

What did you eat yesterday?

Ask your classmate:

1. Did you eat broccoli yesterday?
2. Did you eat chicken yesterday?
3. Did you drink milk yesterday?
4. Did you eat beans yesterday?
5. Did you eat eggs yesterday?
6. Did you drink coffee yesterday?
7. Did you eat pizza yesterday?
8. Did you eat a banana yesterday?
9. Did you eat yogurt yesterday?
10. Did you eat rice yesterday?
11. Did you eat bread yesterday?
12. Did you eat salad yesterday?
13. Did you eat fish yesterday?
14. Did you eat an apple yesterday?

Name _____

Date _____

What do you know about Nutrition?????

Read the questions. Write "True" or "Not true."

1. Women should have 800 calories every day. _____
2. Fat is ALWAYS bad. Try not to eat it. _____
3. Nuts can be a healthy food. _____
4. Protein is a good energy food. _____
5. Spinach has a lot of protein. _____
6. Milk has a lot of calcium. _____
7. Beans have a lot of protein. _____
8. Some fruits have a lot of vitamin C. _____
9. White rice and brown rice are the same for your health. Only the color is different. _____
10. We don't need to eat fiber. _____
11. Apples have a lot of calcium. _____
12. Baked potatoes are better than French fries. _____
13. People with diabetes should not eat sugar. _____
14. Milk has a lot of vitamin C. _____



Healthy Eating

Work with a partner. Write foods for each group.

Grains	Vegetables	Fruits	Milk (and other calcium food)	Meat & Beans (and other protein food)
<i>Brown rice</i>	<i>Carrots</i>	<i>Apples</i>	<i>Yogurt</i>	<i>Chicken</i>
Eat 6 oz. every day	Eat 2.5 cups every day	Eat 2 cups every day	Get 3 cups every day	Eat 5.5 oz. every day

Carla's Food Diary

Monday	Tuesday	Wednesday
Breakfast Coffee Donut Lunch Hamburger French Fries Diet Coke Snack Apple Dinner Fried Fish White Rice Broccoli Ice Cream	Breakfast Coffee Donut Lunch Grilled Cheese Sandwich (White Bread) Apple Pie Coke Snack Candy Dinner Pizza Orange Juice	Breakfast Bagel with Butter Coffee Lunch Cheese Burrito Coke Snack Chocolate Dinner Sautéed mixed vegetables with chicken White Rice Cookies Apple Juice

1. Circle the Healthy foods that Carla ate.
2. Look at the Food Pyramid. Talk about Carla's food diary with your teacher and classmates.

Carla eats too much _____.

Carla should eat more _____.

Carla's *Healthy* Food Diary

Monday	Tuesday	Wednesday
Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch
Dinner	Dinner	Dinner

What do our bodies need?

Our bodies need many things to be healthy.

We need **calories**. Calories give us energy. All food has calories. Only water, coffee and tea have no calories.

If we eat too many calories we will get fat. If we don't eat many calories, we will lose weight.

Our bodies use calories all the time. Even when we are sleeping, we are using calories. Exercise or physical activity uses more calories than sleeping.



Jo is a postal worker. She walks all day.



May works in an office. She sits all day.

Who needs more calories (Jo or May)? Why?

Look at the chart. How many calories do you need?*

	Age	Not Active I do not exercise.	Moderately Active I exercise 30 minutes every day.	Active I exercise more than 30 minutes every day.
Women	14–18	1,800 calories	2,000 calories	2,400 calories
	19–30	2,000 calories	2,000–2,200 calories	2,400 calories
	31–50	1,800 calories	2,000 calories	2,200 calories
	51+	1,600 calories	1,800 calories	2,000–2,200 calories
Men	14–18	2,200 calories	2,400–2,800 calories	2,800–3,200 calories
	19–30	2,400 calories	2,600–2,800 calories	3,000 calories
	31–50	2,200 calories	2,400–2,600 calories	2,800–3,000 calories
	51+	2,000 calories	2,200–2,400 calories	2,400–2,800 calories

*This is a guide. Talk to your doctor or health care worker about what is right for you.

Carbohydrates give our bodies energy. We need some carbohydrates every day.

Meat has no carbohydrates. What foods have a lot of carbohydrates?

1. *Potatoes*

4.

2.

5.

3.

6.



Some carbohydrates are not healthy. We shouldn't eat too many "refined" carbohydrates. For example, foods made from white flour are not very healthy. What foods have white flour?

1. *White bread*

4.

2.

5.

3.

6.



Sugar is also a carbohydrate. We shouldn't eat too much sugar. What foods have a lot of sugar?

1. *Cake*

4.

2.

5.

3.

6.



Healthy carbohydrates are called "complex carbohydrates." What are some healthy carbohydrates?

1. *Brown rice*

4.

2.

5.

3.

6.



Our bodies also need **protein** every day. Protein helps our bodies grow. Babies and children need protein to grow tall. Everybody needs protein to build and repair body tissues and organs. For example, your brain needs protein. Your hair needs protein, too.

Vegetables have a little protein. What foods have a lot of protein?

1. *Fish*

4.



2.

5.

3.

6.

Our bodies need some **fat** every day. Fats help us to use some vitamins. But we shouldn't eat too much fat.

Fruit doesn't have any fat. What foods have a lot of fat?

1. *Ice cream*

4.



2.

5.

3.

6.

Some fats are healthier for our body. What are some healthy fats?

1. *Olive oil*

4.



2.

5.

3.

6.
