# Lesson 7: Nutrition

*Worksheet 1 of 7*

**Answer each question.**

1. Why is eating healthy important?

_____

2. List the 5 food groups.

_____

_____

_____

_____

_____

3. You should have ___ ounces from the grain group daily.

4. You should vary your veggies by eating different _____ every day.

5. You should have at least ___ cups of fruit daily.

6. Choose _____ milk options.

7. When choosing protein, go _____.

8. List three things you should look for when reading a food label.

_____

_____

_____

# Lesson 7: Nutrition

*Worksheet 2 of 7*

## Food Math!

Jason is 9 years old. He's physically active sometimes. Each day, he needs to eat:
6 ounces of grains;
2.5 cups of vegetables;
1.5 cups of fruit;
3 cups of dairy;
and 5 ounces of protein.

**Help Jason decide what to eat today!**

Plan breakfast, lunch, dinner, and a snack. Be sure he gets all the food he needs from each group. (Food items may be selected more than once. (Continued on the next page)

Grains: 6 ounces

___ 1 slice whole-wheat toast* (1 OZ EQ.)
___ 5 whole-wheat crackers* (1 OZ EQ.)
___ 1 slice white bread (1 OZ EQ.)
___ 1 slice whole-wheat bread* (1 OZ EQ.)
___ 1 cup whole-grain ready-to-eat breakfast cereal* (1 OZ EQ.)
___ ½ cup cooked brown rice* (1 OZ EQ.)
___ 1 cup cooked pasta (2 OZ EQ.)
___ 1 hamburger bun (2 OZ EQ.)
___ 3 cups low fat popcorn* (1 OZ EQ.)

Items marked with a * are whole-grain.

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*Worksheet 3 of 7*

## Food Math!

Vegetables: 2½ cups

___ 6 baby carrots* (½ CUP EQ.)
___ 1 large ear of corn (1 CUP EQ.)
___ 1 medium baked potato (1 CUP EQ.)
___ 1 cup cooked greens* (1 CUP EQ.)
___ 1 large baked sweet potato* (1 CUP EQ.)
___ 3 spears broccoli* (1 CUP EQ.)
___ ½ cup tomato juice (½ CUP EQ.)
___ 1 cup chopped lettuce (½ CUP EQ.)

Items marked with a * are dark green or orange vegetables.

Dairy: 3 cups

___ ½ cup low fat or fat-free cottage cheese (¼ CUP EQ.
___ 1 cup fat-free milk (1 CUP EQ.)
___ 1 snack-sized low fat or fat-free yogurt (½ CUP EQ.)
___ 1 half-pint container 1% or 2% milk (1 CUP EQ.)
___ 2 ounces of low fat or fat-free American cheese (1 CUP EQ.)
___ 1½ ounces of low fat or fat-free cheddar cheese (1 CUP EQ.)
___ 1½ cups light ice cream (1 CUP EQ.)

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*Worksheet 4 of 7*

## Food Math!

Fruits: 1½ cups

___ 1 small apple or ½ large apple (1 CUP EQ.)
___ 1 large orange (1 CUP EQ.)
___ 1 snack-sized container of peaches (½ CUP EQ.)
___ 1 large plum (½ CUP EQ.)
___ 1 small box raisins (½ CUP EQ.)
___ 1 cup 100% orange juice (1 CUP EQ.)
___ 1 medium wedge cantaloupe (½ CUP EQ.)
___ 1 small wedge watermelon (1 CUP EQ.)

Protein: 5 ounces

___ 1 ounce of nuts (2 OZ EQ.)
___ 1 cup split pea soup (2 OZ EQ.)
___ 1 small chicken breast half (3 OZ EQ.)
___ 1 small lean hamburger (3 OZ EQ.)
___ 1 hard-boiled egg (1 OZ EQ.)
___ 1 tablespoon peanut butter (1 OZ EQ.)
___ ¼ cup of pinto beans (1 OZ EQ.)
___ 1 slice of turkey (1 OZ EQ.)

