What is wellness? What are 4 things you can do to improve your overall health and wellness? (5)

3. Define psychological needs. Give an example of 2 food related psychological needs that people have. (3)

4. How can food provide a sense of belonging? (1)

Chapter 2 – Why People Eat the Foods They Do

- Your family has had the greatest influence on your food choices, customs, and the way foods are prepared.
- Friends are often the first to introduce you to new foods.
- Media reports on food and nutrition, and you adjust your food choices according to new knowledge. Television cooking shows, recipes and food articles in magazines and newspapers, and advertising also influence your food choices and may inspire you to become more creative with the foods you eat.
- Families use different resources to obtain and provide the foods they need and want.
- Modern technology has enabled foods to be preserved, shipped around the world, and packaged as ready-made meals.
- Lifestyle, personal values and priorities, and emotions influence your food choices.
- A person's culture, which includes his or her geography, heritage, and religion, affects the foods he or she eats and how they are prepared, served, and eaten.
- Historically, cultural groups were limited to their food choices because of where they lived and the amount of fuel that was available to cook the food. Later, economics determined what different social classes could afford to eat. With the advent of the European explorers, different foods and customs were exchanged between the Eastern and Western Hemispheres. Improved transportation made the exchange of foods and customs even easier. Today, they are shared worldwide.

1. Define the term culture. Make a list of the cultural backgrounds of the students in your class (group). For each one, list a food eaten as part of the culture. (5)

2. What is a resource? Make a list of resources that are involved in obtaining food. Which ones do you use? (3)

3. What are 3 aspects of culture? (3)

4. What is lifestyle? How can lifestyle influence a person's food choices? Give 2 examples. (4)

5. How did geography affect food customs in the past? Why does it have less influence today? Give 2 examples. (4)

6. How does religion affect food choices? Give 2 examples. (3)

ALL ABOUT SNACKS

Are snacks bad for you?

No. Your body needs many nutrients everyday in order to function efficiently. The only place your body can obtain these nutrients is from the food you eat. Because adolescents are in a period of rapid development and growth, it is very difficult for them to obtain all the nutrients their body needs from just three meals a day. Snacking can prove to be beneficial if you know what snack to choose.

Aren't hamburgers bad for you?

No. Hamburgers supply you with protein (meat patty), energy (bun), and nutrients (lettuce, tomato, cheese). Therefore, when you spend some of your days calories on a hamburger your body is getting many nutrients in return for the calories you have spent. The same thing applies to pizza, sandwiches, chili and milkshakes. These are called **Expensive Snacks**. Expensive does not refer to the money it costs but rather the caloric cost. These snacks are high in calories, but they also contain many essential nutrients.

Do all snacks have nutrients?

No. Other snacks can cost just as much as an expensive snack in terms of the calories you spend but unlike the expensive snacks your body does not get any nutrients along with the calories; these are **Empty Snacks**. They are called empty because they are empty of nutrients. Soft drinks, chocolate, sugar cookies, chocolate chip cookies, candy, doughnuts, pop and alcohol are empty snacks that should be avoided.

Can anybody snack?

Yes. There are some snacks that are lower in calories but still contain essential nutrients. These are **Bargain Snacks**. They are a bargain not because they are inexpensive but because you get many nutrients and only need to spend a few calories. Bargain snacks include: fruits, raw vegetables, unsweetened juices, and low fat dairy products. These are the types of snacks to turn to when considering your daily caloric intake.

There are a variety of snacks around to tempt you. Make sure you know what you are getting when you spend calories on a snack.

A WORD ABOUT SNACKS

Many teenagers need to snack between meals to satisfy their hunger and to meet their needs for energy and other important nutrients. Naturally, food eaten between meals is considered a part of the day's intake of food.

Take a minute to think about your snacks. Are they so sweet or filling that they kill your appetite for the next meal? Do they have lots of "empty" calories with very little good food value? If your answer is "yes" maybe you need to wise up on snacks.

Here is how you can identify a good snack. A good snack is any food that helps to meet your daily food requirements for vitamins, minerals, and energy without adding too many extra calories. It gives you the feeling that you are still looking forward to the next meal. Fruits, vegetables, whole-grains, milk and milk products fit the definition of good snacks.

Is it possible for the calorie-watcher to go right on nibbling? Yes, if the snacks are chosen wisely. Those wisely chosen are high in food value, but low in calories. Count snacks as a part of your daily food intake. This is especially important if you watch your calories.

