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

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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. And the benefits of exercise are yours for the taking, regardless of your age, sex, or physical ability.

Tasks

Food Groups (1)

What are food groups?

Where can you find them?

What do they do for you?

Where do you find them?

Carbohydrates

They give you energy. You find them in sugary and starchy foods like potatoes, rice, cereals, pasta, bread and some fruit and vegetables. Proteins

They help your body grow and repair itself. You find them in meats, poultry, fish, dairy products, eggs and beans.

Fats

They provide energy and help in building. You find them in dairy products, red meats, some poultry and fish.

Fibre

It helps you digest your food. You find fibre in lots of food like cereals, fruit, bread and vegetables.

Minerals

Iron is good for the blood. Minerals are in lots of foods but are especially in fresh fruit and vegetables.

Vitamins e.g. vitamin A, B, C, D, E

Vitamins are good for keeping your body healthy. They are good for your skin, bones and teeth.

Vitamins are mostly found in dairy products (milk, eggs and butter), fresh fruit and vegetables.

Food Groups (2)

What are they called?

What do they do for you?

Where do you find them?

Carbohydrates

They give you energy. You find them in sugary and starchy foods like potatoes, rice, cereals, pasta, bread and some fruit and vegetables.

Fats

They provide energy and help in building. You find them in dairy products, red meats, some poultry and fish.

Fibre

It helps you digest your food. You find fibre in lots of food like cereals, fruit, bread and vegetables.

Minerals

Iron is good for the blood. Minerals are in lots of foods but are especially in fresh fruit and vegetables.

Vitamins e.g. vitamin A, B, C, D, E

Vitamins are good for keeping your body healthy. They are good for your skin, bones and teeth.

Vitamins are mostly found in dairy products (milk, eggs and butter), fresh fruit and vegetables.

FoodGroups (3)

A simple comprehension and a close procedure.

FoodGroups (4)

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. And the benefits of exercise are yours for the taking, regardless of your age, sex, or physical ability.

Food  Groups

A simple comprehension and a close procedure.

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of life you lead. The human body is designed to work best when it is active. A healthy diet promotes wellness in both short and long term goals. Healthy body weight is an important part of wellness – but short-term dieting is not part of a fit and well lifestyle. 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.

Trip Activities

1. Summarize each of the groups from my plate. [choosemyplate.gov]
2. Identify the nutrients that each food group provides.
3. Identify the amount of each group you need as a teenager.
4. Calculate the amount of calories on foods that you eat and for the amount of calories burned during your exercise and daily activities that are in addition to your normal daily activities.
5. Complete the Personal Fitness Program Plan and Contract.
6. Create a member ID and log into the site to be able to use this area of the website.
7. Snip and click a copy; place this on the word document to submit to dropbox.

Task (5) Read about the Nutrition Facts about Food labels on Process, Page 2. Complete the Nutritional Food Label Assignment and drop it into the dropbox for Nutrition and Fitness WebQuest.

Process

Trip Activities

1. Summarize each of the groups from my plate. [choosemyplate.gov]
2. Identify the nutrients that each food group provides.
3. Identify the amount of each group you need as a teenager.
4. Calculate the amount of calories on foods that you eat and for the amount of calories burned during your exercise and daily activities that are in addition to your normal daily activities.
5. Complete the Personal Fitness Program Plan and Contract.
6. Create a member ID and log into the site to be able to use this area of the website.
7. Snip and click a copy; place this on the word document to submit to dropbox.

Evaluation

At the end of this webquest the following items should be in the dropbox.
1. The task questions [task 1, 2, 3] on the word document, attached to the dropbox.
2. Trip activities 1, 2, 3 and these can be added to the word document from #1.3.
3. BMI Snip and Clip Information.
5. Food Plan from chooemyplan.com.
6. Snip and Clip Information.
7. Personal Fitt Program Contract.
8. Nutrition Food Label Assignment

<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>1. What type of food sources found on the farm</td>
<td>List one</td>
<td>three</td>
<td>five</td>
<td>SEVEN OR MORE</td>
<td>20</td>
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<tr>
<td>2. Classification of different food group</td>
<td>one</td>
<td>three</td>
<td>five</td>
<td>seven</td>
<td>20</td>
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Students should become aware of the importance of the Food Groups as guide in preparing healthy meals that are nutritionally balanced. It is designed to be used for any age group, sex, and lifestyles. 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 need of different family members eating from the same pot.

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<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>
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<td>Total Score</td>
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</table>

**Conclusion**

Students should become aware of the importance of the Food Groups as guide in preparing healthy meals that are nutritionally balanced. It is designed to be used for any age group, sex and lifestyles. 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 need of different family members eating from the same pot.

**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**