NAME: _____ **SCORE:** _____/100

Please follow the directions and use the resources found at http://pcsummerhealth.weebly.com **to complete your summer health requirement**. This packet is **only** for recording your answers. All packets must be completed and turned in to PCHS office no later than **July 10, 2017**. You may type or handwrite your responses. If you need access to a printer, please contact the HS office.

These assignments will be worth 20% of the grade for Summer PE/Health

Please contact your Summer PE teacher well in advance of the due date if you need assistance or have questions.

PART 1 – Basic Nutrition

The Food Guide Pyramid – My Pyramid – My Plate

TASK # 1 (3 pts) – Compare and contrast the guidance provided by the USDA through the Food Guide Pyramid, My Pyramid and My Plate.

1. List two differences between the Food Guide Pyramid and My Pyramid.
   a. _____
   b. _____

2. List two differences between My Pyramid and My Plate.
   a. _____
   b. _____

3. My Plate has several limitations when it comes to educating people about a healthy diet. List two major complaints or limitations that exist in using My Plate?
   a. _____
   b. _____

Energy Balance

TASK # 2 (5 pts) – After reading and reviewing the resources found under the Energy Balance section, please complete the following questions.

What are calories?	

What are the three macronutrients?	
Explain three ways our bodies use calories.	
In 3-4 lines, explain the energy balance. Use your own words and explain it so that another teenager would understand.	

Carbohydrates

TASK # 3 (3.5 pts) – Complete the following chart with information about carbohydrates.

According to Dietary Guidelines for Americans, what % of your daily diet should be made up of carbohydrates?	
How many calories per gram are in a carbohydrate?	
What is the main function of carbohydrates?	
What type of carbohydrate is better, simple or complex? Answer and give at least ONE reason why.	ANSWER: WHY:

Where is extra glucose stored?	
What type of carbohydrate are most fruits?	
Which type of carbohydrate makes you feel fuller for a longer time?	

Protein

TASK # 4 (4 pts) – Complete the following chart with information about protein.

What is the main function of protein?	
According to US Dietary Guidelines, what % of your daily diet should be made up of protein?	
How many calories are in a gram of protein?	
Where is excess protein stored?	
How many amino acids does your body make?	
How many amino acids are necessary to be considered a "complete protein"?	
Name two foods that are high in protein.	
Vegetarians must still get their daily protein. List two foods that they might eat that would be great sources of protein on a vegetarian diet.	

Dietary Fat

TASK # 5 (6 pts) – Complete the following questions with information about dietary fat.

According to US Dietary Guidelines, what % of a healthy diet should be made up of fat?	
How many calories are there in a gram of fat?	

What is **saturated fat?**	
What are two sources of saturated fat?	
What is the main health concern related to elevated cholesterol levels in the blood?	
What is **unsaturated fat?**	
What are two sources of unsaturated fat?	
What are the health benefits of unsaturated fat?	
What are **transfats**?	
How are transfats created?	
What are at least two sources of transfats?	
What are two dangers of transfats?	

Water

TASK # 6 (3 pts) – After reading the article, complete the following 3-2-1 activity.

Explain THREE things from the article that you already knew about water and a healthy diet.

1.

2.

3.

Explain TWO things from the article that were new to you or that you found most important. Write at least one sentence for each describing why you selected this from the article.

1.

2.

Identify ONE question you still have about water in a healthy diet.

1.

Physical Activity

TASK # 7 (3 pts)– Write a 3-5 sentence response to the following question. You must include **at least two pieces of text evidence** from the article in your response. Underline the text evidence you have included.

In your opinion, what is the most important reason or the best argument for physical activity for teenagers? Why?

TASK # 8 (13 pts) – Reading Food Labels – This task can be found at the back of this packet.

Part 2 - Body Image

TASK # 9 (4 pts)– Based on the reading and video, what are the FOUR most important points you think teenagers need to know regarding body image. Describe each point in 2-3 sentences.

1.

2.

3.

4.

