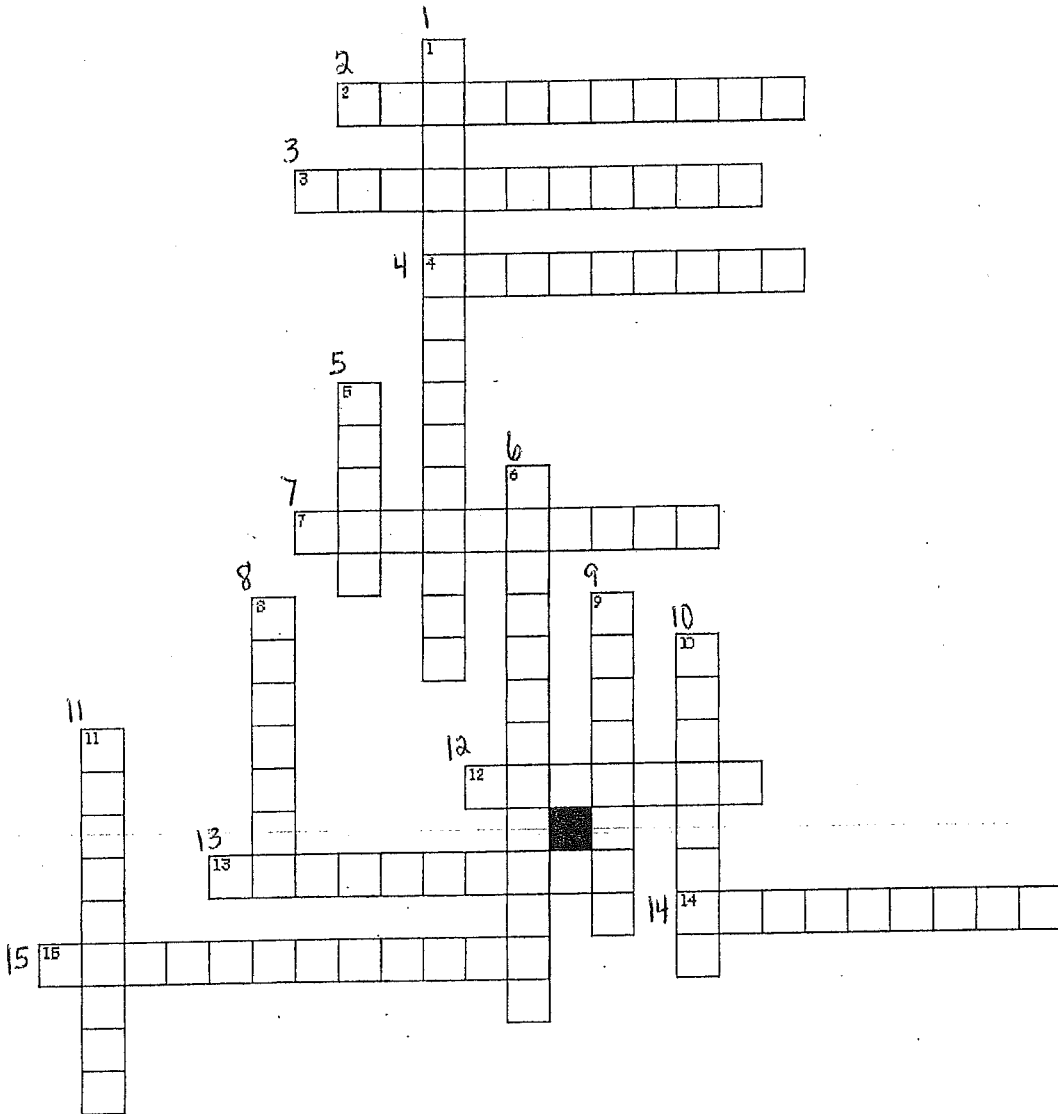


Nutrition



Across

- 2. waxy, fatlike substance
- 3. condition in which the body's immune system reacts to substances in foods
- 4. substances in food that your body needs to grow, repair, and supply energy
- 7. process by which body breaks down substances and gets energy from food
- 12. elements found in food that are used by the body
- 13. person who eats mostly or only plant based foods
- 14. process by which your body takes in and uses food
- 15. starches and sugars found in foods; body's main source of energy

