Nutrition and Fitness

WebQuest Description: Nutrition is the basics to good health as exercise is to fitness.

Grade Level: 9-12
Curriculum: Health / PE

Keywords: food groups, multi-mix principle, diet, lifestyle, legumes, staples, food from animals, fats, protein, carbohydrate, vegetables, fruits, nutrients, fibre, deficiency diseases, fitness

Published On: 2016-03-16 15:19:07
Last Modified: 2016-03-16 11:28:55
WebQuest URL: http://zunal.com/webquest.php?w=314039

Introduction

Nutrition and your Health: To live one must eat. But, we not only eat to live, what we eat also affects our ability to keep healthy, do work, to be happy and to live well. Knowledge of what to eat and in what quantities is a prerequisite to the healthy and happy life. The average nutritional requirements of groups of people are fixed and depend on such measurable characteristics such as age, sex, height, weight, and degree of activity and rate of growth. Food is anything solid or liquid that has a chemical composition, which enables it, when swallowed to do one or more of the following: Provide the body with the material from which it can produce heat, or any for m of energy. Provide material to allow growth, maintenance, repair or reproduction to proceed. Supply substances, which normally regulate the production of energy or the process of growth, repair or reproduction.

Tasks

1. You are going on a field trip to the Old McDonald Farm. What types of food sources would be found on this farm?
2. Your job is to take a note of the different things you see and classify them in the different food groups.
3. To make it easier, look at the introduction page, there you will see a diagram of my plate. You should also describe how each food group helps to maintain the health of the body.
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5. The benefits of exercise are yours for the taking, regardless of your age, sex, or physical ability.
of life you lead. &nbsp;The human body is designed to work best when it is active. &nbsp;A healthy diet promotes wellness in both short and long term goals. &nbsp;Healthy body weight is an important part of wellness – but short-term dieting is not part of a fit and well lifestyle. &nbsp;This exercise will start you thinking about changing a health behavior, a big factor in your eventual success is whether you have confidence in yourself and in that ability to change. &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; &nbsp;&nbsp; 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To ensure maximum nutritional benefits, the Multi-mix principle should be used to enhance the nutrient quality of foods in each group. Modification can be made to the serving size and portion to meet the needs of different family members eating from the same pot.

<table>
<thead>
<tr>
<th>Category and Score</th>
<th>Poor</th>
<th>Good</th>
<th>Very Good</th>
<th>Excellent</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>3. Describe how each food group helps to maintain the health of the body.</td>
<td>one</td>
<td>four</td>
<td>six</td>
<td>twelve</td>
<td>20</td>
</tr>
<tr>
<td>Total Score</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>60</td>
</tr>
</tbody>
</table>

Conclusion

Students should become aware of the importance of the Food Groups as a guide in preparing healthy meals that are nutritionally balanced. It is designed to be used for any age group, sex, and lifestyles.

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Teacher Page

Teachers: This lesson is created for a group of grade nine students who are between the 14-15 years old, however, one could always modify the content to meet one's specific group of learners.

Standards

Credits

Other