

## UNIT 4: NUTRITION

### UNIT 4: REFLECTION FORM

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**REFLECT** <note: 3 parts>

#### **Part 1**

Complete the chart below to reflect on your meal by:

1. Identifying which category of macro- and/or macronutrients each item of your meal falls into. List all major ingredients (at least 3). At the end of the chart list your beverages and do your best to categorize them.
2. Describing the function of each macro- and micronutrient on the meal as it relates to your activity.

<b>Item</b>	<b>Macronutrients</b> (carbs, fats, protein; identify all)	<b>Function for Activity</b>	<b>Micronutrients</b> (vitamins, minerals; identify all)	<b>Function for Activity</b>
Item1 Chicken	<i>Protein, fats</i>	<i>Supports immune system, repairs body tissue, provide body with energy</i>	<i>Vitamins, B6, B12, Minerals zinc, and selenium</i>	<i>Boosts immunity, and supports red blood cell production</i>
Item2 Rice Noodles	Carbohydrates	Energy source in form of glucose	Selenium, phosphorus, manganese, copper	Protects against cell damage, helps maintain nervous and immune system
Item3 Eggs	Protein, fats	Supports immune system, repairs body tissue, supports cell functions	Phosphorus, calcium, potassium, zinc, iron, magnesium, vitamin A and E	Supports eye health, increase high-density lipoprotein levels
Item4 Garlic	Protein, Carbohydrates	Supports immune system, repairs body tissue, energy source in form of glucose	Vitamin C, E, zinc, iron, calcium, magnesium	Boosts function of immune system
Item5 Onion	Protein, Carbohydrates, fats	Supports immune system, repairs body tissue, energy source in form of glucose, supports cell functions	Vitamin C, B6, folate, potassium, manganese	Supports heart and bone health, and has anti-inflammatory effects
Item6 Broccoli	Protein, Carbs, Fats	Supports immune system, repairs	Calcium, iron, phosphorus, zinc,	Supports bone health, and

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		body tissue, energy source in form of glucose, supports cell functions	potassium, Vitamin K	promotes heart health
Beverages Water	Water	Distributes nutrients to our cells, and gets rid of waste in our body	Calcium, potassium, magnesium, Vitamin C	Restores fluids, lubricates joints and tissues, and helps digestion

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### Part 2

Use the space provided below to:

1. Suggest a food source that you would eat to make your meal complete if a macro- or micronutrient is missing from the meal you prepared.
2. Then, share how your meal choices make you feel in preparation for your LFIT activity.

### WRITE YOUR PART 2 REFLECTION BELOW:

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Looking at the micronutrients provided from my list of ingredients in my meal, it seems there is not enough vitamin D. Therefore, I would look into foods rich in vitamin D. This could include a glass of natural orange juice, or due to my obsession with oranges in general, I would go ahead and eat an entire orange! The meal I enjoyed was very filling and made me feel good about what I put into my body. It contained a range of macro and micronutrients needed to fuel me with energy for my LFIT activities.

(photo was included in my Lab 4!)