TASK # 10 (9 pts) – Find two advertisements in magazines or newspapers which feature people and food or activity in some way.

For each, complete the following activity.

Advertisement # 1

- Describe the ad or attach a copy:
- Does the ad include people with a variety of body shapes and sizes?
- What is the body type of people in the advertisement? Why do you think these people were selected for this ad?

- Do you think the people who actually use the product being advertised typically have the body type shown in the advertisement? Explain why or why not.

- Do you think the models in the ad naturally look the way they appear or do you think their picture or appearance is enhanced in some way? Explain your answer.

- Which of the following best described the product being advertised?
  i. Healthy
  ii. Unhealthy
  iii. Neither healthy nor unhealthy

Advertisement # 2

- Describe the ad or attach a copy:

- Does the ad include people with a variety of body shapes and sizes?

- What is the body type of people in the advertisement? Why do you think these people were selected for this ad?

- Do you think the people who actually use the product being advertised typically have the body type shown in the advertisement? Explain why or why not.

- Do you think the models in the ad naturally look the way they appear or do you think their picture or appearance is enhanced in some way? Explain your answer.

- Which of the following best described the product being advertised?
  iv. Healthy
  v. Unhealthy
  vi. Neither healthy nor unhealthy

Part 3 - Eating Disorders

TASK # 11 (7 pts) - After reading the articles provided, respond to the following.

1. What is the difference between binge eating disorder compared to anorexia and bulimia?

2. In 2 sentences, explain how ARFID might impact nutrition.

3. At dinner, Soffie tells her parents that she is not hungry and that she'll eat later. In school Soffie tells her friends that she had a big supper last night and isn't hungry. In reality, Soffie has limited herself to easting just 400 calories a day.

    a. Soffie's behavior is characteristic of what eating disorder?
    b. What possible signs of Soffie's eating disorder might be noticed by other people? Include at least three.
    c. What are at least three possible health consequences Soffie might face?

4. Mary and Jennifer have been friends since they were little. They have played on the same softball teams together since there were six years old and both girls have always been the best players on the team. Lately, Jennifer seems to have lost some weight. Mary noticed that she seems to look in the mirror a lot and talks more about how she looks and how she wishes she was thinner. Jennifer has also been tired in school and even fell asleep in one of her classes last week. Today, Mary invited Jennifer to go get dinner after practice. For the third time in a row, Jennifer has said she needs to get in an extra workout instead.
    a. List four signs/symptoms Jennifer might be showing that are cause for concern.
    b. If you were Mary, what potential steps could you take to help Jennifer? Identify at least three.

5. John doesn't eat very much at lunch. However, on the weekends when you are with him, he eats large quantities of food! Also, all of his conversations tend to be focused on his body image and lately he has been withdrawing from activities because of embarrassment about his weight.
    a. List two potential signs/symptoms that are cause for concern.

PART 4 – TED Talks Activity

TASK # 12 (12 pts) - After watching THREE of the TED Talks videos provided on the Weebly site related to nutrition, obesity, and food, please complete the following for each.

Title of Video # 1	
2-3 sentence summary of video and main idea/message	
3 specific pieces of text evidence from video that provides most important support for message/argument – EXPLAIN why each is so important	
One paragraph (4-7 sentences) – your opinion and reaction to the argument – provide justification for your response	
Title of Video # 2	
2-3 sentence summary of video and main idea/message	

3 specific pieces of text evidence from video that provides most important support for message/argument – EXPLAIN why each is so important	
One paragraph (4-7 sentences) – your opinion and reaction to the argument – provide justification for your response	

Title of Video # 3	
2-3 sentence summary of video and main idea/message	

3 specific pieces of text evidence from video that provides most important support for message/argument – EXPLAIN why each is so important	
One paragraph (4-7 sentences) – your opinion and reaction to the argument – provide justification for your response	

PART 5 – My Fitness Pal Nutrition Log and Analysis Project

In this final section, you will be required to keep a detailed food and activity log for 3 days and then analyze your own nutritional habits compared to healthy guidelines.

