

Health

Quarter 2 – Module 2: Nutritional Guidelines



Health – Grade 7
Alternative Delivery Mode
Quarter 2 – Module 2: Nutritional Guidelines
First Edition, 2020

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Health

Quarter 2 – Module 2:

Nutritional Guidelines

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module highlights the importance of attaining holistic health. It also focuses on the need to develop all dimensions of one's health. Correct health information, a positive attitude, healthy practices will be discussed to help you attain and maintain holistic health. The language used recognizes your diverse vocabulary level. The lessons are arranged to follow the standard sequence of the curriculum guide. But the order in which you read them can be changed to correspond with the textbook you are now using.

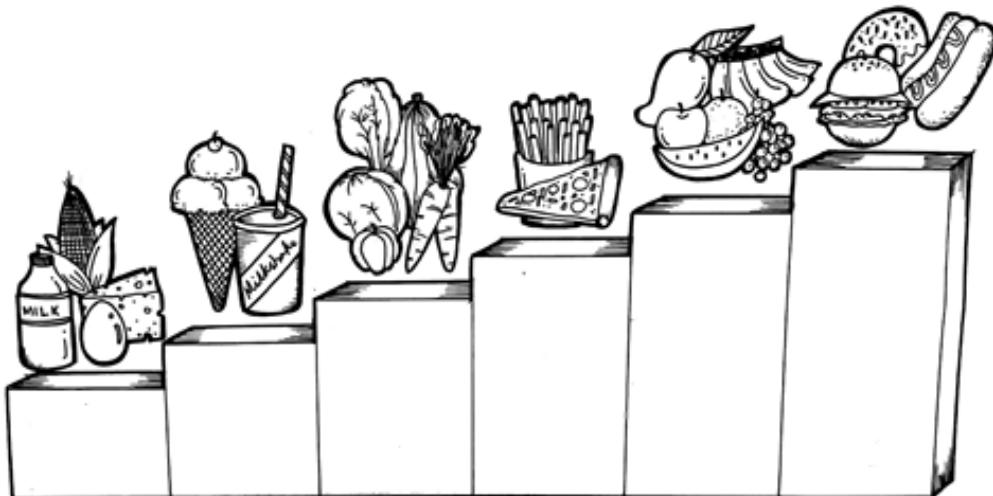
In addition, you will be exposed to activities that will help you develop/practice different life skills, such as critical thinking skills and decision-making skills to cope with changes during adolescence.

The module discusses the:

- Lesson 11: Healthful Eating Guidelines

After going through this module, you are expected to:

- follow the appropriate nutritional guidelines for adolescents for healthful eating.
 - explain the need to select food based on the nutritional needs during adolescence. (*N7N-IIb-c-21*)



with



What I Know

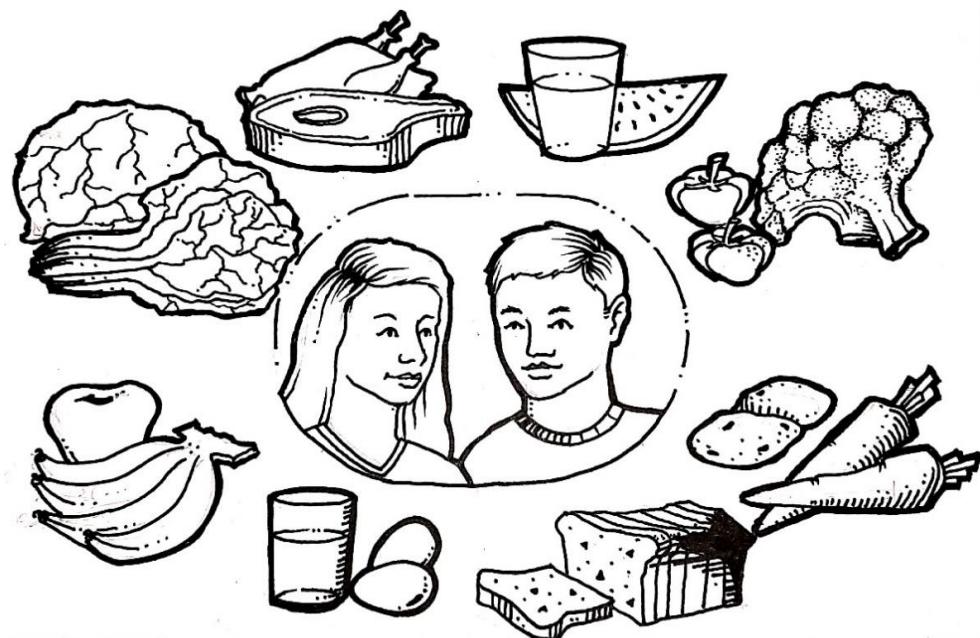
As you go through this learning material, you need to answer the pre-test which checks your prior knowledge and understanding of the appropriate nutritional guidelines for healthy eating. Varied activities to assess your understanding of the lessons will also be provided.

