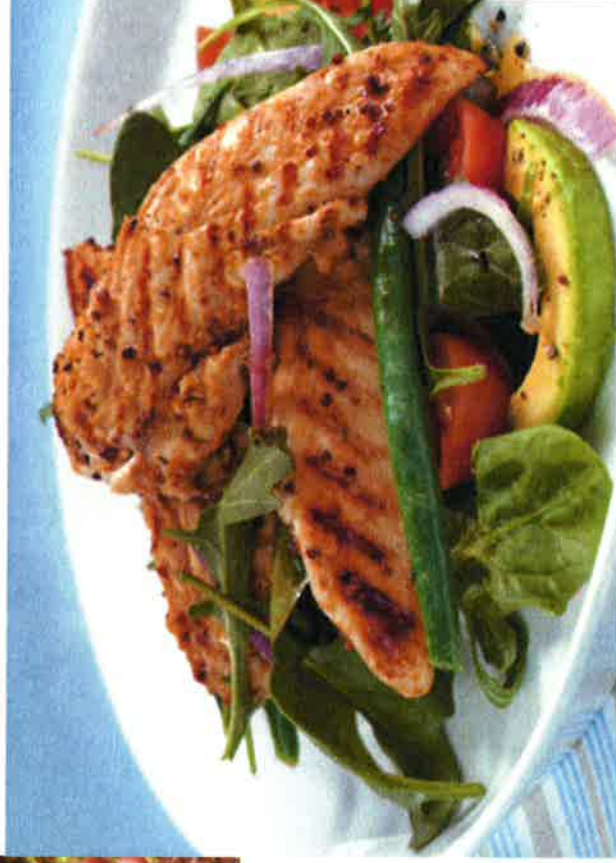


FOOD



NON FOOD

CALORIES?
NUTRIENTS:
MINERALS



HEALTHY FOOD

LOW CALORIES
NUTRIENTS: LOW FAT, VARIETY OF
VITAMINS & MINERALS



UNHEALTHY FOOD

HIGH CALORIES
NUTRIENTS: HIGH FAT,
LOW VITAMINS &
MINERALS

VITAMINS

Water- Soluble- Not stored in body as much, travel in bloodstream, what body doesn't used gets excreted as urine

Fat-Soluble- Stored in body for a while, used by body when needed

Water-Soluble

B Vitamins

B1, B2, Niacin, Pantothenic Acid, B6, Biotin, Folic Acid, B12

Use: Metabolism (make energy and RBC)

Source: Whole grains, dairy, leafy green veg, meat, legumes, eggs)

Vitamin C

Use: Tissue health, healing, resist infection

Source: Citrus, cantaloupe, strawberries, broccoli, cabbage

Fat-Soluble

Vitamin A

Use: Eye health, fight infection

Source: Orange colored fruits, dark leafy veg

Vitamin D

Use: Strong bones and teeth formation

Source: Fortified milk, fish, egg yolk

Vitamin K

Use: Blood clotting

Source: Leafy green veg, dairy, broccoli, soy

MINERALS

Macro- Minerals the body needs large amounts of

Trace- Minerals the body needs small amounts of

Macro

Calcium

Use: Build strong bones and teeth

Source: Dairy, leafy green veg,

Potassium

Use: Proper muscle and nervous system function

Source: Banana, broccoli, tomato, legume, citrus fruit

Sodium

Use: Maintain normal blood pressure, proper muscle and nervous system function

Source: Salt, meat, dairy, eggs

Trace

Iron

Use: Form hemoglobin to transport oxygen

Source: Meat, eggs, whole grains, beans, dried fruit, tuna and salmon

Zinc

Use: Immune system function, fight off illness and infection, cell growth

Source: Beef, pork, legume

EXERCISE

- Exercise**- Helps to control body fat, develop stronger muscles and bones, improves endurance, strength, and flexibility
- **Stretching**- Improves body flexibility by allowing muscles and joints to bend and move through their full range of motion
 - **Aerobic**- Develops endurance by increasing heart rate and the breathing harder during the exercise to strengthen heart and improve body's ability to deliver oxygen to cells
 - **Anaerobic**- Builds strength through high intensity activities in short periods of time

Calculating calories burned

Calories burned per minute X Number of minutes

1. Identify one macro mineral found in this food item and what is it's basic use by the body?

a) Macro Mineral: _____

b) Basic Use: _____

2. Identify one trace mineral found in this food item and what is it's basic use by the body?

a) Trace Mineral: _____

b) Basic Use: _____

3. Identify one fat-soluble vitamin found in this food item and what is it's basic use by the body?

a) Fat-soluble vitamin: _____

b) Basic Use: _____

4. Identify one water-soluble vitamin found in this food item and what is it's basic use by the body?

a) Water-soluble vitamin: _____

b) Basic Use: _____



Image A

1. How many calories does this food item have for 1 serving (30 grams)? Calculate how many calories are from the following (show your work)?