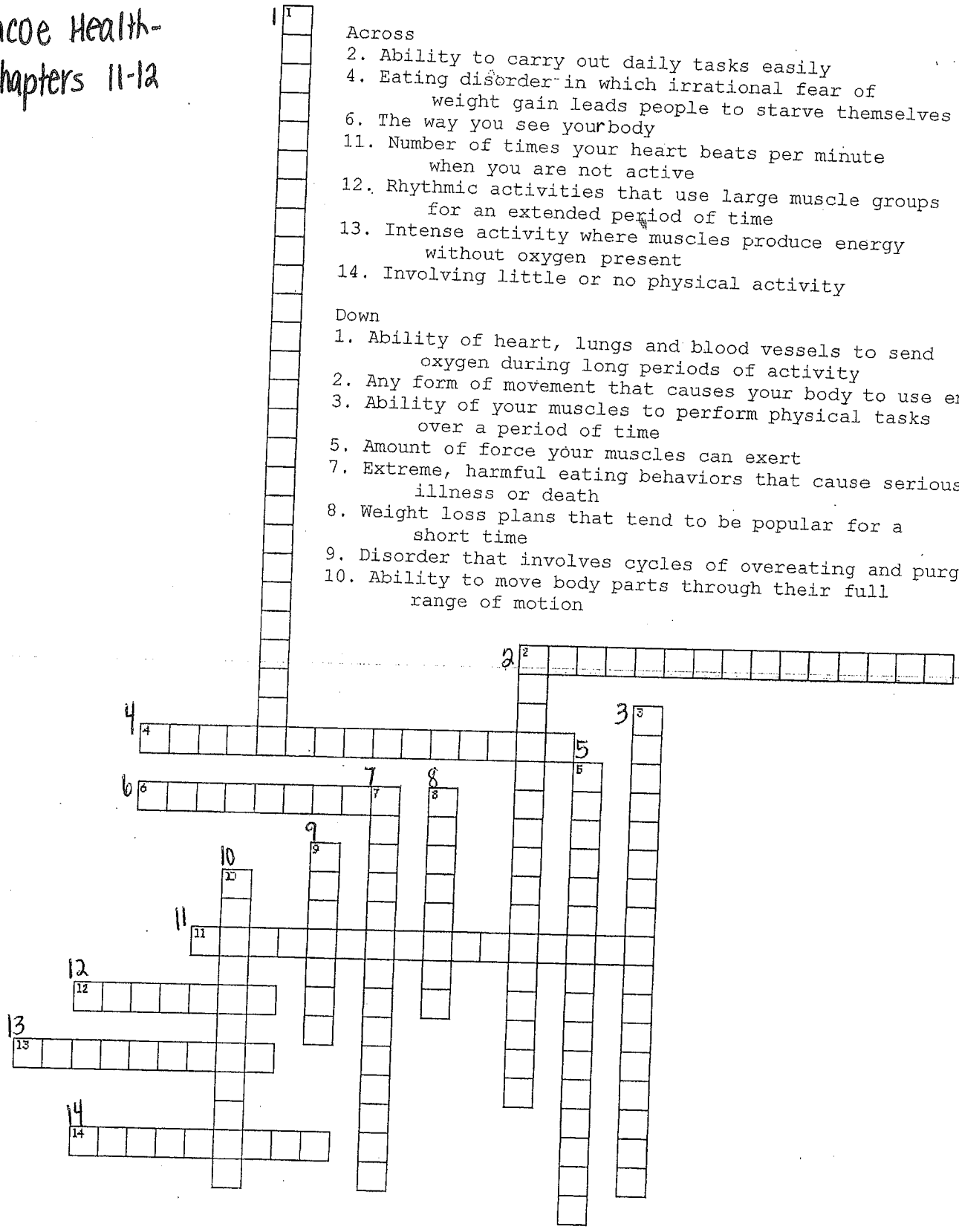
Down

- 1. negative reaction to food that doesn't involve the immune system
- 5. carbohydrate that the body cannot digest
- 6. substances added to a food to produce a desired effect
- 8. unit used to measure the energy found in food
- 9. nutrients the body uses to build and maintain cells and tissues
- 10. compounds found in food that help regulate many body processes
- 11. interactive guide to healthful eating and active living

