

## FOOD GROUPS AND GOOD NUTRITION

Eating a healthy meal is essential if we want to keep healthy, have energy, keep our immune system working well so we don't get sick and have a longer healthier life in general.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

- Keep a food diary for a week and tally up an estimation of what your diet is like each day compared to the food pyramid.
- Identify some positive changes that you can make and share with your parents.

LEVEL H

PERIOD 6

TASK 1

So for this, you're going to need to understand a few basic guidelines, and you'll have all the information you'll need to choose to live a healthy life--it is, of course, still a choice.

- Variety is the spice of life they say, and with good nutrition that is very true. Asparagus is good for you, but if all you ate was asparagus, you would not be healthy. Different foods have different nutrients that your body needs.
- The food pyramid is not a bad place to start, but you need to use some common sense. It would call for the following 2,000 calorie diet: 6 ounces of grains (breads) 2.5 cups of Vegetables (avoid starches) 2 cups of fruit, less than 6 tsp of oil, 3 cups of milk product, 5.5 ounces of meat.
- Now be careful, because a cheeseburger combo will offer you meat, salad, bread, veggies in the form of French fries, milk in the cheese and even a tomato that satisfies a portion of your fruit. But the reality is that there is way too much oil, meat and bread, low on the veggies and fruit, starches for veggies in the shape of French Fries, and then add all that salt. Bad options of all the food groups with off kilter quantities, makes for a heart attack waiting to happen.
- Now you have to take into account the method of cooking. We have already shown how the fast food combo introduces way too much oil. When you pick up snacks like candy bars and chips, now you are introducing items that offer little nutrition, but plenty of sugars, sodium, oils and processed ingredients that hurt rather than help your body.

