

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

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).	

Serving information

Number of Calories per serving

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?

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

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

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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Activity

Life Skills: Evaluating Media Messages

Lesson: Body Image

THE INFLUENCE OF THE MEDIA ON BODY IMAGE

Pick two television shows with teenage characters you like to watch. Watch one episode of each and then answer the questions below.

1. Which shows did you choose?

2. Describe the appearance of the teenage girls on the shows.

3. Describe the appearance of the teenage boys on the shows.

4. Do you think the shows encourage positive or negative body images for its teenage viewers? Explain.

5. Do you think television producers should try harder to portray people of all shapes and sizes? Explain.

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