L3: HOW CAN I EAT HEALTHY?

BIG QUESTION: How can I maintain a healthy balanced diet?

DO NOW: make a list of healthy foods and snacks. If you can include what nutrients each food contains.

LESSON OBJECTIVES: SWBAT

•Explain how the “Food Plate” can help them eat a healthy balanced diet.

•Create healthy meals that meet the USDA dietary guidelines.

• Healthy eating is an important part of every day life. It is important to get a variety of nutrients so that your body can maintain its daily functions.

Eating healthy does not have to be expensive, you can very easily rustle up a quick snack such as

“ants on a stick” or “apple and peanut butter”

These snacks are tasty and much cheaper than a bag of chips per serving.

They give you the energy and nutrients to keep you going until your main meal.

These snacks are much more rewarding and contain less sodium and are far more nutritious than a bag of chips.

The food plate is another way in which you can eat healthy.

It was designed to meet the USDA dietary requirements and make choosing healthy meals fun and easy.

THE FOOD PLATE

From the diagram you can see that there are 5 main food groups, which we should try to include in your daily diet.

FRUITS-GRAINS-PROTEIN-VEGETABLES-DAIRY

MEALS THAT MEET THE USDA DIETARY REQUIREMENTS

I eat a burrito everyday, which contains meat, cheese, beans, rice and salad. If I ate more fruit I would meet the requirements of the food plate.

HEALTHY EATING TIPS:

#1 Half of your food plate should contain a mixture of fruits and vegetables.

#2 Vegetables are best served crunchy; this requires little cooking, and they contain more nutrients.

#3 Get your protein intake from a variety of sources, not justmeat, vegetables also contain protein.

#4 Avoid meats that have added hormones and antibiotics. Try to buy organic, or farm raised meats.

#5 Avoid sugary food, instead of soda, try water with added fruit, such as a slice of lime or orange.

#6 Avoid refined sugars such as corn syrup, corn starch, they are much sweeter than natural sugar and could increase chances of diabetes.

#7 Eat whole grains, these contain a great source of energy, minerals such as iron and magnesium, vitamins; especially B vitamins which help your body process energy.

#8 buy fresh, avoid processed, packaged foods, they contain less nutrients and more preservatives and additives that are needed to keep the food edible. Simple ingredients are best.

#9 Eat small portions. Do not exceed your calorie requirements. Teens are required to eat between 1800-2400 calories daily.

I will submit activities as needed -Christian