Directions: Write **TRUE** if the statement is correct and **FALSE** if it is wrong. Write your answer in your notebook.

- _____ 1. Good nutrition means eating the right amount of healthful foods.
- _____ 2. It is right to skip meals and eat a bulk when you are already hungry.
- _____ 3. Calories are units of heat that measure the energy used.
- _____ 4. Healthy eating requires strict dietary limitations and limiting yourself with the foods you love.
- _____ 5. Fruits and vegetables are foundation of a healthy diet.
- _____ 6. Fats are needed by the body to build healthy bones and teeth.
- _____ 7. Proteins give us energy to get up and keep us going.
- _____ 8. There are activities that do not require energy, so it is okay not to eat.
- _____ 9. It is necessary to limit sugar and salt to prevent cardiovascular disease and diabetes.
- _____ 10. Nutrients are substances in food that your body needs to grow, repair itself and supply you with energy
- _____ 11. Phytochemicals are chemical compounds found in meat.
- _____ 12. If you need to lose weight, it is a good idea to stick with a strict diet and lose weight very fast.
- _____ 13. Sugary soft drinks lead to diabetes.
- _____ 14. High-fat foods are good snacks because their energy lasts a long time.
- _____ 15. During adolescence, a person's body needs more nutrients to grow.

**Lesson
1**

Nutrition: Healthful Eating Guidelines



Nutritional needs vary for each stage of life, so it is important to eat a healthy diet through all life stages. Adolescence is one of the fastest growth periods in a person's life. The physical changes during this stage affect the body's nutritional needs. Changes in your lifestyle as an adolescent may also affect your food choices and eating habits.

Healthful eating can give us the chance to live longer and prevent lifestyle diseases. Following healthful eating guidelines will promote good health through proper nutrition. It is a simple message on what foods and food components are necessary for an adequate and balanced diet. Desirable food and nutrition practices and habits are encouraged.