TASK #13 (12 pts) – Create a free account using My Fitness Pal. You will use the free My Fitness Pal website or app. You can use this on any computer with a web browser (www.myfitnesspal.com) or you can download the app to your phones or mobile devices.

Use the tool to keep a detailed food and activity log for three (3) days. These can be consecutive days or any three days during one week.

* Do not skip any foods you have eaten in your log.
* Be sure you accurately adjust portion sizes as you track.
* Include physical activity in your log as well.

Once you are finished you must print and attach the log for each day. You can print this log by going online to www.myfitnesspal.com. You can print this log from your computer, even if you use the app to track your nutrition.

- Print the log by going to Food – Food Diary--- and then selecting the appropriate date. At the bottom of the page, you can select VIEW FULL REPORT (Printable).
- A sample of what this looks like can be found on the website.

TASK #14 (15.5 pts) - Next, conduct an analysis of your own nutritional habits.

- Analyze the following. Include a 2-3 sentence summary analysis for each.

Criteria	2-3 sentence of analysis based on my nutrition log
Calories	
Carbohydrates	
Dietary Fats	
Protein	
Sugar	
Sodium	
Vitamins / Minerals	

- Identify three (3) areas of strength based on the nutritional guidelines discussed in this module.

a.

b.

c.

- Explain three (3) areas of weakness or areas from improvement.

a.

b.

- Identify two (2) specific actions that you plan to take to make improvements to your overall nutrition.

a.

b.

ATTACH your log and your analysis to this packet.

TASK # 8 – Food Label Activity – Complete the following activities involving reading food labels.

All packaged foods are required to display a standardized nutrition label. This nutrition label contains information about the caloric content, amount of fat, protein, carbohydrates, and other required nutrients.

Examine the following nutrition labels and answer the questions.

1. How many calories would you take in if you ate the whole box of crackers in one sitting? _____

2. If you ate 2 servings of crackers, how many grams of carbohydrates would you get? _____

3. If each gram of carbohydrates provides 4 calories, how many calories would you take in by eating 2 servings of crackers? _____

4. If fat provides 9 calories per gram, how many calories would you get by eating 2 servings? _____

Nutrition Facts
Serving Size 2 crackers (14 g)
Servings Per Container About 21

Amount Per Serving
Calories 60 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Chicken Noodle Soup

Nutrition Facts
Serving Size 1/2 cup (120 ml) condensed soup
Servings Per Container about 2.5

Amount Per Serving
Calories 60 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	
Sodium 890gm	37%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	

Vitamin A 4% Calcium 0%
Vitamin C 0% Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs

	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400m	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

5. If you were to eat the entire can of soup, how much sodium would you consume? _____

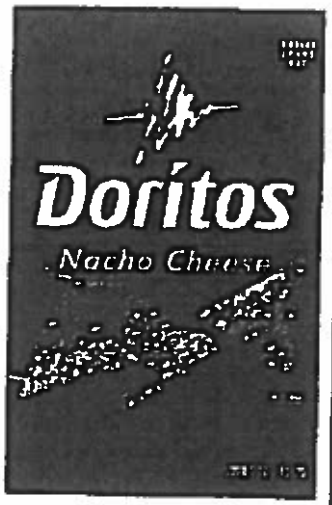
6. If the recommended amount of sodium for someone with high blood pressure is 1500 mg/day, how much more than the recommended amount is present in this entire can?

_____

7. How many servings of soup would I need to consume 20% of my daily requirement of fiber? _____

8. How many calories would that be? _____

TASK # 8 – Food Label Activity – Complete the following activities involving reading food labels.



