



NUTRITION AND FITNESS

“Eat Healthy...Be Active”
High School

- The MORE HEALTH website is equipped with a classroom TEACHER section. Here you will find pre- and post-visit activities, vocabulary words, and in many cases pre-and post-visit videos.
- Visit morehealthinc.org – <https://www.morehealthinc.org/teachers/>
- Password: resources

Pre-Visit Activities

- Enclosed is the vocabulary list for the Nutrition and Fitness lesson. Please review with the students prior to our visit.
- Click the link to play videos:
Why What you Eat Matters – Food Groups (5:55)
<https://www.youtube.com/watch?v=IMAOEgHw1AQ>
Understanding Food Labels – Nutrition Facts Labels (7:46)
<https://www.youtube.com/watch?v=sroMTQgKO9k>

Suggested Post-Visit Activities

- Have students follow this link and calculate their Body Mass Index:
<https://www.cdc.gov/healthyweight/bmi/calculator.html>
Based on their findings, they can begin to think about what balance means to them and their future health.
- Use the **Nutrition & Fitness Worksheet** as an additional resource: homework, extra credit, etc. For teacher reference, an answer key is provided (page 6).
- Have students focus on two goals: one nutritional goal and one activity goal. Goals should be realistic, attainable, and measurable. Have them monitor their progress for 21 days. Encouraging students to “stick with it” can produce great results and help them develop a new healthy habit. Ask your students to document their progress throughout the semester and if they are comfortable, they can share their results in the classroom.
- Have students compare foods at “Fast Food” chains and come up with healthy choices that can be purchased at these establishments.
- Click the link to play video:
Eating and Body Dysmorphic Disorders: Crash Course Psychology (10:11)
<https://www.youtube.com/watch?v=eMVyZ6Ax-74>

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Vocabulary

- **anorexia nervosa_n** self-starvation
- **balance_n** a state where things are of equal weight or force
- **binge eating_n** eating large amounts of food frequently and repeatedly,
- **Body Mass Index_n (BMI)** a tool used to determine if your weight is in the healthy range for your height
- **bulimia_n** eating disorder described as binge eating followed by purging
- **CDC_n** Center for Disease Control
- **calcium_n** a mineral needed to build strong healthy bones
- **MyPlateGuide_n** an outline of what to eat each day to be healthy
- **diet_n** the usual food and drink of a person
- **eating disorder_n** an abnormal relationship with food
- **empty calories_n** foods that contain a lot of calories but are low in nutrients
- **energy_n** the strength and vitality required for sustained physical or mental activity
- **exercise_n** active use of the body in order to make it stronger and/or healthier
- **fitness_n** the quality or state of being fit, in good physical condition
- **Food Labels_n** nutritional information provided on packaged food
- **habit_n** an acquired pattern of behavior that has become nearly or completely involuntary
- **Muscle Dystrophin_n** a psychological disorder marked by a negative body image and an obsessive desire to have a muscular physique
- **nutrient_n** the “good” things in food (fats, carbohydrates, proteins, vitamins, minerals, and water)
- **nutrition_n** the science or study of proper diet
- **obesity_n** a serious health problem that occurs when your BMI is in the unhealthy range
- **osteoporosis_n** decreased bone density with a high risk for fractures

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- **plenty**_n a full or abundant supply or amount
- **portion**_n an amount of food served or suitable for one person
- **preparation**_v to prepare for eating by applying heat; ways to cook
- **purging**_v physically remove or expel something completely
- **saturated fat**_n found in animal products – causes clogged arteries
- **sedentary**_{adj} inactive, characterized by much sitting and little physical activity

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Goals

- Students will gain accurate and current information that will help identify, establish, and aid them when choosing a balance between nutrition and fitness.
- Students will understand Obesity. What it is, how it affects their bodies, and how to avoid the condition.
- Students will classify their activity according to the Activity Pyramid and relate this information to their own physical well-being.

Objectives

- Students will be aware of the MyPlate food guide to analyze their own daily food requirements.
- Students will be able to use the Activity Pyramid to analyze their daily activity requirements.
- Students will become aware of how best to balance nutrition and fitness and how it could affect their health.
- Students will be able to define and give characteristics of different eating disorders and obesity.
- Students will evaluate their eating habits.
- Students will evaluate their level of activity.
- Students will understand the 8 Ps of being healthy. (Portion, Preparation, Put-Ons, Plenty, Power Up, Pick the Best (labeling), Pound the Pavement, and Problems (eating disorders)).

Standards

The student will...

