



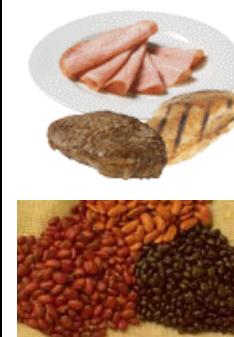


Unit 20. Healthy Food = Healthier People




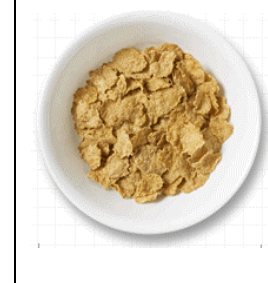


Vocabulary

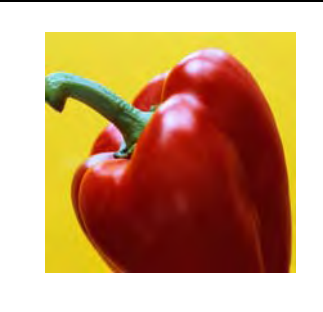


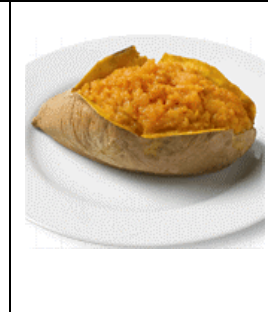
Food Groups

				
grains	vegetables	fruits	milk and milk products	meats and beans





Examples of Food in the Grains Group

			
a bowl of popcorn	a piece of cornbread	pasta and rice	a bowl of cereal





Examples of Food in the Vegetables Group

			
a sweet pepper sweet peppers	broccoli	lettuce	a baked sweet potato






Examples of Food in the Fruits Group

			
a melon melons	a blueberry blueberries	a strawberry strawberries	an apple apples

Examples of Food in the Milk Group

			
milk a glass of milk	cheese 2 slices of cheese	ice cream a dish of ice cream	creamy soup (soup made with milk or cream)

Examples of Food in the Meat and Beans Group

				
lentil soup a bowl of lentil soup	chicken a piece of chicken	pork a pork chop	nuts some mixed nuts	salmon a piece of salmon

Pronunciation

bl	p	d	f	gr
blueberries	potato	diet	fish	grain
blackberries	pasta	dozen	fat	granola
bland	popcorn	dirty	funny	grapes
blend	pepper	dish	fit	groups
blender	piece	dinner	fun	grater

h	wh	m	s	ch
happy	when	meat	some	cheese
healthy	wheat	melon	soup	chicken
ham	what	milk	salmon	choose
hamburger	where	make	simple	chunky
have	why	mild	say	chowder

Clap the Stress (X x = CLAP clap)

X	X	X x	X x x	x X x
baked	bowl	healthy	blueberries	potatoes
beans	dish	choices	hamburger	granola
cream	glass	protein	sodium	statistics
cheese	spoon	diet	barbeque	commercial
fast	ounce	apples	vegetables	examples
food	gram	chicken	broccoli	for dinner
fruits	piece	cornbread	cereal	for breakfast
grains	meats	lentils	strawberries	Don't fry it.

Conversations

Person 1: I'm hungry.

Let's get some fried chicken.

It's cheap and it comes with French fries and a biscuit with butter.



Person 2: *I'm hungry, too, but I'm trying to lose some weight. I need something with less fat.*

Person 1: I know a good place that has salad with grilled chicken. It's cheap too.



Person 2: *Oh, good. That will fill me up and help me eat healthy, too.*

Person 1: The doctor said my blood pressure is too high. He said to eat less salt.



Person 2: *How can you do that?*

Person 1: I'll read the food labels before I buy the food. The labels tell how much salt and other things are in the food. Then I'll know what to buy.

Person 2: *Is there really that much difference?*

Person 1: Oh, yes. Look at these two labels. One says 300 milligrams of sodium—that's another word for salt. The other says 140 milligrams.

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%

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Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	7%

Practice Comparing Food Labels

Look at the two food labels below. One is for PLAIN YOGURT. The other is for FRUIT YOGURT. Now answer these questions by checking PLAIN or FRUIT.