Snack Questions

1. Compare and contrast the differences between Expensive Snacks, Empty Snacks and Bargain Snacks. (3)
2. Give 2 examples of an Expensive Snack that was not used above. (2)
3. Give 2 examples of Empty Snacks that was not used above.(2)

4. Give 2 examples of Bargain Snacks that was not used above. (2)

FRESH FRUITS & VEGETABLES

are usually low in calories and fat and have no cholesterol, making them healthy additions to our diets. Most fruits and vegetables are excellent sources of fiber as well as starch, vitamins and minerals.

VITAMINS & MINERALS FOUND IN PRODUCE

Vitamin A: apricots, cantaloupes, honeydews, nectarines, plums, watermelon, broccoli, carrots, greens, winter squash, sweet potatoes and tomatoes

Vitamin E: apples, apricots, nectarines, peaches and greens

Vitamin C: apples, blackberries, cantaloupes, honeydews, nectarines, peaches, pears, plums, raspberries, strawberries, watermelon, asparagus, snap beans, broccoli, cabbage, cauliflower, greens, leafy lettuces, onions, bell peppers, summer squash, winter squash, sweet potatoes and tomatoes

Thiamine: cantaloupes, honeydews, watermelon and corn

Riboflavin: broccoli and sweet potatoes

Niacin: potatoes

Vitamin B-6: watermelon, potatoes and sweet potatoes

Folate: asparagus, broccoli, cauliflower, corn, leafy lettuces and greens

Calcium: broccoli and greens

Magnesium: broccoli

Iron: apricots

Copper: potatoes, sweet potatoes and greens

Potassium: apricots, cantaloupes, honeydews, nectarines, peaches, pears, watermelon, asparagus, beans, cauliflower, corn, potatoes, winter squash, sweet potatoes and tomatoes

Dietary Fiber: apples, apricots, blackberries, nectarines, peaches, pears, raspberries, strawberries, snap beans, broccoli, cabbage, carrots, potatoes, winter squash, sweet potatoes and tomatoes

ENERGY IN FOOD

Calorie

The calorie is a pre-SI unit of energy, in particular, heat. However, it also remains in common use as a unit of food energy. It was first defined by Professor Nicolas Clément in 1824 as a kilogram-calorie, and this definition entered French and English dictionaries between 1841 and 1867.

When people talk about the calories in food, what do they mean? A calorie is a unit of measurement - but it doesn't measure weight or length. A calorie is a unit of energy. When you hear something contains 100 calories, it's a way of describing how much energy your body could get from eating or drinking it.

How Many Calories Do Kids Need?

Kids come in all sizes and each person's body burns energy (calories) at different rates, so there isn't one perfect number of calories that a kid should eat. But there is a recommended range for most school-age kids: 1,600 to 2,500 per day.

When they reach puberty, girls need more calories, but they tend to need fewer calories than boys. As boys enter puberty, they will need as many as 2,500 to 3,000 calories per day. But whether they are girls or boys, kids who are active and move around a lot will need more calories than kids who don't.

Most kids don't have to worry about not getting enough calories because the body - and feelings of hunger - help regulate how many calories a person eats. But kids with certain medical problems may need to make sure they eat enough calories. Kids with cystic fibrosis, for instance, have to eat high-calorie foods because their bodies have trouble absorbing the nutrients and energy from food.

Why Calorie Control is Difficult

Overeating, that is eating too many calories, is the prime cause of weight gain and ultimately obesity. Contributory factors to excessive energy intake include: (1) Over-consumption of calorie-dense foods - typically high in fat and/or high in sugar - which are very easy to digest even when you are not hungry. (2) Eating too many high-GI foods - such as refined white flour snacks - which can cause appetite swings, food cravings and makes calorie control more difficult. (3) Eating too few calories during the day which can lead to a severe drop in blood glucose and consequent binges in the evening. Very-low-energy-diets (VLEDs) can also cause binge eating if not medically supervised. (4) Heavy drinking of alcoholic drinks - empty-calorie foods - which increase energy intake without contributing nutrition. (5) A stressful or unhealthy lifestyle leading to reduced energy expenditure or calorie-burning. (6) Family get-togethers and holidays are a common excuse to exceed our food energy needs.

Are Calories Bad for You?

No, almost all foods and drinks contain calories. Some foods, such as lettuce, contain few calories. (A cup of shredded lettuce has less than 10 calories.) Other foods, like peanuts, contain a lot of calories. (A half of a cup of peanuts has 427 calories.)

