

NUTRITION & HEALTH

BY CECELIA DARBY

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Lessons focus on food groups, calories, carbohydrates, protein, fat, vitamins, minerals, and the need for water. Activities encourage students to examine their daily diets for balanced nutrition.

General background information, suggested activities, questions for discussion, and answers are included.

Encourage students to keep completed pages in a folder or notebook for further reference and review.

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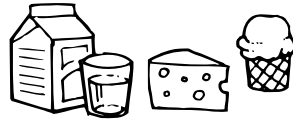
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BASIC FOOD GROUPS

1 DAIRY GROUP



This group contains foods made from milk. They include milk, butter, cheese, and ice cream.

- Number of servings needed each day:

| | |
|------------------|-----------|
| Children under 9 | 2–3 |
| Children 9–12 | 3 or more |
| Teenagers | 4 or more |
| Adults | 2 |

List three more foods in the Dairy Group.

1. _____
2. _____
3. _____



2 FRUIT AND VEGETABLE GROUP

This group contains all fruits and vegetables such as beans, tomatoes, corn, spinach, watermelons, apples, and peaches.

- Number of servings needed each day:

| | |
|------------|-----|
| Vegetables | 3–5 |
| Fruits | 2–4 |

Include a wide variety of fruits and vegetables.

List three more foods in the Fruit and Vegetable Group.

1. _____
2. _____
3. _____



3 MEAT AND PROTEIN GROUP

This group contains all meats, all fish, eggs, nuts, and dried legumes such as dried beans and peas.

- Number of servings needed each day: 2–3
- List three more foods in the Meat and Protein Group.

1. _____
2. _____
3. _____



4 GRAIN GROUP

This group includes foods made from grains such as bread, noodles, crackers, rice, and cereal.

- Number of servings needed each day: 6–11

List three more foods in the Grain Group.

1. _____
2. _____
3. _____



5 OTHER FOODS

Some foods do not fit easily into any of the four basic food groups. These include soft drinks, coffee, tea, cakes, cookies, potato chips, and mustard.

- All people should limit the amount of these foods they eat each day.

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FOOD GROUPS DIARY

Color code these foods.

Meat and Protein—Red

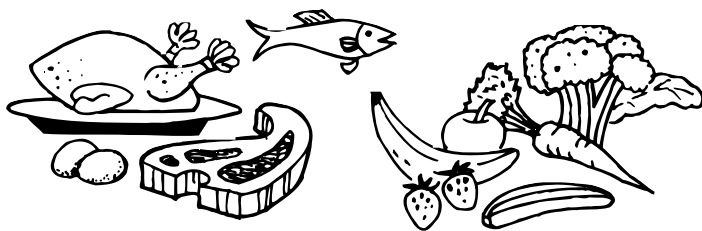
Fruits and Vegetables—Green

Dairy—Yellow

Grains—Brown

Combinations (foods such as pizza and tacos)—Black

Others (soft drinks, cake, cookies, potato chips, fats such as butter and margarine, ketchup and mustard and so on)—Blue



For three days, keep track of the food you eat from each food group. Record the food on the chart below. Total the number of servings you eat each day from each food group.

| | BREAKFAST | LUNCH | DINNER | SNACK | TOTAL |
|-------|-----------|-------|--------|-------|-------|
| DAY 1 | | | | | |
| DAY 2 | | | | | |
| DAY 3 | | | | | |

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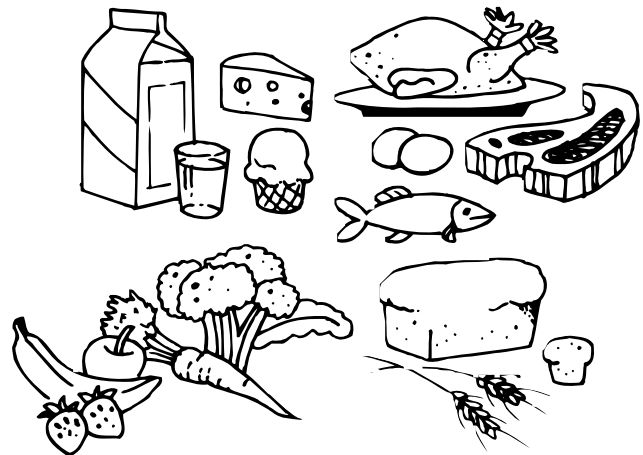
RECOMMENDED DAILY AMOUNTS

NOTE

The United States government recommends that people eat a minimum amount of food from each of the four basic food groups each day. These amounts are called the Recommended Daily Amounts, or RDA.

The recommended daily amounts from each group are listed below.

- Dairy Group— 3–4 servings
- Meat and Protein Group— 2–3 servings
- Fruit and Vegetable Group— 5–9 servings
- Grain Group— 6–11 servings



ACTIVITY

Use your Food Groups Diary. Complete the chart with the information from your Diary.

| | DAIRY GROUP | MEAT AND PROTEIN GROUP | FRUIT AND VEGETABLE GROUP | GRAIN GROUP |
|--------------|-----------------------|-------------------------------|----------------------------------|------------------------|
| DAY 1 | RDA 3–4 Mine _____ | RDA 2–3 Mine _____ | RDA 5–9 Mine _____ | RDA 6–11 Mine _____ |
| DAY 2 | RDA 3–4 Mine _____ | RDA 2–3 Mine _____ | RDA 5–9 Mine _____ | RDA 6–11 Mine _____ |
| DAY 3 | RDA 3–4 Mine _____ | RDA 2–3 Mine _____ | RDA 5–9 Mine _____ | RDA 6–11 Mine _____ |

Did you eat the recommended daily amounts from each food group for each day? _____

Did you eat less of the recommended daily amounts from a food group? _____

If yes, which one? _____

Did you eat more of the recommended amounts from a food group? _____

If yes, which one? _____