Fitness

Glencoe Health-
Chapters 11-12

- Across
2. Ability to carry out daily tasks easily
 4. Eating disorder in which irrational fear of weight gain leads people to starve themselves
 6. The way you see your body
 11. Number of times your heart beats per minute when you are not active
 12. Rhythmic activities that use large muscle groups for an extended period of time
 13. Intense activity where muscles produce energy without oxygen present
 14. Involving little or no physical activity
- Down
1. Ability of heart, lungs and blood vessels to send oxygen during long periods of activity
 2. Any form of movement that causes your body to use energy
 3. Ability of your muscles to perform physical tasks over a period of time
 5. Amount of force your muscles can exert
 7. Extreme, harmful eating behaviors that cause serious illness or death
 8. Weight loss plans that tend to be popular for a short time
 9. Disorder that involves cycles of overeating and purging
 10. Ability to move body parts through their full range of motion



... a skill, tasks ...

Name _____

FITT Principles in Action

1. Calculate your resting heart rate _____

2. Complete the 1-minute step test and write your heart rate upon completion. Then multiply by 6 for your BPM result. _____

3. Wait 5 minutes and calculate your heart rate _____

4. Calculate your target heart rate zone

$220 - \text{age} = \text{base \#}$

$\text{Base \#} \times 60\% = \text{min}$

$\text{Base \#} \times 85\% = \text{max}$

MIN _____

MAX _____

5. Summarize whether your heart rate immediately after the 1-minute step test is below, within or above your recommended THR zone. Explain what your next step should be in order to achieve cardiorespiratory gains based on that result.

6. Identify 3 Aerobic and 2 Anaerobic activities you enjoy doing. Be sure to include both indoor and outdoor activities in this list.

a.

a.

b.

b.

c.

7. For each of those 5 activities, create a FITT chart

Example: Kickboxing = indoor activity
F – 2 times per week
I – within THR zone for 25 minutes
T – 60 minute class
T - aerobic

8. Once the FITT charts are done for all 5 activities, create a 2-week fitness schedule. Be sure to include 2 days of rest and alternate between aerobic and anaerobic activities, indoor and outdoor activities each week. Put the specific activity names in for each day so you can track the types of fitness you do on a weekly basis.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
REST	Activity 1	Activity 2	Activity 3	Activity 4	REST	Activity 5
REST	Activity 3	Activity5	Activity 4	Activity 2	REST	Activity 1

9. Identify 2 long-term fitness goals (be specific!)

a.

b.

10. Identify 2 intermediate fitness goals related to goals listed above (remember they should be benchmarks or "mini-tests" of whether or not you are on track to reach your long-term goals.

a.

b.

11. Identify 2 short-term fitness goals, again related to those listed above. These are the goals that help you identify whether you are making progress and should offer a small reward for simple gains you have made.

a.

b.

Rate Your Eating Patterns

Complete this activity to get a general idea of how your eating patterns stack up.

Directions

1. For each food below, place a check next to each food that you eat two or more times a week.

Foods I Eat Two or More Times a Week

Baked or broiled chicken	_____	Grilled cheese sandwich	_____
Baked potato	_____	Home cooked dinner	_____
Beans (black, kidney, etc.)	_____	Hot dogs	_____
Bologna/salami/ham sandwich	_____	Ice cream	_____
Broiled fish	_____	Low fat milk	_____
Candy, cakes, or pies	_____	Meat loaf	_____
Cheeseburger	_____	Meat taco	_____
Chicken/turkey sandwich	_____	Oatmeal cookies	_____
Chocolate bar	_____	Pasta salad	_____
Chocolate chip cookies	_____	Pastries	_____
Coleslaw	_____	Pepperoni pizza	_____
Corn/bran/blueberry muffin	_____	Popcorn without butter	_____
Cottage cheese	_____	Pork chops	_____
Cream, half and half, or sour cream	_____	Potato or corn chips	_____
Cream cheese	_____	Rice, fried	_____
Doughnut or croissant	_____	Rice, plain	_____
Dried fruit	_____	Romaine or leaf lettuce	_____
Fresh fruit	_____	Smoked turkey or fish	_____
French fries	_____	Spaghetti with tomato sauce	_____
Fresh or frozen fish	_____	Three bean salad	_____
Fresh vegetables, no sauce	_____	Tuna/chicken salad sandwich	_____
Fried chicken	_____	Vegetables in cream or cheese sauce	_____
Frozen or fast food dinner	_____	Whole milk	_____
Frozen yogurt	_____	Whole wheat bread	_____
100% fruit juice	_____		

