AS Biology ILP Days HW: Nutrition

<u>**DUE:**</u> Tues., Oct. 14 (M3)/ Wed., Oct. 15 (G2/G4)

Na	me:	Date:	Class:
3rd)	e ILP Days HW is a series of activities related to nutrition. Please be sur) because some sections (Parts 2 & 3) require multiple days to comple arter 2 academic grade, and <u>points will be deducted if the assignment</u>	te. This homework is worth	a 20 points in your
bre	Thursday evening, I will post on my Weebly a few alternate assignmen eak.html). All students must complete Part 1 below, but you may subct 3. I will be available by email for most of break if you have any questions.	stitute one of the alternate	assignments for Part 2 or
Rea unl	art 1: Reading and Questions (10 points) ad the "BigPicture: Food and Diet" packet and answers the quest less you are writing a paragraph). For a more legible, full-color c p://ecampbellasuprep.weebly.com/fall-break.html. Additionally	opy of the packet, please	refer to my Weebly:
	ge: Chemistry of Consumption Most nutrition labels list energy contents in terms of Calories. Or refers to one kilocalorie (kcal). How many Joules are in one Calories.		pital letter "C," actually
2.	Describe the difference between vitamins and minerals.		
3.	What are some of the different factors that affect your nutrition more Calories than females).	nal requirements? (For ex	cample, males need
4.	Fill-in-the-blanks: Digestion is a	process which genera	ites energy.
	Catabolism + Anabolism =		
5.	How does an aversion to a food differ from an allergy?		
	ge: Why do we eat? What specific part of the brain regulates appetite? How?		
7.	Briefly state the role each of the following play in eating: a. Ghrelin:		
	b. Leptin:		
	c. Dopamine:		
8.	What are the five different types of taste?		
9.	After reading "Sensing Food," consider the different senses you describes the senses you associate with it 2-3 sentences below.		e a favorite food and

C) Neither yes nor no

C) Neither yes nor no

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Page: A heal	-					
10. Fill-in-the-	blanks: S	ome children with epilepsy	have fewer seiz	ures if they ado	opt a high	, low-
		diet. This i	s known as a			diet.
Recall your ap	proximate to <u>fit.web</u>	(you do not need to write weight (in pounds, lbs.) and y md.com/teen/bmi/calc-bmi) o	your height (in in	ches, in.). Calcul	ate your BMI usin	
		Weight (lhs.)		erson who is 5'8" BMI= 703 x 150	and 150 lbs. $\frac{0}{3)^2} = \frac{105450}{4624} =$	22.81
well as this (Some possible t	s link <u>htt</u> j alking poi	aph reflection on your BMI vo://www.bbc.com/news/honts: Did you already know your ealthy body? Is it more precise t	ealth-18770328 BMI? Do you thir) for global treak it is important	ends in BMI.	
Page: Feast o	or famin	risks and benefits of caloric ne? to briefly summarize each of Description		ies of food poli	cy mentioned in	the reading.
Water	DITOI D	- Courpeion				
consumption						
Meat						
consumption						
Childhood						
besity						
Food miles non-local food)						
a. Do "Go b. Do we	hoice/true ood" and ' need to t	ght e-false: Answer the followin 'Bad" bacteria exist? ake vitamin supplements? d for your health?	g questions bas A) Yes A) Yes A) Yes	ed on the read B) No B) No B) No	ing by circling yo C) Neither y C) Neither y C) Neither y	yes nor no yes nor no

A) Yes

A) Yes

B) No

B) No

d. Is there such a thing as a "superfood"?e. Does it matter what time of day you eat?

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Part 2: Keep a Nutrient Journal (5 points)

http://www.cdc.gov/healthyweight/calories/index.html

To learn how many calories you are currently eating, begin writing down the foods you eat and the beverages you drink each day. By writing down what you eat and drink, you become more aware of everything you are putting in your mouth. Also, begin writing down the physical activity you do each day and the length of time you do it.

Assignment- Choose one of the following to use for a minimum of one day

- 1. ■Use the online SuperTracker to track your food and activity. Start by creating an account so that you can return to view it later: https://www.supertracker.usda.gov/myplan.aspx
- 2. (If unable to access Internet): Recreate (on another sheet of paper) a larger version of the following tables <u>for each day</u> you would like to track your food consumption. Read the label on everything you eat for at least one full day, and record the information.