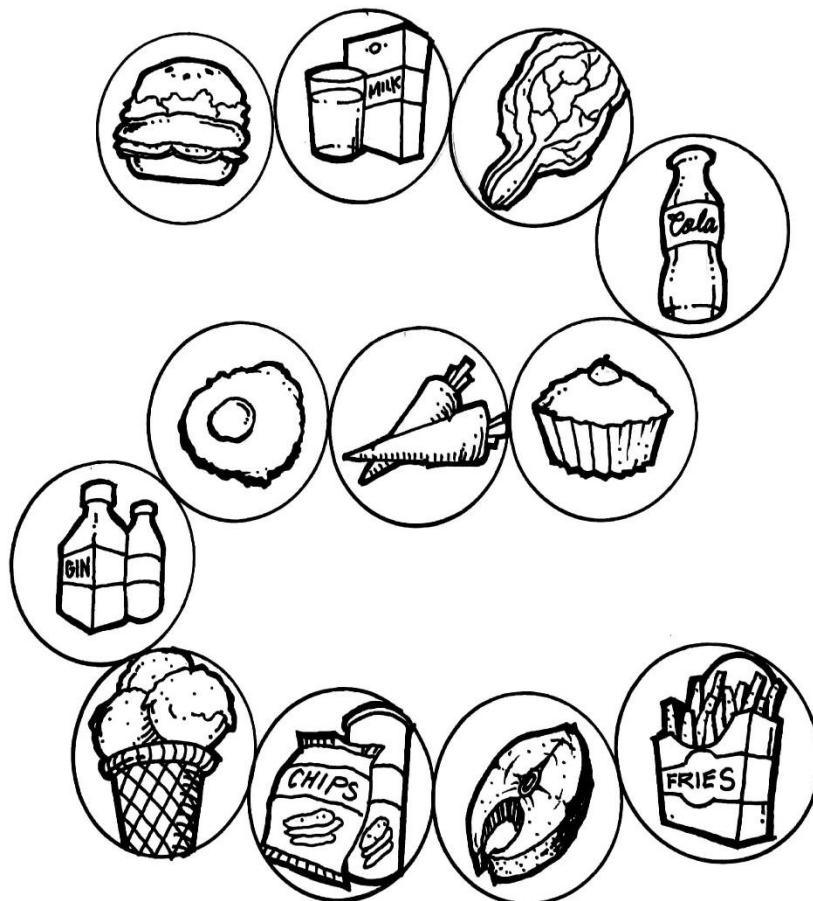


What's In

Activity 1: Color my world!

As an adolescent, do you know the foods needed by your body in order to become healthy? Let's find out!

Directions: Color the bubbles that contain food needed by a teenager in order to be healthy. Do this in a separate photocopied material given by the teacher.





What's New

Activity 1: Tell me more!

This activity will show your eating habits that may affect your overall health.

Directions: Draw a happy ☺ emoticon if the statement is something that you do and a sad ☹ emoticon if you do not practice it. Be honest with your responses. Do this activity in your notebook.

My practices	
I follow the right food for an adolescent like me.	
I maintain a healthy weight	
I eat go, grow and glow foods every day.	
I drink at least 8 glasses of water a day.	
I exercise regularly.	

How many happy emoticons do you have? If you have five happy emoticons, it means you are following good nutrition habits. If not, you need to review your habits and practices related to nutrition. Your health may suffer later if you continue to have poor food choices and poor eating habits. In this lesson, you will learn about healthy eating habits as well as good nutrition.



What is It

What is Nutrition?

Nutrition is the study of food in relation to the health of an individual, community or society and the process through which food is used to sustain life and growth.

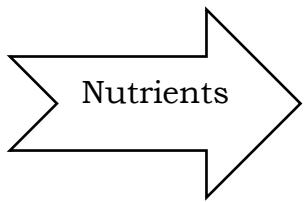
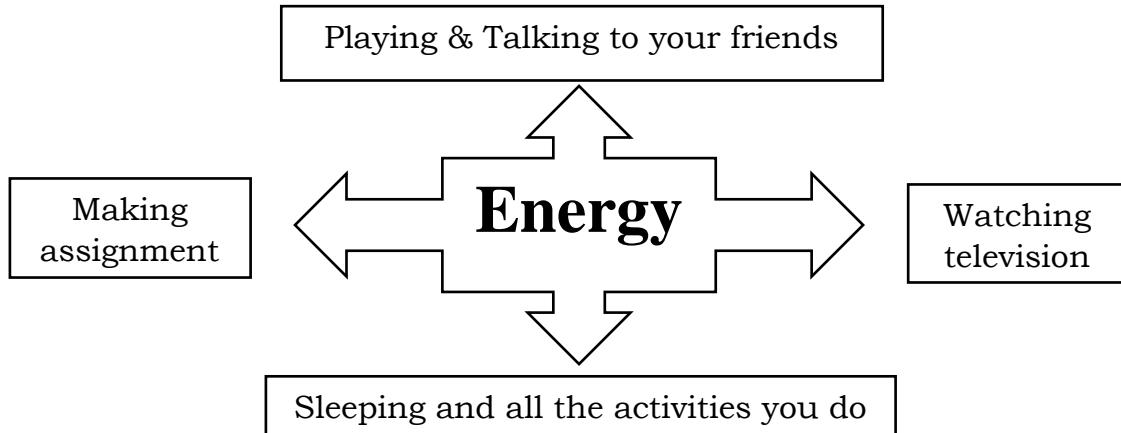
Food is a substance that fulfills our daily requirement for nutrition.