Nutrition Facts

Serving Size 1

Amount Per Serving	
Calories 140	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 0%	
Calcium 2%	•	Iron 2%	
Vitamin E 4%	•	Thiamin 4%	
Vitamin B6 4%	•	Phosphorus 6%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Whole Corn, Vegetable Oil (Contains One or More of the Following: Corn, Soybean, and/or Sunflower Oil), Salt, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Maltodextrin, Wheat Flour, Whey, Monosodium Glutamate, Buttermilk Solids, Romano Cheese from Cow's Milk (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Partially Hydrogenated Soybean and Cottonseed Oil, Corn Flour, Disodium Phosphate, Lactose, Natural and Artificial Flavor, Dextrose, Tomato Powder, Spices, Lactic Acid, Artificial Color (including Yellow 6, Yellow 5, Red 40), Citric Acid, Sugar, Garlic Powder, Red and Green Bell Pepper Powder, Sodium Caseinate, Disodium Inosinate, Disodium Guanylate, Nonfat Milk Solids, Whey Protein Isolate, and Corn Syrup Solids.
CONTAINS MILK AND WHEAT INGREDIENTS.

*** This serving size is 1 ounce. An average bag of Doritos contains 16 ounces of chips, for a total of 16 servings per bag.***

9. How many calories would you consume if you ate the whole 16oz bag? _____

10. How many carbohydrates would you consume if you ate the whole bag? _____

11. What percentage is this of your daily intake of carbohydrates?

_____

12. How much fat would you get from eating 5 servings of Doritos?

_____

13. How much saturated fat would you get if you ate the whole bag?

_____

Assume the same sized bag – 16 servings per bag...

14. How much saturated fat would you get from eating the whole bag of Baked Doritos?

_____

15. How many carbohydrates would you get if you ate the entire bag?

_____

16. How much less fat would there be in eating an entire bag of Baked vs. Regular chips? _____

18. What major nutrient increases per serving when comparing Baked vs. Regular chips?

_____

Ingredients: Whole Corn, Corn Oil, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Buttermilk Solids, Whey Protein Concentrate, Whey, Tomato Powder, Monosodium Glutamate, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Onion Powder, Wheat Flour, Natural and Artificial Flavor, Partially Hydrogenated Soybean and Cottonseed Oil, Artificial Color (including Yellow 6 Lake, Yellow 5 Lake, Yellow 6, Red 40 Lake), Sugar, Garlic Powder, Disodium Phosphate, Dextrose, Parmesan Cheese (Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Spice, Citric Acid, Lactic Acid, Disodium Inosinate, and Disodium Guanylate.
CONTAINS MILK AND WHEAT INGREDIENTS.

Nutrition Facts

Serving Size 1 oz.

Amount Per Serving	
Calories 120	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	6%
Saturated Fat 0.5g	3%
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	

Vitamin A 2%	•	Vitamin C 0%	
Calcium 4%	•	Iron 2%	
Vitamin E 2%	•	Thiamin 4%	
Niacin 2%	•	Vitamin B6 6%	
Phosphorus 6%	•	Zinc 2%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

TASK # 8 – Food Label Activity – Complete the following activities involving reading food labels.

Oreos
Servings per container: 15

Serving Size: 3 cookies • 33g	
Amount Per Serving	
Calories 160	Calories from Fat 63
	% DV
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%

19. How many calories would one cookie contain? _____

20. How much fat would there be in one cookie? _____

21. How much fat would you take in if you ate ½ of the bag?

_____

22. What percent of your daily intake of sodium would you eat if you had 6 cookies?

_____

23. How many grams of carbohydrates would you take in if you split this shake with a friend? _____

24. How much of your daily intake of cholesterol does this shake provide?

_____

25. Out of the total carbohydrates, what percentage comes from sugars?

_____

26. What is the percentage of calories from fat? _____

McDonalds Triple Thick Shake, 32 fl oz

Nutrition Facts

Serving Size: 888 (ml)

Amount per Serving	
Calories 1110	Calories from Fat 240
	% Daily Value *
Total Fat 26g	**40%**
Saturated Fat 16g	**80%**
Trans Fat 2g	
Cholesterol 100mg	**33%**
Sodium 370mg	**15%**
Total Carbohydrate 193g	**64%**
Dietary Fiber 0g	**0%**
Sugars 145g	
Protein 25g	**50%**