# Lesson 7: Nutrition

*Worksheet 5 of 7*

## What's on the label?

### Vanilla Ice Cream

**Nutrition Facts**

3 servings per container
**Serving size** **2/3 cup (89g)**

| | Per serving | | Per container | |
|---|---|---|---|---|
| **Calories** | **190** | | **560** | |
| | | % DV* | | % DV* |
| **Total Fat** | 19g | **24%** | 56g | **72%** |
| Saturated Fat | 11g | **55%** | 34g | **170%** |
| *Trans* Fat | 0.5g | | 1.5g | |
| **Cholesterol** | 95mg | **32%** | 290mg | **97%** |
| **Sodium** | 70mg | **3%** | 210mg | **9%** |
| **Total Carb.** | 13g | **5%** | 38g | **14%** |
| Dietary Fiber | 2g | **7%** | 7g | **25%** |
| Total Sugars | 0g | | 0g | |
| Incl. Added Sugars | 0g | **0%** | 0g | **0%** |
| Sugar Alcohol | 9g | | 27g | |
| **Protein** | 2g | | 6g | |
| Vitamin D | 0mcg | 0% | 1mcg | 6% |
| Calcium | 48mg | 4% | 143mg | 10% |
| Iron | 0mg | 0% | 0mg | 0% |
| Potassium | 40mg | 0% | 120mg | 2% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Sliced American Cheese

**Nutrition Facts**

About 9 servings per container
**Serving size** **1 slice (22g)**

Amount per serving
**Calories** **90**

| | % Daily Value* |
|---|---|
| **Total Fat** 7g | **9%** |
| Saturated Fat 4.5g | **23%** |
| *Trans* Fat 0g | |
| **Cholesterol** 25mg | **7%** |
| **Sodium** 310mg | **13%** |
| **Total Carbohydrate** <1g | **0%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 0g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 5g | |
| Vitamin D 0mcg | 0% |
| Calcium 136mg | 10% |
| Iron 0mg | 0% |
| Potassium 25mg | 0% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** rBGH-BST HORMONE FREE AMERICAN CHEESE (rBGH-BST HORMONE FREE PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, rBGH-BST HORMONE FREE CREAM, SODIUM CITRATE, SALT, ORGANIC FRUIT AND VEGETABLE JUICE COLOR, PAPRIKA EXTRACT COLOR. **CONTAINS: MILK**

### Fruit Flavored Yogurt

**Nutrition Facts**

**1 serving per container**
Serving size 1 container (170g)

Amount per 1 container
**Calories** **160**

| % DV* | |
|---|---|
| **2%** | **Total Fat** 1.5g |
| **5%** | **Saturated Fat** 1g |
| | ***Trans* Fat** 0g |
| **3%** | **Cholesterol** 10mg |
| **3%** | **Sodium** 80mg |
| **8%** | **Total Carbs** 25g |
| **0%** | **Dietary Fiber** 0g |
| | **Sugars** 21g |
| | **Added Sugars** 8g |
| | **Protein** 11g |
| 2% | **Vitamin A** 30mcg |
| 0% | **Vitamin C** 0mg |
| 30% | **Calcium** 300mg |
| 0% | **Iron** 0mg |

* Percent Daily Values are based on a 2,000 calorie diet.