What is good nutrition?

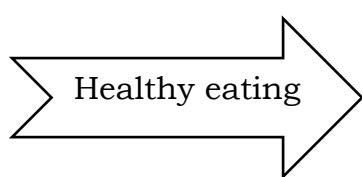
It means eating the right amount of healthful foods and not skipping meals. It provides you with the needed calories and nutrients for your maximum energy and wellness. You are what you eat! How you feel and how much energy you use to be active have a lot to do with what you eat.

How do we measure the energy used by the body?

Kilocalories or calories are units of heat that measure the energy used by your body and the energy that foods supply to the body. You need energy to fuel everything you do.



are substances in food that your body needs to grow, repair itself and supply you with energy. The foods you eat greatly affect your overall health including your ability to stay active, study and hang out with your friends.



is about feeling great, having more energy and stabilizing your mood. It is not about strict dietary limitations, staying unrealistically thin or depriving yourself of the foods you love. A healthy diet is the foundation of good health.



HEALTHY EATING TIPS

Limit sugar and salt.

Enjoy healthy fats and avoid unhealthy fats.

It's not what you eat, it's how you eat. Moderation is the key.

Eat clean and safe food. Do not skip meals.

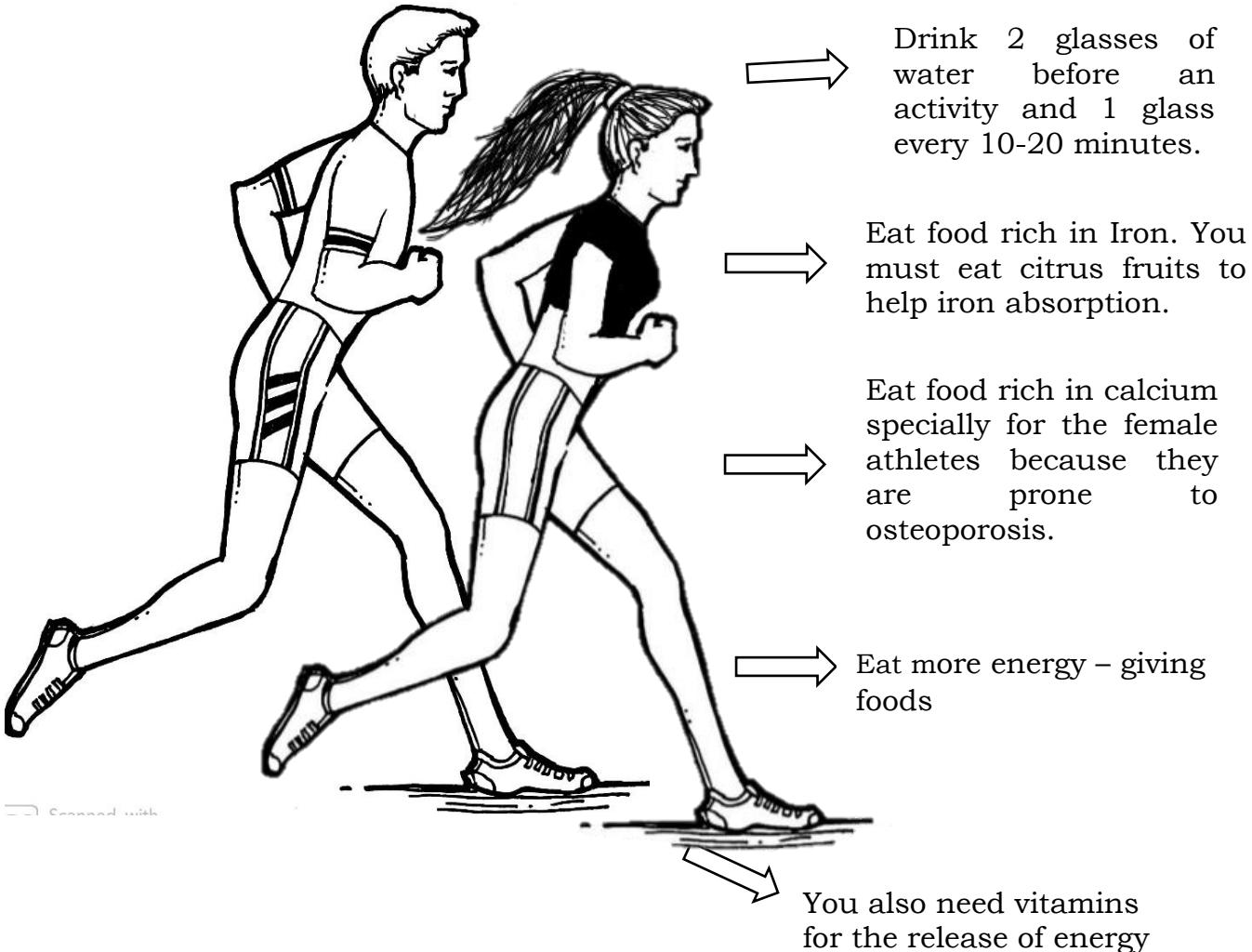
Add calcium for bone health, protein for energy and fiber to stay fit.