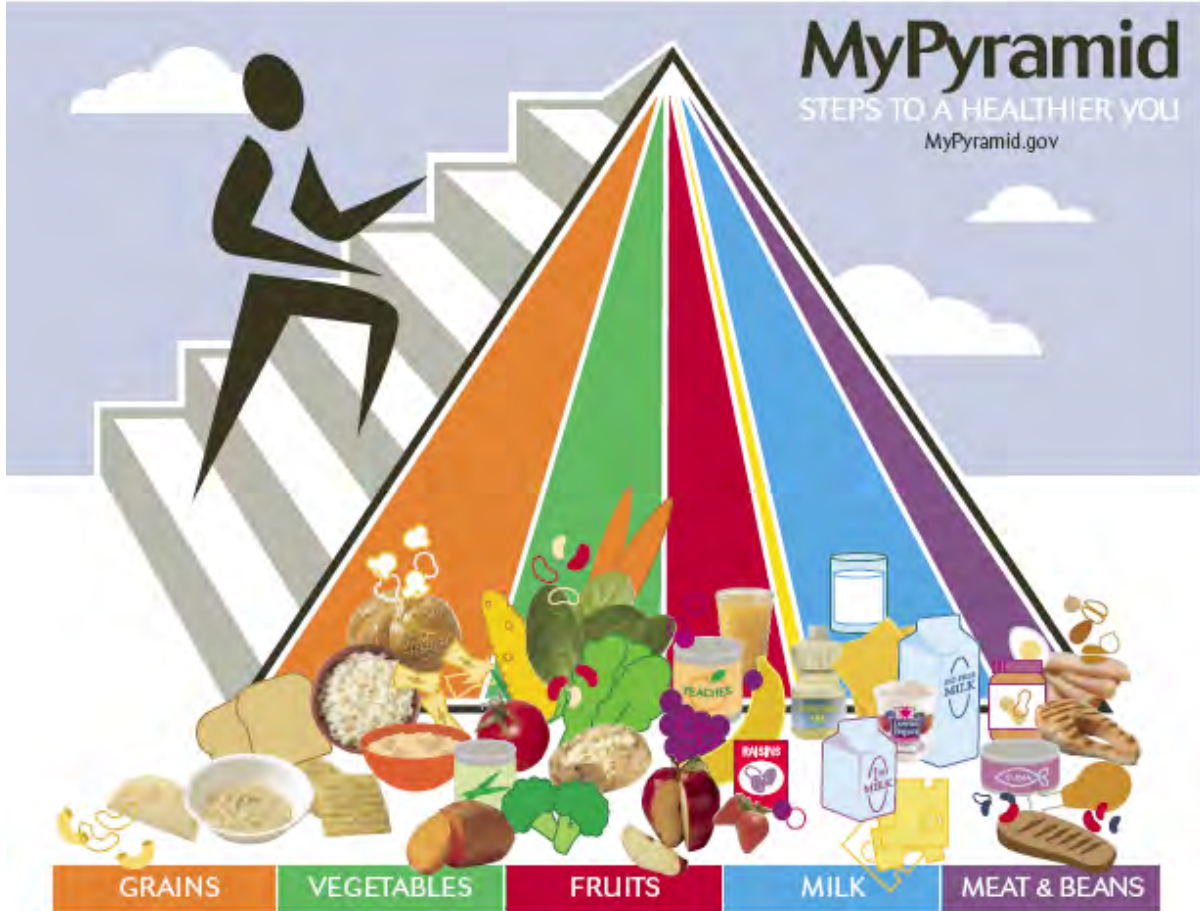
1. Which yogurt has the most calories? FRUIT PLAIN
2. Which yogurt has the most saturated fat? FRUIT PLAIN
3. Which yogurt has the most trans fat? FRUIT PLAIN
4. Which yogurt has the most salt (sodium)? FRUIT PLAIN
5. Which yogurt has the most carbohydrates? FRUIT PLAIN
6. Which yogurt has the most sugar? FRUIT PLAIN
7. Which yogurt has the most vitamins? FRUIT PLAIN
8. Which yogurt has the most calcium? FRUIT PLAIN
9. Which yogurt is the most healthy? FRUIT PLAIN

FRUIT YOGURT	
Nutrition Facts	
Serving Size 1 container (227g)	
Amount Per Serving	
Calories 240 Calories from Fat 25	
	% Daily Value*
Total Fat 3g	4 %
Saturated Fat 1.5g	9 %
<i>Trans Fat</i> 0g	
Cholesterol 15mg	5 %
Sodium 140mg	6 %
Total Carbohydrate 46g	15 %
Dietary Fiber Less than 1g	3 %
Sugars 44g	
Protein 9g	
Vitamin A 2 % • Vitamin C 4 %	
Calcium 35 % • 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.	

