Objectives

- **Describe** the Dietary Guidelines for Americans.
- **Describe** the food groups represented by the Food Guide Pyramid.
- **Explain** how to read a Nutrition Facts label.
- **Describe** the difference between a serving size and a portion size.

Chapter menu Resources

Chapter 8 Lesson 3 Making Healthy Choices

Start Off Write

How can the Nutrition Facts label help you make healthy choices?

Chapter menu Resources

The Dietary Guidelines

- **What Are the Dietary Guidelines?** The dietary Guidelines for Americans are a set of suggestions that will help you develop healthy eating habits.
- **Remember Your ABCs** The guidelines ask Americans to remember the ABCs for health: Aim for fitness, Build a healthy base, and Choose sensibly.

Chapter 8 Lesson 3 Making Healthy Choices

Following these guidelines will help you build a healthy diet and healthy eating habits.

The Dietary Guidelines for Americans

Aim for fitness	Aim to stay at a healthy weight by being physically active every day.
Build a healthy base	Choose healthy foods by using the Food Guide Pyramid. Eat plenty of fresh fruits and vegetables.
	Keep foods safe to eat by cooking your food fully. Store foods properly by keeping cold foods cold and by refrigerating hot foods soon after you are finished with them.
Choose sensibly	Choose foods that are low in salt, sugar, and fat.

The Food Guide Pyramid

- **What Is the Food Guide Pyramid?** The Food Guide Pyramid is a tool that shows you what kinds of foods to eat and how much of each food you should eat every day.
- **Examining the Food Guide Pyramid** The Food Guide Pyramid on the next slide shows you the recommended number of daily servings for each group. It also shows the serving sizes for each food group.

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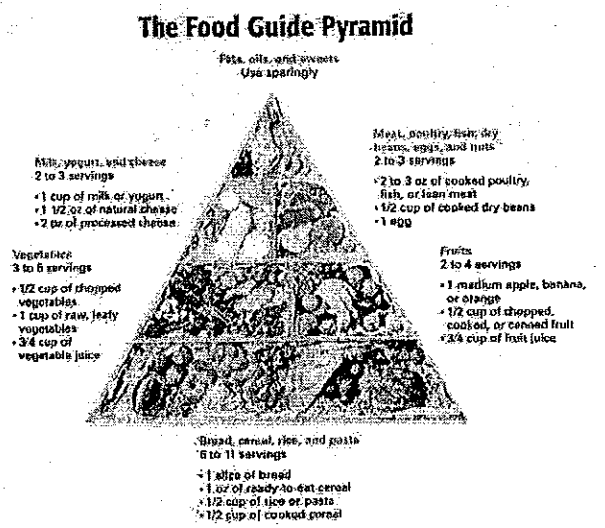
Chapter menu Resources

Chapter 8 Lesson 3 Making Healthy Choices



Chapter menu Resources

The Nutrition Facts Label

- **What Is the Nutrition Facts Label?** The Nutrition Facts label is a label found on the outside packages of food that states how many servings are in the container, how many Calories are in each serving, and the amount of nutrients in each serving.
- **Examining the Nutrition Facts Label** An example of a Nutrition Facts label is shown on the next slide. What kinds of information are included on the label?

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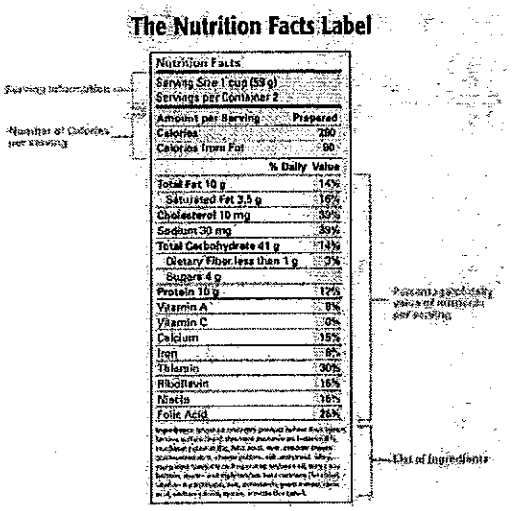
Chapter menu Resources

Chapter 8 Lesson 3 Making Healthy Choices

The Nutrition Facts Label



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What Is a Serving Size?

- **Serving Sizes** A serving size is a standard amount of food that allows different foods to be compared. The serving size as listed on the Nutrition Facts label is not necessarily the same as the serving size listed on the Food Guide Pyramid.
- **Portions** A portion of food is the amount of food a person wants to eat.

Chapter menu Resources

Objectives

- **Explain** why a healthy body image is important.
- **Describe** the relationship between body image and self-esteem.
- **List** three influences on your body image.
- **Identify** two strategies for building a healthy body image.

Chapter menu Resources

Chapter 8 Lesson 4 Body Image

Start Off Write

Who can influence your body image?

Chapter menu Resources

Seeing the Real You

- **What Is Body Image?** Your body image is how you feel about and see your body.
- **Accepting Yourself** Remember that your body image is how you choose to see your body. Remember to accept yourself for who you are!

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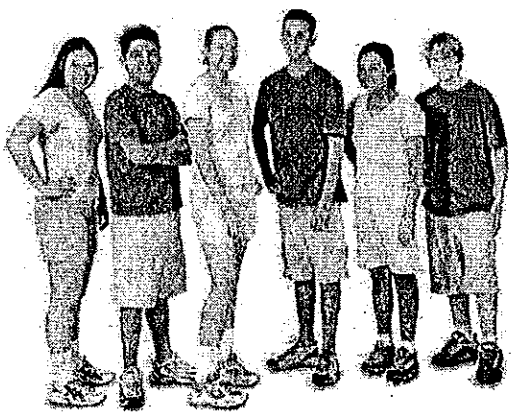
Chapter menu Resources

Chapter 8 Lesson 4 Body Image

As you can see, teens come in all sizes and shapes.



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Chapter menu Resources

Body Image and Self Esteem

- **Relationship Between Body Image and Self-Esteem** Your body image has an impact on how you feel about yourself as a person. In other words, your body image can affect your self-esteem.

End of Slide
Chapter menu Resources

Chapter 8 Lesson 4 Body Image

Healthy and Unhealthy Body Image

Healthy
- I like myself.
- I like my body.
- I can do many things.
- I am a nice person.
- I like to go out and try new things.

Unhealthy
- I think I am too fat.
- I don't like my body.
- I don't think many people like me.
- I think I should go on a diet.
- I don't like to go out and try new things.

Chapter menu Resources

Influences on Body Image

- **A Developing Body Image** This development continues because throughout your life, your body image will be influenced by several factors. These factors include the following:
  1. your family and friends
  2. your teacher and coaches
  3. the media

Chapter 8 Lesson 4 Body Image

Building a Healthy Body Image

- **Using "I" Statements** An "I" statement tells other people directly what bothers you about their behavior. An "I" statement can explain how you feel about the situation.

- **Using Positive Self-Talk** Positive self-talk is a way of encouraging yourself by saying positive statements to yourself.

This table gives more examples of positive self-talk and "I" statements.

Strategies for Building a Healthy Body Image

Situation	Strategy	Example
Your friend tells you that you need to fix your hair, but you already spent half an hour trying to make your hair look nice.	"I" statements	I appreciate your opinion, but I think that my hair looks fine.
You recently found out that you need glasses. You are not happy about having to wear them because you are worried about what other people may think about your appearance.	Positive self-talk	I shouldn't worry about what other people think. I need glasses, so I will have to wear them. I can pick out glasses that look good on me.

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