Set yourself up for success. Plan a healthy diet through small and manageable steps.

Eat colorful fruits and vegetables. They are low in calories but they are packed with vitamins, minerals antioxidants, and fibers.

Eat healthier carbohydrates and whole grains. They are rich in phytochemicals found in plants and antioxidants that prevent harmful diseases.

For an active adolescent



Drink 2 glasses of water before an activity and 1 glass every 10-20 minutes.

Eat food rich in Iron. You must eat citrus fruits to help iron absorption.

Eat food rich in calcium specially for the female athletes because they are prone to osteoporosis.

Eat more energy – giving foods

You also need vitamins for the release of energy

Active adolescent engages in physical activities like sports. During these activities, you perspire a lot and you lose some sodium. Usually, the salt in your diet replaces the salt loss. Excessive perspiration during strenuous physical activities removes the potassium, sodium, and calcium from the body. You can replace these by eating foods, such as vegetables, cereals, meat, dried fruits, and milk.



What's More

Activity 1: Check Your Daily Food Diet

It is important to be aware of the foods you eat every day. The next activity will help you analyze the foods you have taken in for a day. It will give you a clearer picture of your daily food diet.

Directions: List down all the foods and drinks you ate for breakfast, snacks, lunch, and dinner yesterday. Indicate also where you eat your meal in the column for source. Study your list and check if you followed the nutritional guidelines for a balanced diet. Do this activity in your notebook.

Meals	Foods to eat	Source: Place where you eat
Breakfast		
Snacks		
Lunch		
Snacks		
Dinner		

Answer the following questions:

1. Do you eat meals regularly?
2. What did you discover about the foods you eat?
3. Where do you usually eat your meals?
4. Were you able to follow most of the nutritional guidelines?
5. What do you plan to do now?

Since you are now responsible to decide for your own food choices, make the best choice and decision for your health. There are a variety of foods available. Select those that will provide the best nutrients for your proper growth, development and health. This is important for your lifelong wellness.