PLAIN YOGURT	
Nutrition Facts	
Serving Size 1 container (226g)	
Amount Per Serving	
Calories 110 Calories from Fat 0	
	% Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
<i>Trans Fat</i> 0g	
Cholesterol Less than 5mg	1 %
Sodium 160mg	7 %
Total Carbohydrate 15g	5 %
Dietary Fiber 0g	0 %
Sugars 10g	
Protein 13g	
Vitamin A 0 % • Vitamin C 4 %	
Calcium 45 % • 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.	

NOTE: Trans Fat is particularly unhealthy.

The Food Pyramid: Five Healthy Groups, One Unhealthy Group








This is a food pyramid. It explains that everyone needs to eat five kinds of food:

- grains
- vegetables
- fruits
- milk
- meat and beans

How much food you eat depends on your sex, age, and the type of work you do. It also depends on how much exercise you do every day. Everyone needs to eat food from these five groups to stay healthy.


The food pyramid and other information about food is from the U. S. Government. Too many people have heart attacks, strokes, and diabetes. Too many have cancer. A strong country needs healthy people. So the government and many other groups are explaining what foods are most healthy.

This is what health experts recommend that we eat:

 <p>Grains</p>	<p>3 ounces of whole grain bread, cereal, rice, or pasta -- daily</p> <p><i>1 slice of bread counts as 1 ounce grain*</i> <i>1 cup dry cereal counts as 1 ounce grain</i> <i>½ cup cooked rice or pasta counts as 1 ounce grain</i></p>
 <p>Vegetables</p>	<p>2-3 cups of vegetables -- daily</p> <p><i>1 cup raw or cooked vegetables counts as 1 cup veggies</i> <i>2 cups raw leafy vegetables counts as 1 cup veggies</i></p>
 <p>Fruits</p>	<p>2 cups of fruit -- daily</p> <p><i>1 cup of fresh or canned fruit counts as 1 cup fruit</i> <i>½ cup dried fruit counts as 1 cup fruit</i></p>
 <p>Milk</p>	<p>2-3 cups of milk -- daily</p> <p><i>1 cup milk or yogurt counts as 1 cup milk</i> <i>2 slices of cheese counts as 1 cup milk</i></p>
 <p>Meat & Beans</p>	<p>4-5 ounces of lean meat -- daily</p> <p><i>1 oz. beef, pork, chicken or fish counts as 1 ounce meat</i> <i>¼ cup cooked dry beans counts as 1 ounce meat</i> <i>1 egg counts as 1 ounce meat</i> <i>½ ounce nuts or seeds counts as 1 ounce meat</i></p>

*to understand “counts as” ask your teacher or go to the website: www.mypyramid.gov

There is another food group. It is called Oils. It is OK to use some oils, but just use a little at a time. The foods in this group are not very healthy.

 <p>Oils</p>	<p>This group includes butter, margarine, lard, and all kinds of cooking oils.</p>
-------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------

Every day you can make healthy or unhealthy choices. You decide what you will eat. You decide how much you will eat. Good choices can help to keep you healthy. Good choices will give you more energy. You may not have to go to the doctor as often.

Remember: healthy or unhealthy? It's your choice!

How Healthy Is the Food You Are Eating?

This is a worksheet. It will help you study the food choices you make. It can help you make better choices.

1. Write the foods you ate yesterday, and when you ate them: (banana, coffee, cheeseburger, etc.)

Breakfast	Lunch	Snacks	Dinner

2. Now write your food items again. This time, put each item in its food group.

Grains	Vegetables	Fruit	Milk	Meat & Beans

Did you eat anything from the Oils group? ___ Yes ___ No

If yes, what? _____

Did you eat anything that had a lot of salt? ___ Yes ___ No

If yes, what? _____

Did you eat anything that had a lot of sugar? ___ Yes ___ No

If yes, what? _____

Which of your food choices were healthy?

Which of your food choices were unhealthy?