2. Find the foods you checked on the previous page in either the Eat More or Eat Less column below and check them again.

Eat More

- Baked or broiled chicken _____
- Baked potato _____
- Beans (black, kidney, etc.) _____
- Broiled fish _____
- Chicken/turkey sandwich _____
- Coleslaw _____
- Corn/bran/blueberry muffin _____
- Cottage cheese _____
- Dried fruit _____
- Fresh fruit _____
- Fresh or frozen fish _____
- Fresh vegetables, no sauce _____
- Frozen yogurt _____
- 100% fruit juice _____
- Home cooked dinner _____
- Low fat milk _____
- Oatmeal cookies _____
- Pasta salad _____
- Popcorn without butter _____
- Rice, plain _____
- Romaine or leaf lettuce _____
- Spaghetti with tomato sauce _____
- Three bean salad _____
- Tuna/chicken salad sandwich _____
- Whole wheat bread _____

Eat Less

- Bologna/salami/ham sandwich _____
- Candy, cakes, or pies _____
- Cheeseburger _____
- Chocolate bar _____
- Chocolate chip cookies _____
- Cream, half and half,
or sour cream _____
- Cream cheese _____
- Doughnut or croissant _____
- French fries _____
- Fried chicken _____
- Frozen or fast food dinner _____
- Grilled cheese sandwich _____
- Hot dogs _____
- Ice cream _____
- Meat loaf _____
- Meat taco _____
- Pastries _____
- Pepperoni pizza _____
- Pork chops _____
- Potato or corn chips _____
- Rice, fried _____
- Sausage _____
- Smoked turkey or fish _____
- Vegetables in cream
or cheese sauce _____
- Whole milk _____

