

**Enrichment Activity** *continued***Lesson: Making Healthy Choices**

Use the Food Guide Pyramid to create a meal plan for one week. Make sure to plan for 3 meals per day and a couple of healthy snacks. Make a chart to show your meal plan. Use a separate sheet of paper to sketch a chart and identify foods for your meal plan.

**Lesson: Body Image**

Use magazines, newspapers, and catalogs you have at home to make a collage that shows various body types. Your collage should show people of all shapes and sizes.

**Lesson: Eating Disorders**

Interview your school nurse to find out more information about eating disorders. After you have finished the interview, write a few paragraphs that summarize the interview. Below are some sample interview questions.

- What are the most common unhealthy eating behaviors among teens?
- Is overexercising a problem at our school?
- On average, how many students with eating disorders do you see per year?
- Are the majority of students with eating disorders boys or girls?
- What is the most common eating disorder at this school?
- What should a student do if he or she thinks another student has an eating disorder?

**Lesson: A Healthy Body, a Healthy Weight**

Go to the grocery store or a health food store and look for examples of fad diets. Make a list of the fad diets you find. Answer the following questions about each fad diet.

- What claims does the fad diet make?
- What products do you have to buy?
- How much does a one week supply of the product cost?
- Do you believe the claims being made?
- Is this a healthy diet?

**On a separate sheet of paper, write a paragraph that summarizes the answers for each fad diet you found.**

# The Nutrition Facts Label

Serving information

Number of Calories per serving

Nutrition Facts	
Serving Size 1 cup (59 g)	
Servings per Container 2	
Amount per Serving	Prepared
Calories	290
Calories from Fat	90
% Daily Value	
Total Fat 10 g	14%
Saturated Fat 3.5 g	16%
Cholesterol 10 mg	39%
Sodium 30 mg	39%
Total Carbohydrate 41 g	14%
Dietary Fiber less than 1 g	3%
Sugars 4 g	
Protein 10 g	12%
Vitamin A	8%
Vitamin C	0%
Calcium	15%
Iron	8%
Thiamin	30%
Riboflavin	15%
Niacin	15%
Folic Acid	25%
Ingredients: enriched macaroni product (wheat flour, niacin, ferrous sulfate [iron], thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), milk, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes), whey, margarine (partially hydrogenated soybean oil, water, soy lecithin, mono- and diglycerides, beta carotene [for color], vitamin A palmitate), salt, cornstarch, yeast extract, lactic acid, sodium citrate, spices, annatto (for color).	

Percentage of daily value of nutrients per serving

List of ingredients

7th

**Skills Worksheet**

**Cross-Disciplinary: Math**

**Lesson: The Nutrients You Need**

Look at the chart below, and answer the questions that follow.

**Nutritional Information**

Food Item	Nutritional Content
1 serving of cereal	24 grams of carbohydrates
3 cookies	8 grams of fat
24 pretzels	25 grams of carbohydrates
1 serving of rice	2 grams of fat
1 serving of noodles	7 grams of protein
1 gram of fat = 9 Calories    1 gram of carbohydrate = 4 Calories    1 gram of protein = 4 Calories	

1. How many Calories from fat are in three cookies?

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2. How many Calories from carbohydrates are in 24 pretzels?

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3. Which is more, the Calories from protein in 1 serving of noodles, or the Calories from fat in 1 serving of rice? Explain.

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4. Which is more, the Calories from carbohydrates in 1 serving of cereal or the Calories from fat in 3 cookies? Explain.

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