- a) Fat: _____
- b) Protein: _____
- c) Carbohydrate: _____

2. What vitamins does this food item have?

3. Is this a healthy food or unhealthy food?

4. If running at 6 miles per hour burns 8 calories per minute, how long of a run is needed to burn off the calories consumed from one serving of this food? Show your work.

Nutrition Facts				
Serving Size: 1 (1.06 oz, 30 grams)				
Amount Per Serving				
Calories	160			
Calories from Fat 153				
% Daily Value*				
Total Fat	17g			
26%				
Saturated Fat	3g			
13%				
Trans Fat 0g				
Cholesterol	5mg			
2%				
Sodium	280mg			
12%				
Total Carbohydrate	1g			
0%				
Dietary Fiber	0g			
0%				
Sugars	1g			
Protein	0g			
0%				
Calcium				
* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your Calorie needs.				
Total Fat	Less than 65g	Calories	2,000	2,500
Sat Fat	Less than 20g			
Cholesterol	Less than 300mg			
Sodium	Less than 2,400mg			
Total Carbohydrate	300g			
Dietary Fiber	25g			
*Calories per gram:	Carbohydrate 4			Protein 4
Fat 9				

1. Fill in the blank

- a) One 0.75 cup serving of this food item contains _____% of _____, which is a water-soluble vitamin. It's basic use by the body is _____.

2. Based on the nutrition facts label, identify the macro and trace minerals found in a 0.75 cup serving of this food item:

- a) Macro Mineral(s): _____
b) Trace Mineral(s): _____

Nutrition Facts

Steamfresh® Chef's Favorites - Lightly Sauced Broccoli, Cauliflower, Carrot with Cheese Sauce

Serving Size: 0.75cup(98 grams)

Calories	51.49
Sodium	332.93 mg
Total Fat	1.77 g
Saturated	1.04 g
Total Carbs	6.8 g
Dietary Fiber	1.42 g
Sugars	2.47 g
Trans	0.05 g
Protein	1.29 g
Cholesterol	4.46 mg
Vitamin A	70%
Calcium	13%
Vitamin C	2%
Iron	20%

- | | | |
|---------------------|---------------|----------------|
| A. Biotin | G. Potassium | M. Vitamin B12 |
| B. Calcium | H. Sodium | N. Vitamin C |
| C. Folic Acid | I. Vitamin A | O. Vitamin D |
| D. Iron | J. Vitamin B1 | P. Vitamin K |
| E. Niacin | K. Vitamin B2 | Q. Zinc |
| F. Pantothenic Acid | L. Vitamin B6 | |

Indicate what vitamins and minerals listed above are found in each of the food items

1. Legumes
 - Vitamins: _____
 - Minerals: _____
2. Eggs
 - Vitamins: _____
 - Minerals: _____
3. Dairy
 1. Vitamins: _____
 2. Minerals: _____
4. Citrus Fruits
 1. Vitamins: _____
 2. Minerals: _____

A. Stretching

B. Aerobic

C. Anaerobic

Indicate what type of exercise each of the following are based on the list above. Then calculate number of calories burned.

1. Jumping Jacks (6 calories burned per 1 minute): _____
 - a) Calories burned for 10 minutes: _____
2. Running (6 miles per hour; 16 calories burned per 2 minutes): _____
 - a) Calories burned for 30 minutes: _____
3. Bending at the hip to reach toes (1 calorie burned per 1 minute): _____
 - a) Calories burned for 5 minutes: _____
4. Kickball (60 calories burned per 10 minutes): _____
 1. Calories burned for 40 minutes: _____
5. Push-up (14 calories burned per 2 minutes): _____
 1. Calories burned for 10 minutes: _____
6. Reaching arms above head towards sky (1 calorie burned per 1 minute): _____
 1. Calories burned for 12 minutes: _____