Version S+A

### Cottage Cheese

**Nutrition Facts**

About 20 servings per container
**Serving size** **1/2 cup (113g)**

**Amount per serving**
**Calories** **80**

| | % Daily Value* |
|---|---|
| **Total Fat** 1g | **1%** |
| Saturated Fat 0.5g | **3%** |
| Trans Fat 0g | |
| **Cholesterol** 10mg | **3%** |
| **Sodium** 400mg | **17%** |
| **Total Carbohydrate** 6g | **2%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 4g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 12g | **24%** |
| Vitamin D 0mcg | 0% |
| Calcium 110mg | 8% |
| Iron 0mg | 0% |
| Potassium 150mg | 4% |
| Vitamin A 60mcg | 6% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Fat Free Milk

**Nutrition Facts**

16 servings per container
**Serving size** **8 fl oz (240 mL)**

Amount per serving
**Calories** **80**

| | % Daily Value* |
|---|---|
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 5mg | 2% |
| **Sodium** 105mg | 5% |
| **Total Carbohydrate** 12g | 4% |
| Dietary Fiber 0g | 0% |
| Total Sugars 12g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 8g | |
| Vitamin D 3mcg | 15% |
| Calcium 299mg | 25% |
| Iron 0mg | 0% |
| Potassium 382mg | 8% |
| Vitamin A 156mcg | 15% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### 1% Milk

**Nutrition Facts**

Serving Size 1 Cup (250ml)
Servings Per Container Approx. 8

**Amount Per Serving**

| | |
|---|---|
| **Calories** 110 | **Calories from Fat** 25 |
| | **% Daily Value*** |
| **Total Fat** 2.5g | **4%** |
| **Saturated Fat** 1.5g | **8%** |
| **Cholesterol** 15mg | **5%** |
| **Sodium** 115mg | **5%** |
| **Total Carbohydrate** 13g | **4%** |
| **Sugars** 13g | |
| **Protein** 9g | |

**Vitamin A** 2% • **Calcium** 30%

Not a significant source of trans fat, dietary fiber, vitamin C and iron.

*Percent Daily Values are based on a 2,000 calorie diet.

### 2% Milk

**Nutrition Facts**

Serving Size 1 cup (240mL/8fl. oz.)

Amount Per Serving

| | | | |
|---|---|---|---|
| **Calories** 130 | Calories From Fat 45 | | |
| | **% Daily Value *** | | |
| **Total Fat** 5g | **8%** | | |
| Saturated Fat 3g | **15%** | | |
| **Cholesterol** 15mg | **4%** | | |
| **Sodium** 130mg | **5%** | | |
| **Total Carbohydrates** 12g | **4%** | | |
| Dietary Fiber 0g | **0%** | | |
| Sugars 12g | | | |
| **Protein** 9g | | | |
| Vitamin A 6% | | Vitamin C 0% | |
| Calcium 30% | | Iron 0% | |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

**Ingredients:** Organic Pasteurized Reduced Fat Milk, Vitamin A and D added

### Whole Milk

**Whole Milk**
Serving Size 8 fl oz (240mL)
Servings Per Container 2

**Amount Per Serving**
**Calories** 150 **Calories from Fat** 70

| | % Daily Value* |
|---|---|
| **Total Fat** 8g | 12% |
| Saturated Fat 5g | 25% |
| **Cholesterol** 35mg | 12% |
| **Sodium** 125mg | 5% |
| **Total Carbohydrate** 12g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 11g | |
| **Protein** 8g | |

Vitamin A 6% • Vitamin C 4%
Calcium 30% • Iron 0% • Vitamin D 25%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

# Lesson 7: Nutrition

*Worksheet 6 of 7*

## What's on the label?

| | Fat Free | 1%. | 2 % | Whole |
|---|---|---|---|---|
| What is the serving size of this item? | | | | |
| How many calories are in one serving ? | | | | |
| How many grams of fat are in one serving? | | | | |
| What is the percent of calcium in one serving? | | | | |

Based on you answers above, which type of milk has the most calcium with the lowest fat? _____

# Lesson 7: Nutrition

*Worksheet 7 of 7*

## What's on the label?

1. If Johnny drinks 8 fluid ounces of 1% chocolate milk and eats 6 ounces of fruit-flavored yogurt, how much calcium has he had?

   _____

2. How many grams of fat? _____
3. Which food item on the sheet has the least calcium with the highest amount of fat? _____
4. Which food item on the sheet has the most calcium with the lowest amount of fat? _____