

NAME: _____

Teen Nutrition: What's the big debate?

DIRECTIONS:

Answers the following questions after viewing *Teen Nutrition: What's the big debate?*

1. What are the six food categories in the MyPyramid food guide?
2. What does the 80/20 rule mean when referring to the MyPyramid food guide?
3. What are the benefits of using the 80/20 rule?
4. What do you need to balance in order to maintain a healthy body weight?
5. What is important to look for on a nutrition label?
6. What does F-A-T-S stand for?
7. What does P-L-A-N stand for?

Teen Nutrition: What's the big debate?

DIRECTIONS:

Answers the following questions after viewing *Teen Nutrition: What's the big debate?*

1. What are the six food categories in the MyPyramid food guide?
Vegetables, Grains, Fruits, Milk, Meats/Beans, Oils
2. What does the 80/20 rule mean when referring to the MyPyramid food guide?
80% of the time choose foods from the wide part of the food guide including 5 servings of fruits and vegetables a day. Limit foods with high fat/high sugar content to 20%.
3. What are the benefits of using the 80/20 rule?
Helps maintain a healthy body weight.
4. What do you need to balance in order to maintain a healthy body weight?
***Healthy eating and activity.
Calories taken in from eating vs calories out from being active.***
5. What is important to look for on a nutrition label?
***Answers vary
Calories, total fat, sugar content, fiber, sodium, ingredients***
6. What does F-A-T-S stand for?
***F- Find the nutrition values
A-Add high fiber food
Avoid high-fat, high-sugar foods
T-Take time for exercise
S-Substitute new habits***
7. What does P-L-A-N stand for?
***P- Pinpoint risky situations
L- List alternatives
A- Apply alternatives
N- New habit***