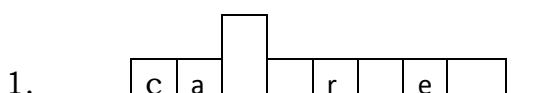
Poor meals are due to poor selection of food. Those high in fats and processed foods may lead to some health problems. Studies show also that most adolescent's diet needs proper attention due to the following findings:

- Protein consumption is higher than needed.
- Carbohydrate, fruit, and vegetable intake is too high.
- Fat intake is too much.
- Daily calcium intake is below than what is recommended

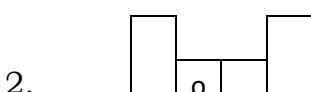
Activity 2: You complete me!

This activity will assess if you can still remember the important words in the lesson. Are you ready to match up?

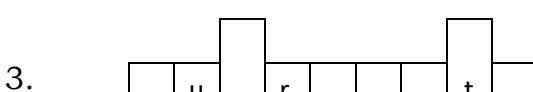
Directions: Supply the missing letters to get the correct answer. You can use the meaning beside the word as a clue. Write the answer in your notebook.



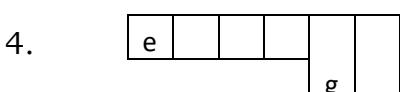
Units of heat that measure energy used.



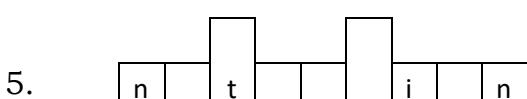
Substance that fulfills our daily nutrition.



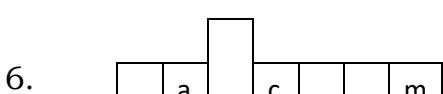
Substances in food that our body needs to grow.



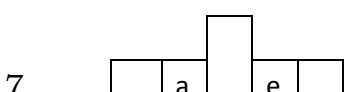
It fuels everything we do.



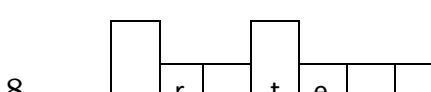
Study of food in relation to health.



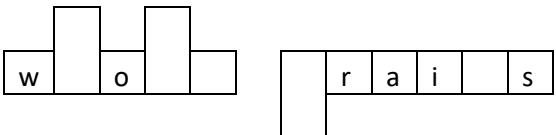
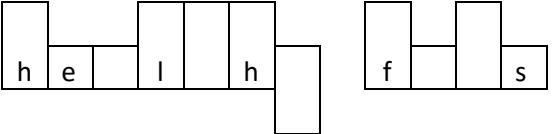
Key nutrient that builds strong bones and teeth



You need 568 ml of this before engaging in activity.



A nutrient that gives us energy to get up and go.

9.  Food that is rich in phytochemicals and antioxidants
10.  They nourish brain, heart, and cells. Kind of fats that are rich in omega 3

Activity 3: My Advocacy!

You may influence others through different strategies to develop a healthy eating habit. Advocacy materials would help your family, friends and schoolmates improve their healthy eating habits.

Directions: Prepare an advocacy material like a poster/poem/ song/blog to send a message about eating the daily required amount of vegetables, fruits, and milk. Please take note of the appropriate nutritional guidelines for adolescents for healthful eating. Please do this activity in your notebook or in a short bond paper.



What I Have Learned

To sum up what you have learned in this module, answer this activity.

Directions: Write your answers in your notebook.

Complete the statements below:

I discovered that my eating habit is _____

I am now aware that _____

As an adolescent, I need to eat _____

I learned that _____



What I Can Do

Activity 1: Can You Help?

Your daily diet needs to be carefully selected. Nutritional guidelines for adolescents will make it easy for you to choose a balanced diet. You need different nutrients to be sure that your body functions properly. You also need body building foods to accelerate growth and development. Your active life also requires more energy foods.

Directions: Read the situation below and answer the questions that follow. Write your answer in your notebook.

Time to read!

Like all teenagers, Caleb is also an active boy. He is a member of the school varsity team and about to compete for a championship game in the Provincial Sports meet. During his daily team practice, he perspires heavily and needs to drink water very often. After his morning practice, he usually feels too hungry during lunch.