- HE.912.B.3.1 verify the validity of health information, products, and services.
- HE.912.B.3.2 compile data reflecting the accessibility of resources from home, school, and community that provide valid health information.
- HE.912.B.3.4 justify when professional health services or providers may be required.
- HE.912.B.5.2 generate alternatives to health-related issues or problems.
- HE.912.B.5.3 appraise the potential short-term and long-term outcomes of each alternative on self and others.
- HE.912.B.5.4 assess whether individual or collaborative decision-making is needed to make a healthy decision.
- HE.912.B.6.1 evaluate personal health practices and overall health status to include all dimensions of health. (*suggested post-visit activity*)
- HE.912.B.6.2 formulate a plan to attain a personal health goal that addresses strengths, needs, and risks. (*suggested post-visit activity*)
- HE.912.B.6.3 implement strategies and monitor progress in achieving a personal health goal. (*suggested post-visit activity*)
- HE.912.B.6.4 formulate an effective long-term personal health plan. (*suggested post-visit activity*)
- HE.912.C.1.1 predict how healthy behaviors can affect health status.

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- HE.912.C.1.2 interpret the significance of interrelationships in mental/emotional, physical, and social health. (*suggested pre-visit video*)
- HE.912.C.1.7 analyze how heredity and family history can impact personal health.
- HE.912.C.2.1 analyze how the family influences the health of individuals (*suggested pre -visit video*)
- HE.912.C.2.2 compare how peers influence healthy and unhealthy behaviors. (*suggested pre-visit video*)
- HE.912.C.2.3 assess how the school and community can affect personal health practice and behaviors.
- HE.912.C.2.5 evaluate the effect of media on personal and family health. (*suggested pre-visit video*)
- HE.912.C.2.8 analyze how the perceptions of norms influence healthy and unhealthy behaviors. (*suggested pre-visit video*)
- HE.912.C.2.9 evaluate the influence of personal values, attitudes and beliefs about individual health practices and behaviors. (*suggested pre-visit video*)
- HE.912.P.7.1 analyze the role of individual responsibility in enhancing health. (*suggested pre-visit video*)
- HE.912.P.7.2 evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks.
- LAFS.K12.SL.1.2 integrate and evaluate information presented in diverse media and formats, including visually, quantitatively, and orally.
- ELA.912.V.1.1 integrate academic vocabulary appropriate to grade level in speaking and writing.
- PE.912.C.2.10 analyze long-term benefits of regularly participating in physical activity.
- PE.912.C.2.13 document food intake, calories consumed and energy expended through physical activity and analyze the results. (*suggested post-visit activity*)
- PE.912.L.3.1 participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity beyond physical education on five or more days of the week. (*suggested post-visit activity*)
- PE.912.L.3.2 participate in a variety of activities that promote the health-related components of fitness (*suggested post-visit activity*)
- PE.912.L.4.1 design a personal fitness program. (*suggested post-visit activity*)
- PE.912.L.4.2 identify ways to self-assess and modify a personal fitness program. (*suggested post-visit activity*)
- PE.912.L.4.3 identify strategies for setting goals when developing a personal fitness program. (*suggested post-visit activity*)
- PE.912.L.4.6 identify health-related problems associated with low levels of cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.
- PE.912.M.1.5 apply strategies for self improvement based on individual strengths and needs.

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Nutrition & Fitness Answer Key

1. When addressing nutrition and fitness, Balance is one of the most important things to consider.
2. Establishing Healthy Habits now, can affect your quality of life for years to come.
3. The “P’s for a healthy lifestyle = Practical Points to Ponder.
4. Since the 1960s Portions have increased leading to larger people.
5. Tricks to help eat less include: using smaller Plates, eating Slower, and drinking more Water.
6. Pay attention to how your food is prepared. Healthier cooking methods include Baking, Broiling and Grilling.
7. Healthy fats can come from foods like Avocado, Salmon, and Olives.
8. Try to limit Saturated fats which are found in animal products.
9. Put-Ons can include the following: Ketchup, Mayonnaise, Sour Cream and Butter.
10. Our bodies are made up of approximately 70 % water.
11. Two things you should have plenty of daily are water and Sleep.
12. Breakfast is considered the most important meal of the day to help your body “power-up” your metabolism.
13. When reading food labels pay close attention to Serving sizes and the Number of servings per container.
14. Pick out foods that provide good nutrients and minerals like Calcium, Potassium, and Vitamin D. Be careful of foods that contain too much Sugar, Salt, and Fat.
15. It is recommended that you should get 60 minutes of exercise daily.
16. Benefits of exercising include building strong Bones and Muscles, improved Cardiovascular function, better Mental health and preventing future health problems.
17. The chronic condition where a person has excess body fat is called Obesity.
18. Eating disorders occur when people have an unhealthy relationship with Food.

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