Day:						
Meal/Snack (Indicate time of day, Where/With Whom)	What You Ate and Drank (Include Quantities)	Calories & Nutrients: (record grams and %DV if provided) Pay attention to (when possible): •Calories • Dietary Fiber • Calcium• Saturated fat				
Breakfast						
Snack						
Lunch						
Snack						
Dinner						
Snack						

Add them up at the end to evaluate your calories and nutrients! Remember: the goal is to get at least 100% DV of dietary fiber and calcium, and less than 100% DV of saturated fat and sodium per day.

Part 3: Physical Activity Diary (5 points)

Physical Activity Guidelines for Americans, issued by the U.S. Department of Health and Human Services, recommend that children and adolescents aged 6-17 years should have 60 minutes (1 hour) or more of physical activity each day.

Assignment- Choose one of the following

- 1. ■Use the online SuperTracker to track your physical activity: https://www.supertracker.usda.gov/myplan.aspx
- 2. (If unable to access Internet): Recreate (on another sheet of paper) a **larger** version of the following table.

Day of week	Time of Day	Description of Activity (Type & Intensity)	Duration (Time)

Other online trackers you may use instead of SuperTracker:

https://www.presidentschallenge.org/challenge/active/index.shtml

http://fit.webmd.com/teen/default.htm

http://theweightofthenation.hbo.com/inspire/statement

http://www.startwalkingnow.org/mystart_tracker.jsp



Making Smart Choices from My Pyramid's Food Groups

Grains: Make Half Your Grains Whole

What's in the Grains group: Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain. "Whole grains" include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal and brown rice.



- Get a whole grain head start with oatmeal or whole grain cereal.
- Use whole grains in mixed dishes such as barley in vegetable soup or stews, bulgur in casseroles or brown rice in stir fries.
- Change it up. Make your sandwich on 100% wholewheat or oatmeal bread. Snack on popcorn or whole grain crackers.

Vegetables: Vary Your Veggies

What's in the Vegetables group: Any vegetable or 100% vegetable juice. Vegetables may be raw or cooked; fresh, frozen, canned or dried/dehydrated.



- It's easy going dark green. Add frozen chopped spinach, collard greens or turnip greens into a pot of soup.
- Swap your usual sandwich side for crunchy broccoli florettes or red pepper strips.
- Microwave a sweet potato for a delicious side dish.

Fruits: Focus on Fruits

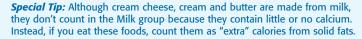
What's in the Fruits group: Any fruit or 100% fruit juice. Fruits may be fresh, canned, frozen or dried; and may be whole, cut-up, pureed, raw or cooked.



- Bag some fruit for your morning commute. Toss in an apple to munch with lunch and some raisins to satisfy you at snacktime.
- Buy fresh fruits in season when they taste best and cost less.
- Never be fruitless! Stock up on peaches, pears and apricots canned in fruit juice or frozen so they're always on hand.

Milk: Get Your Calcium-Rich Foods

What's in the Milk group: All fluid milk products and many foods made from milk. Examples include cheese and yogurt. Make your Milk group choices fat-free or low-fat.



- · Use fat-free or low-fat milk instead of water when you make oatmeal, hot cereals or condensed cream soups, such as cream of tomato.
- Snack on low-fat or fat-free yogurt. Try it as a dip for fruits and veggies and a topper for baked potatoes.
- Order your latte or hot chocolate with fat-free (skim) milk.

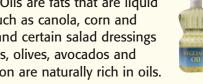
Meat & Beans: Go Lean with Protein

What's in the Meat & Beans group: All foods made from beef, pork, poultry, fish, dry beans or peas, eggs, nuts and seeds. Make your meat and poultry choices lean or low-fat.



- Trim visible fat from meat and remove skin from poultry.
- · Broil, grill, roast or poach meat, poultry or fish instead of frying.
- Enjoy pinto or kidney beans on a salad or a hearty split pea or lentil soup for extra protein.

Oils-Know Your Fats: Oils are fats that are liquid at room temperature such as canola, corn and olive oils. Mayonnaise and certain salad dressings are made with oils. Nuts, olives, avocados and some fish such as salmon are naturally rich in oils.



- Special Tip: Solid fats are different from oils because they are higher in saturated and/or trans fats so they are considered extras. Solid fats are found in whole milk, cheese, higher-fat meats and other foods such as butter, lard, chicken skin and shortening. Some oils such as palm, palm kernel and coconut are also higher in saturated fats.
- Use some vegetable oil instead of butter for cooking and baking.
- Toss salad with salad oil and flavored vinegar.
- Try thin slices of avocado on a sandwich or sprinkle some nuts on a salad.