_____ Number of Eat More Food Checks

_____ Number of Eat Less Food Checks

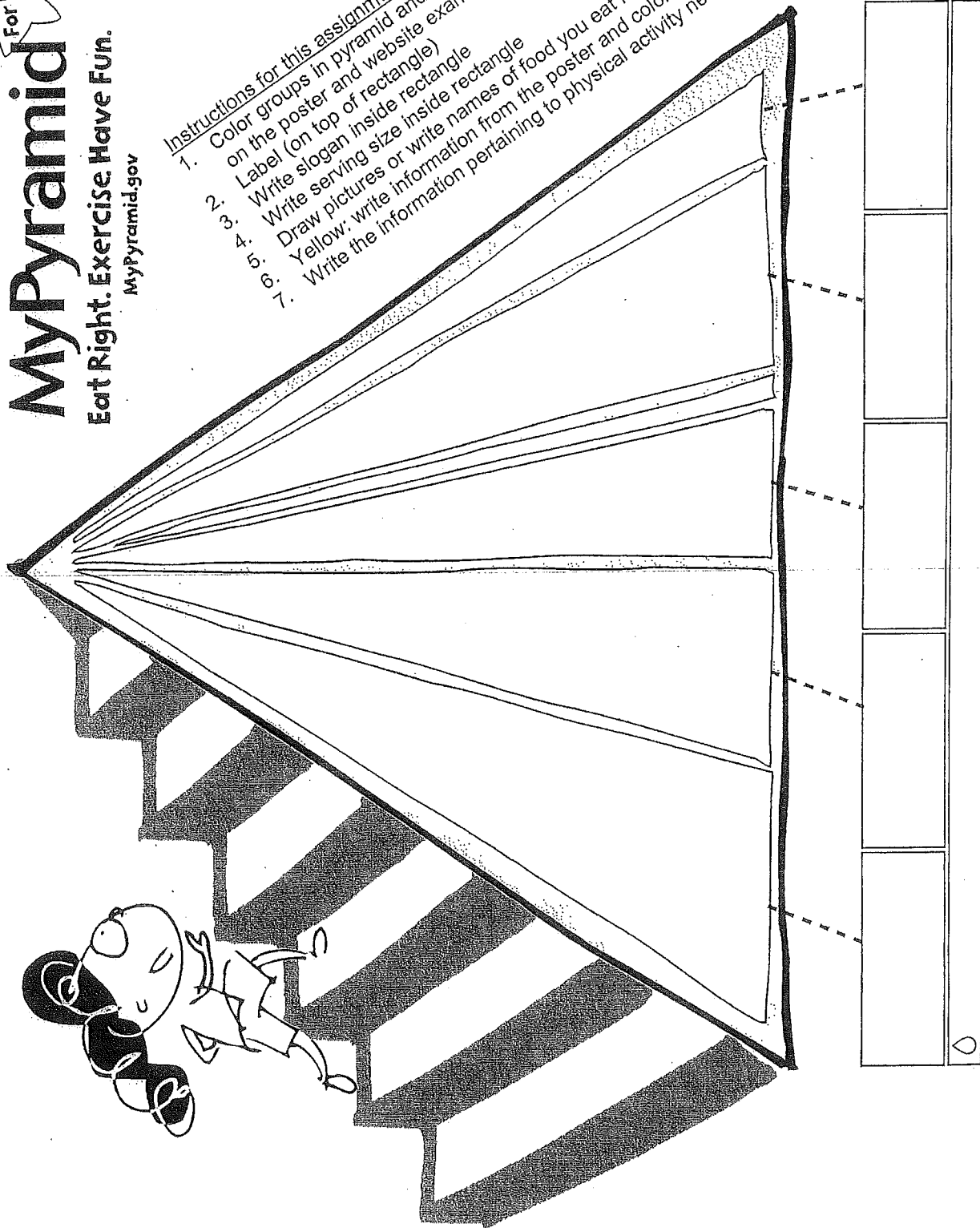


MyPyramid

Eat Right. Exercise Have Fun.

MyPyramid.gov

- Instructions for this assignment:
1. Color groups in pyramid and rectangles as they appear on the poster and website example (shade or outline)
 2. Label (on top of rectangle)
 3. Write slogan inside rectangle
 4. Write serving size inside rectangle
 5. Draw pictures or write names of food you eat for each group
 6. Yellow: write information from the poster and color the rectangle.
 7. Write the information pertaining to physical activity near the stairs



HEALTHFUL LIVING
NUTRITION UNIT
CHAPTER 7

NAME: _____ Per.: _____ Date: _____

HEALTHY SNACK

1. Bring in a healthy snack to class.
2. Will discuss your snack with class and tell us why it's healthy.
3. Write a nutritional summary for your snack. (it will include the following information below)

↳ Total Calories =

↳ Serving Size =

↳ Total Fat (g) =

↳ Total carbs (g) =

↳ Total protein (g) =

↳ Why it's Nutritional - _____

Grade: _____

Fast Food Comparison - 3

Fast food Establishment			
		Fats	Calories
1	Unhealthy	Fats	Calories
<i>main item</i>			
<i>side item</i>			
<i>drink</i>			
	Totals		
	Healthy	Fats	Calories
<i>main item</i>			
<i>side item</i>			
<i>drink</i>			
	Totals		
2	Unhealthy	Fats	Calories
<i>main item</i>			
<i>side item</i>			
<i>drink</i>			
	Totals		
	Healthy	Fats	Calories
<i>main item</i>			
<i>side item</i>			
<i>drink</i>			
	Totals		
3	Unhealthy	Fats	Calories
<i>main item</i>			
<i>side item</i>			
<i>drink</i>			
	Totals	Totals	
	Healthy	Fats	Calories
<i>main item</i>			
<i>side item</i>			
<i>drink</i>			
	Totals		