

Health Diets

WebQuest Description: Healthy vs. Non-healthy eating habits

Grade Level: 9-12

Curriculum: Science

Keywords: Calorie calculations, High calorie food vs. low calorie food, Carbs into calories, Protein into Carbs, Fat into calories, Body weight, Obesity, Anorexia, Bulimia, Eating disorders, "Fad" diets

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Introduction

In almost every website, when you look up the diets that people take you will notice all of the healthy diets. What about those unhealthy diets? By no means am I trying to promote these unhealthy diets. On the contrary, I am trying to inform you about them so you are aware of what you are risking and encourage yourself not to do them. As you explore this website you will learn about your health, and how you can calculate your caloric intake on your own with simple arithmetics. Specifically you will learn about unhealthy diets, eating disorders, obesity, alternated chemical pathways, bulimia and anorexia, "fad" diets, and what happens if you do not consume enough proteins and carbohydrates.

Tasks

Complete these tasks in the following order to understand how food and exercise can effect your health.

Evaluation

How well did you do?

Category and Score	Very Well 4	Good 3	Not Bad 3	Poor 1	Score
Assesment	No mistakes!	Only 1-5 questions were missed	Half of the questions were missed!	All 20 questions were incorrect	25
Comprehension	Understood all of the concepts	Understood most of the concepts	Understood few of the concepts	Didn't understand anything	25
Completion	Went above and beyond and completed more that what was needed	Completed all the tasks that were given	Completed only some of the tasks	Didn't complete any of the tasks	25
Organization	Completion of the tasks are well-organized	One the tasks were organized	Only some of the tasks were organized	None of the tasks were organized	25
				Total Score	100

Conclusion

In this presentation calories are the units of energy. And having too much calories such as in high calorie foods you can gain weight and become either overweight or obese. In your foods you consume carbohydrates, proteins, and fats, you can convert these all into calories using simple arithmetics. If you don't get enough carbohydrates or proteins your nutrition level will be unbalanced and you won't healthy no matter how skinny you are. To remain skinny some people have eating disorders such as bulimia and anorexia to lose w=more weight. Being a bulimic means that you binge than purge, when you are an anorexic you starve yourself. When you have an eating disorders there are some chemical pathways in the brain that are tampered with. With eating eating disorders people suffer from both physical and mental problems. "Fad" diets are also ways that people try to lose weight people also who suffer from bulimia and anorexia also suffer the same things as people that are on "fad" diets. I hope you were able to get a well understanding of how your health and nutrition are so closely related. Through the exploration of this website you should have been able to attain the following information:

- What calories are and how they can be measured
- Difference between high and low calorie foods
- How to convert carbs, protein, and fat into calories
- The relationship between Calories and body weight
- Signs and symptoms of anorexia and bulimia
- Health problems associated with eating disorders (both physical and mental)

What happens if you do not consume enough proteins or carbohydrates

What are Fad diets and why are they bad

The chemical pathways that are altered

If you are able to fully understand all these concepts well you have done an excellent job, go to the evaluation and quiz page to assess yourself!

Process

Do the quiz and see how much you have actually learned!

Teacher Page

Standards

Credits

Other