

Station 1: Healthy Eating 101

via choosemyplate.gov

The choices you make about the food you eat has a major impact on your body. Loading up on foods filled with high amounts of fat and sugar can lead to serious damage to your body systems including your heart, and digestive system. Recall that when the body has excess amounts of certain nutrients, such as starches and sugars, the body converts them into fat for storage.

Special nutritional needs for teens

Calories: Due to all the growth and activity, adolescent boys need 2,500-2,800 per day, while girls need around 2,200 per day. It's best to get these calories from lean protein, low-fat dairy, whole grains, and fruits and veggies.

Protein In order for the body to grow and maintain muscle, teens need 45-60 grams per day. Most teenagers easily meet this need from eating meat, fish, and dairy, but vegetarians may need to increase their protein intake from non-animal sources like soy foods, beans, and nuts.

Calcium Many teens do not get sufficient amounts of calcium, leading to weak bones and osteoporosis later in life. Encourage teens to cut back on soda and other overly-sugary foods, which suck calcium from bones. The 1,200 mg of calcium needed per day should come from dairy, calcium-fortified juice and cereal, and other calcium-rich foods such as sesame seeds and leafy greens like spinach.

Iron: Iron deficiency can lead to anemia, fatigue, and weakness. Boys need 12 mg each day, and teen girls, who often lose iron during menstruation, need 15 mg. Iron-rich foods include red meat, chicken, beans, nuts, enriched whole grains, and leafy greens like spinach and kale.

The foods you eat contain calories. According to choosemyplate.gov, calories are a measurement tool, like inches or ounces. They measure the energy a food or beverage provides -- from the carbohydrate, fat, protein, and alcohol it contains.

Calories are the fuel you need to work and play. You even need calories to rest and sleep! Foods and beverages vary in how many *calories* and *nutrients* they contain. When choosing what to eat and drink, it's important to get the right mix - enough *nutrients*, but not too many *calories*. Too many calories + too little exercise = weight gain



Part 1:

1. What four items should take up the space on your plate?
2. How much does a teen grow during adolescence (give percentages)?
3. How many calories, protein, calcium and iron do teens need? Give specifics.

Part 2:

Use the data chart below to answer the following questions:

1. Which type (moderate or vigorous) of activity burns more calories?
2. How many calories will Joe burn in 1 hour of playing basketball? In 30 minutes?
3. If Joe spends 90 minutes (1 hour and 30 minutes) doing light gardening/yard work, how many calories would he burn?
4. Say Joe eats 970 calories from a super value meal at McDonalds for lunch. After school he has a basketball game where he plays for a full hour. How many calories are left based only on calories consumed and calories burned?

How many calories does physical activity use?

A 154-pound man (5' 10" tall), let's call him *Joe*, will use up about the number of calories listed doing each activity below. *Those who weigh more will use more calories, and those who weigh less will use fewer.* The calorie values listed include both calories used by the activity and the calories used for normal body functioning.

| Moderate physical activities: | Approximate calories used by a 154 pound man (Joe) | |
|-----------------------------------------|----------------------------------------------------|---------------|
| | In 1 hour | In 30 minutes |
| Hiking | 370 | 185 |
| Light gardening/yard work | 330 | 165 |
| Bicycling (less than 10 miles per hour) | 290 | 145 |
| Walking (3 ½ miles per hour) | 280 | 140 |
| Weight training (general light workout) | 220 | 110 |

| Vigorous physical activities: | In 1 hour | In 30 minutes |
|-----------------------------------------|-----------|---------------|
| Running/jogging (5 miles per hour) | 590 | 295 |
| Bicycling (more than 10 miles per hour) | 590 | 295 |
| Swimming (slow freestyle laps) | 510 | 255 |
| Heavy yard work (chopping wood) | 440 | 220 |
| Weight lifting (vigorous effort) | 440 | 220 |
| Basketball (vigorous) | 440 | 220 |