1. Suggest a menu for Caleb's lunch with all the nutrients he needs as an active teenager.
2. Suggest foods that will replace the potassium, sodium and calcium lost due to too much sweating

Menu for Caleb's Lunch



Assessment

Directions: Write **TRUE** if the statement is correct and **FALSE** if it is wrong. Write your answer in your notebook.

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- _____ 2. It is right to skip meals and eat a bulk when you are already hungry.
- _____ 3. Calories are units of heat that measure the energy used.
- _____ 4. Healthy eating requires strict dietary limitations and depriving foods you love.
- _____ 5. Fruits and vegetables are foundation of a healthy diet.
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Additional Activities

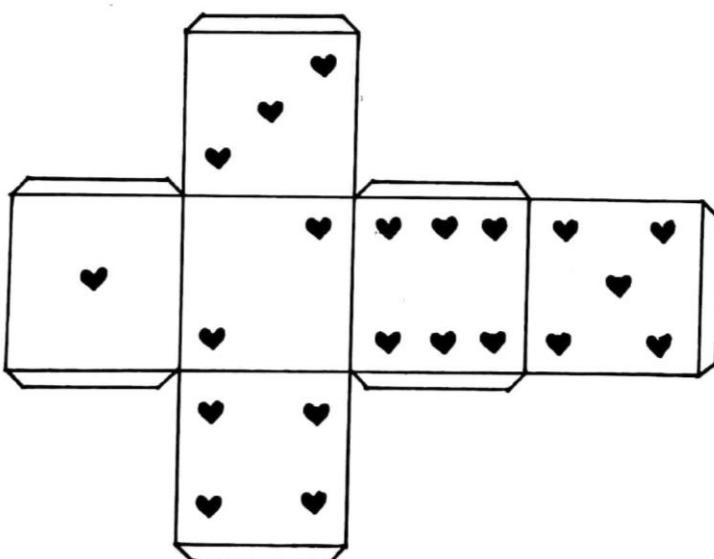
Activity 1: Snake and ladders

Healthy eating is vital for your future's health. Based on the traditional game of Snakes and Ladders, we use healthy foods to go up the ladder, and junk foods to go down the snake. Simple but gives you hours of fun while learning. You associate positivity with healthy foods and negativity with unhealthy foods.

