You Are What You Eat…

So, what exactly are you eating?

Before beginning:

1. On average, how many times do you eat at a fast food and/or chain restaurant in one week (pizza counts)?

2. Which restaurant do you go to and what do you usually eat when at your favorite restaurant?

3. How many calories & grams of fat do you think a meal at your favorite fast food/chain restaurant contains?

**Guessing Game: Estimate how many calories are in these foods.**

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| --- | --- | --- | --- | --- | --- |
| **McDonald’s** | **Calories:** | **Fat:** | **Burger King** | **Calories:** | **Fat:**  |
| Big Mac  |  |  | Whopper |  |  |
| McNuggets (10 piece) |  |  | Med. Fries  |  |  |
| M&M McFlurry |  |  | Chicken Tenders (8 piece)  |  |  |

4. Choose 5 of your favorite foods. On your worksheet, predict how many calories and grams of fat each food has. Then, go to the website <https://fastfoodnutrition.org/> and check your answers.

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| --- | --- | --- | --- | --- |
| Favorite Food | Prediction of Calories  | Actual Calories  | Predictions of Fats | Actual Fats |
| 1. |  |  |  |  |
| 2. |  |  |  |  |
| 3. |  |  |  |  |
| 4. |  |  |  |  |
| 5. |  |  |  |  |

**Nutrition and the Health of Young People:** <https://www.cdc.gov/healthyschools/nutrition/schoolnutrition.htm> Answer the following questions from the information you read in the online article.

1. List 3 benefits of eating healthy.

2. List 3 consequences of a poor diet.

3. If you eat fast food more than \_\_\_\_\_\_ time(s) a week, you are at increased risk for weight gain, being overweight, and obesity.

4. What percentage of daily calories for children & adolescents aged 2-18 years consist of empty calories?\_

**Nutrition Facts Label:** Click through the interactive food label to find the answers to each question. <https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/default.cfm>

1. Where is the first place you should look on a nutrition facts label?

2. Why is it important to look at the serving size and how many servings are in a package?

3. How many calories are considered high?

4. What does DV stand for?

5. The %DV is based on a typical diet of how many calories per day?

6. How many grams of fiber should you try to consume each day?\_

7. How many mg of sodium should you consume each day?

8. What is the minimum percent of vitamins A, C, Calcium, & Iron you should you try to consume each day?

9. Take the online quiz. <https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/quiz/>

What did you score?

**Choose my plate:** Answer these questions by visiting the website, [www.choosemyplate.gov](http://www.choosemyplate.gov) . Select the ‘my plate’ tab at the upper left hand corner.

1. What are the five main food groups?

2. How much of your plate should consist of fruit & vegetables?

3. About how many grapes are a serving?

4. What are the 5 subgroups of vegetables?

5. What makes beans & peas ‘unique’?

6. How protein should you consume each week?

7. About how much of your plate should consist of protein (look at the picture of the plate to answer this question)?

8. How many grains should you consume each day (you have to look at the chart to answer this)?

9. What is a refined grain? Are they good for you?

10. How much protein should you consume each day (you have to look at the chart to answer this)?

11. How many cups of dairy should you consume daily?

12. Give an example of what counts as a serving of dairy?

13. What are oils?

14. What is an ‘empty calorie’?

**Fast Food Time:** Use the links below to find 3 fast food restaurants that you enjoy. For each restaurant you will compose a meal. Write the total calories & fat next to each food you choose and then add up the whole meal at the end.

<https://fastfoodnutrition.org/>

<https://www.fastfoodmenuprices.com/nutrition/>

<https://www.yazio.com/en/foods/fast-food>

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| **Restaurant 1:**  |  |  |
| **Menu items Chosen:** | **Calories:** | **Fat:** |
| Meal 1: | Total Calories:  | Total Fat: |
|  |  |  |
| **Restaurant 2:**  |  |  |
| **Menu items Chosen:** | **Calories:** | **Fat:** |
| Meal 2: | Total Calories:  | Total Fat: |
|  |  |  |
| **Restaurant 3:**  |  |  |
| **Menu items Chosen:** | **Calories:** | **Fat:** |
| Meal 3: | Total Calories:  | Total Fat: |
|  |  |  |

**Reflection:**  Use the TDEE calculator to learn how many calories you burn every day. <https://tdeecalculator.net/>

1. What are your maintenance calories?
2. How many calories are you to consume per week?
3. Please list the macronutrient quantities given for a moderate carb intake suggestion.
	1. Protein:
	2. Fats:
	3. Carbs:
4. Now, create an accurate food log for a day that would add up to the exact numbers on your macronutrient intake suggestion.

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| --- | --- | --- | --- |
| **Food Choice:** | **Protein in grams** | **Fats in grams** | **Carbs in grams** |
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