You can find out how many calories are in a food by looking at the nutrition facts label. The label also will describe the components of the food - how many grams of carbohydrate, protein, and fat it contains. Here's how many calories are in 1 gram of each:

- carbohydrate - 4 calories
- protein - 4 calories
- fat - 9 calories

Scientists have determined that carbohydrates and proteins in their purest forms provide 4 calories per gram, whereas fat provides 9 calories per gram. Notice that fat has more than twice the number of calories per gram as either of the other energy-producing nutrients.

Health experts recommend that you get less than 30 percent of the calories you take in from fat, approximately 55 percent from carbohydrates, and a least 12 to 15 percent from protein. This ratio provides the healthiest balance of the three nutrients.

For instance, Julie, who needs about 2200 calories a day, should get less than 660 of those calories from fat (fat $2200 \times 0.3 = 660$). How many grams of fat will supply 660 calories? Since there are 9 calories in 1 gram of fat, divide 660 by 9 and the answer is about 73 grams. If Julie eats a fast-food double cheeseburger and fries for lunch (about 47 grams of fat), she will need to eat lower-fat choices the rest of the day to stay under 73 grams of fat.

How the Body Uses Calories

Some people mistakenly believe they have to burn off **all** the calories they eat or they will gain weight. This isn't true. Your body needs some calories just to operate - to keep your heart beating and your lungs breathing. As a kid, your body also needs calories from a variety of foods to grow and develop. And you burn off some calories without even thinking about it - by walking your dog or making your bed.

But it **is** a great idea to play and be active for at least 1 hour a day. That means time spent playing sports, just running around outside, or riding your bike. It all adds up. Being active every day keeps your body strong and can help you maintain a healthy weight. Watching TV and playing video games doesn't burn many calories at all, which is why you should try to limit those activities to. A person burns only about 1 calorie per minute while watching TV, about the same as sleeping!

Questions about Calories

1. A calories is a unit of _____.
2. School aged kids should consume anywhere between _____ to _____ calories a day.
3. Someone who is _____ will need to eat more calories.
4. Describe 3 reasons some people consume too many calories? (3)

5. How many calories in one gram of protein? Fat? and Carbohydrate? (3)

6. How many calories do you burn while watching TV for 30 minutes?

HEALTHY SNACKING

R	E	X	D	S	O	X	P	P	W	A	G	G	S	E	Z	B	S
S	M	P	V	L	R	I	I	L	H	I	P	F	T	M	U	T	D
C	G	T	A	E	A	M	Z	O	O	U	V	P	D	T	O	D	L
N	A	Y	R	G	N	L	Z	N	L	K	C	C	L	R	B	N	P
H	H	U	N	A	G	I	A	O	E	X	K	K	R	E	I	L	U
I	D	X	L	B	E	A	P	I	G	B	T	A	Q	F	V	U	V
S	T	V	O	I	K	R	S	J	R	E	C	C	F	L	S	I	N
M	C	U	K	B	F	T	R	M	A	N	S	U	F	R	U	I	T
K	L	I	M	S	A	L	O	Z	I	S	M	E	N	H	V	E	C
V	W	B	W	Z	T	J	O	H	N	X	R	U	E	H	T	A	E
J	S	J	Z	H	F	D	Y	W	S	Y	U	E	C	H	N	C	K
R	S	E	L	B	A	T	E	G	E	V	K	E	K	T	C	Z	V
L	G	A	L	M	O	N	D	S	H	R	L	W	A	C	M	R	H
S	T	R	A	W	B	E	R	R	I	E	S	L	H	M	A	K	G
I	W	S	A	P	Z	K	F	J	R	H	O	T	E	Q	L	R	S
M	N	N	E	P	S	G	B	Y	I	U	T	R	U	G	O	Y	C
Z	J	A	C	P	E	J	B	A	P	E	B	B	Y	P	D	T	G
B	S	B	M	Z	I	S	F	E	L	X	D	E	P	Q	U	W	S

ALMONDS

APPLE

BAGELS

CANTALOUPE

CARROTS

CAULIFLOWER

CELERY

CHEESE

CRACKERS

FRUIT

GRAPES

MILK

MUFFIN

ORANGE

PEAS

PIZZA

STRAWBERRIES

TRAILMIX

VEGETABLES

WHOLEGRAINS

YOGURT



Canada's Food Guide has CHANGED!! (30 marks)

Go to <https://food-guide.canada.ca/en/> or simply Google: Canada Food Guide 2019. Read through the website. Please note 15 things that the Food Guide is recommending and DESCRIBE what that means. Look through the whole website!

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.