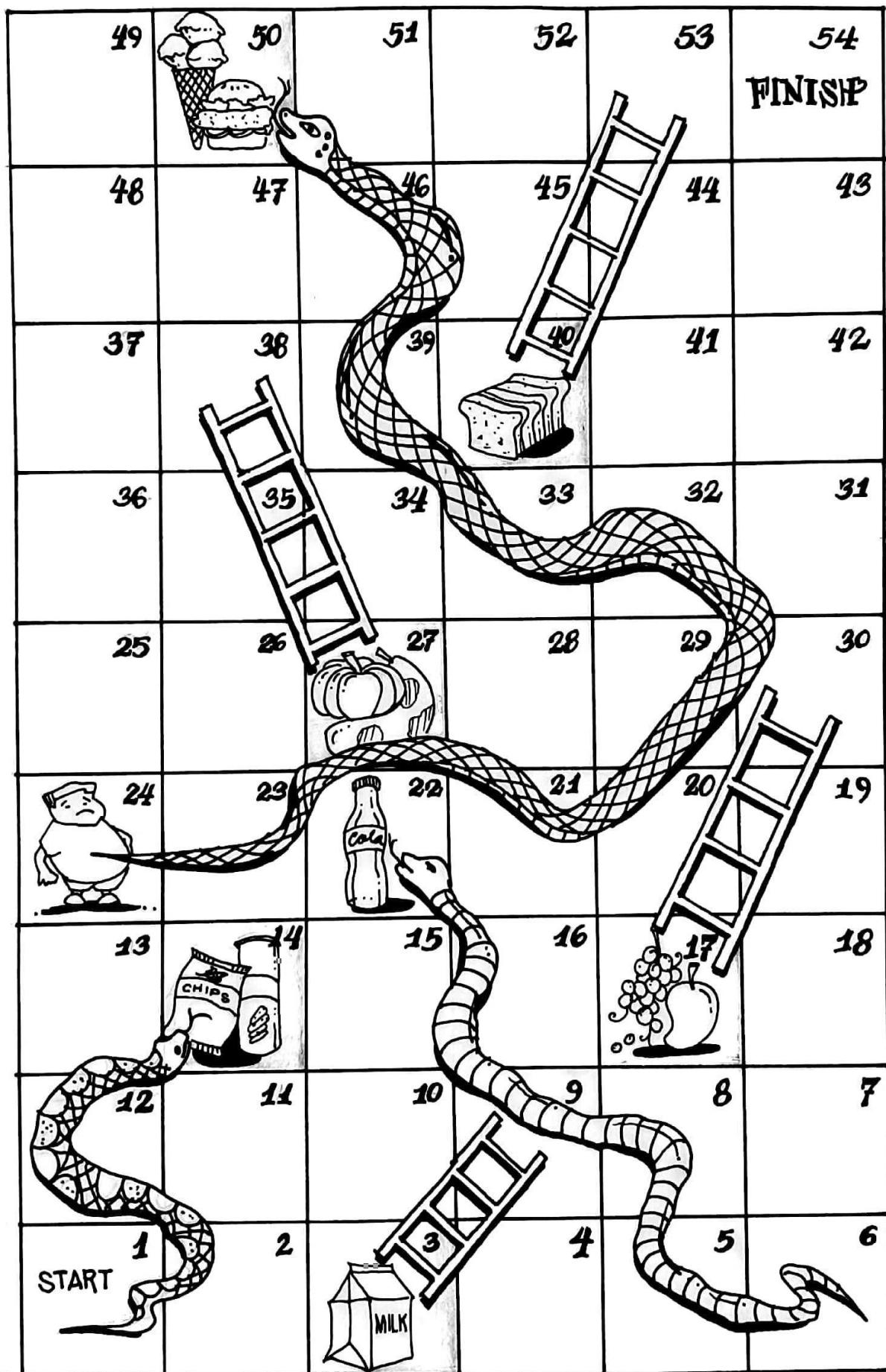
Mechanics: You have to choose a partner. They can be a member of your family like your brother, sister, or your parents.

- The first player to reach the end by moving across the board from square one to the last square will be the winner.
- You have to make an improvised dice marked 1, 2, 3, 4, 5, 6.
- To decide on who goes first, you must play "Jack en Poy"
- Roll the dice and move. Healthy foods and practices in squares will lead you upward while foods that are unhealthy in boxes where you landed will slide you downward. So, beware of those unhealthy foods and practices. Enjoy playing!

To make a dice follow these steps.



1. Trace this figure in a folder.
2. Cut the figure and fold to make a small box.
3. Copy the shapes in each box. You can draw heart or other fun shapes.





Answer Key

What's New		Assessment	What's More	Activity 1	Activity 2	Activity 3
Answers in activity may vary.	Answers in activity may vary.	Students will choose an activity from the given choices based on the student's skill or talent.	Answers may vary.	1. True 2. False 3. True 4. False 5. True 6. False 7. True 8. False 9. True 10. True 11. False 12. False 13. True 14. False 15. True	1. Calories 2. Food 3. Nutrients 4. Energy 5. Nutrition 6. Calcium 7. Water 8. Protein 9. Whole grains 10. Healthy foods	<p>What's In</p>

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1. Department of Education. *Physical Education and Health Learner's Material Grade 7*. Pasig City: Department of Education, 2017
2. Department of Education. *Physical Education and Health Teacher's Material Grade 7*. Pasig City: Department of Education, 2017
3. Plan International. *Health Self- Instructional Module for Open High School Program Grade 7*.

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