Internet Exercises

Exercise 1: Healthy Recipes

1. Log on to <http://pinellaswellness.com> and click on *Healthy Recipes*. Find one recipe that sounds good to you and copy the recipe onto this page:

Name of the recipe: _____

Ingredients:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

How to cook it: _____

How long to cook it: _____ At what temperature: _____

2. Try the recipe this week. Then answer these questions:

a. Did you and your family like the recipe you made? ___ Yes ___ No

b. If yes, what made it taste good? _____

c. If no, how can you make it taste better? _____

d. How was the food cooked? (baked, boiled, fried, etc.) _____

e. Why is this a healthy recipe? _____



Exercise 2: Restaurants that Serve Healthy Food

- Log on to <http://www.pinellashealth.com/HCRestaurants/healthyrestaurants.asp>
- Find a restaurant that you go to or that is in your neighborhood.
- Does the restaurant offer healthy choices for adults? ___ Yes ___ No
- Does the restaurant offer healthy choices for children? ___ Yes ___ No



Exercise 3: Make Better Choices at Fast-Food Restaurants

- Here are the nutritional values for a regular Whopper® and for a Low-Carb Whopper® (no bun and no Mayonnaise), according to Burger King®. (Go to <http://www.bk.com> and put your mouse on *Explore BK*. A list will appear. Click on *Nutrition*. Then explore *Build a Meal*. That's where you can find information about calories, fat, etc.)

Name of Food Item	Calories	Total Fat	Sodium (Salt)	Total Sugars
 Whopper®	670	39 g	1020 mg	11
 Low Carb Whopper®	270	18 g	450 mg	5

- Which of these hamburgers is better for your health? ___ Whopper®
___ Low-Carb Whopper®


3. Study the nutrition facts for the roast beef sandwich (below).

Is it healthier than the Whopper®? ___ Yes ___ No

Is it healthier than the Low-Carb Whopper®? ___ Yes ___ No

4. Choose another food item from the Subway® site: <http://www.subway.com> then *Menu/Nutrition*, then *Nutrition Information*. Write the food item name and numbers below. Then compare it to the Subway® sandwich.

Which is best for your health? ___ your item ___ the Subway® sandwich

Name of Food Item	Calories	Total Fat	Sodium (Salt)	Total Sugars
 Subway® 6" Roast Beef	290	5 g	920 mg	8

Credits

Many persons and groups helped us develop and field-test this unit. We owe a special thanks to: Christy Richards, Administrator, Clearwater Adult Education Center; the adult education students, tutors, and teachers who field-tested and provided feedback; the UMCM volunteer tutors and students who field-tested and provided feedback; the UMCM staff, particularly Donna C. Ratzlaff, Executive Director, and Jan Setzekorn, Director of Literacy Services, for encouragement; volunteer Michelle R. Kiewit, for researching and writing; and volunteers Jean Beaton and Chi-Ling Ning, for proofreading. Without the mentoring provided by Sandra Thursby, esteemed colleague, we could not have dared to undertake this project.

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Additional information and photos are from these websites: *My Pyramid.gov -- Steps to a Healthier You*, <http://www.mypyramid.gov>; *Subway*, <http://www.subway.com>; *Burger King*, <http://www.bk.com>; *McDonalds*, <http://www.mcdonalds.com>; *Garden Fare®*, http://www.olivegarden.com/menus/garden_fare; *Dan Marino's*, <http://danmarinosrestaurant.com/menulowcarb.htm>; *Roadhouse Grill*, <http://www.roadhousegrill.com>; *USDA Nutrition Education* <http://www.fns.usda.gov/fns/nutrition.htm>; *Healthier US Gov*, <http://www.healthierus.gov/nutrition.html>; *Nutrition.Gov*, <http://www.nutrition.gov/>; *5 a Day for Better Health*, <http://www.5aday.gov>; *how to Understand and Use the Nutrition Facts Label*, <http://www.cfsan.fda.gov/~dms/foodlab.html>; *Pinellas County Health Department*, <http://www.pinellashealth.com/index.asp>; *Welcome to the Pinellas Wellness Corner*, <http://www.pinellaswellness.com>; *Steps to a Healthier Pinellas*, <http://www.pinellas.k12.fl.us/CI/STEPS/wellness.html>.

My Pyramid: The New Food Guidance System, produced by *Healthy Kids, Healthy Communities*, a Durham Public Schools Initiative funded by the NC Health and Wellness Trust Fund Commission, 2006 on the web at: <http://www.dpsnc.net/healthykids/images/stories/PDFs/5.2.e%20mypyramid-english.pdf>