

April 13-17, 2020: Week At A Glance

NUTRITION UNIT, Week 1

Due Date: Sunday, April 19, 2020, 8:00 PM (Extended Deadline)

Submit: Google Classroom

ASSIGNMENTS – Work at your own pace through the week to complete your assigned tasks.

Lesson #1-SIX ESSENTIAL NUTRIENTS

Power Point: Click [HERE](#) to view presentation.

Quiz: Click [HERE](#) to take the quiz.

Lesson #2- ARTICLE

Food Deserts (Common Lit)- *50 points (Assessment)

Read the article attached to answer the following questions.

Article: Click [HERE](#) to read the article.

1. Which statement best addresses the central idea in the article?

- A. Limited access to fresh foods contributes to obesity and unhealthy eating habits.
- B. Food deserts cause more health problems in rural areas than in urban areas.
- C. The problem of food deserts needs attention at the national level.
- D. Food deserts most often occur in low-income neighborhoods.

2. Which sentence in “Food Deserts” best supports the answer from question #1?

- A. “A food desert is an area or neighborhood where people, for various reasons, have limited access to fresh, whole, and healthy foods.” (Paragraph 1)
- B. “Food deserts most often occur in low-income neighborhoods, largely because healthy food is more expensive than packaged foods.” (Paragraph 3)
- C. “The lack of fresh food that results from living in a food desert poses significant health risks.” (Paragraph 5)

D. "Former First Lady Michelle Obama's Let's Move! campaign, beginning in 2009, was one of the first programs to bring the problem of food deserts to national attention." (Paragraph 7)

3. Identify the statement that best describes how the author addresses conflicting evidence.

A. The author notes that making fresh foods accessible to low-income neighborhoods may not ensure healthy lifestyles.

B. The author states that people living in poverty may always lack access to healthy and nutritious foods.

C. The author explains that the number of people living in poverty is very high and access to healthy foods is limited.

D. The author argues that people who choose to live in poverty are unaware of the unhealthy decisions they are making.

4. Which quote from the text best supports the answer from question #3?

A. "Living one mile away from a grocery store may not seem very far, but in urban areas where many families, especially low-income families, do not own a vehicle, a one-mile hike to and from the grocery store rarely makes sense." (Paragraph 2)

B. "Those who do not have access to plant-based, nutrient-rich foods are much more likely to suffer from obesity, heart disease, and type-2 diabetes." (Paragraph 5)

C. "Moreover, buying packaged foods is actually more expensive overall. Vegetables are actually cheaper per calorie than fast food, but the up-front costs are higher." (Paragraph 6)

D. "While the solutions to food deserts around the country have been highly innovative in the last several years, it is important to note that food deserts are not the main factor in unhealthy eating habits and obesity." (Paragraph 13)

5. Write 5-6 sentences explaining the causes and effects that prevent individuals/families from maintaining a healthy diet. Include three solutions in addition to citing specific examples from the text to support your response.

Lesson #3-NUTRITION LABEL

How to Read Nutrition Label- video - 30pts/Practice & Application

<https://www.youtube.com/watch?v=OWMSJqnYFMY&list=PLFOJExEpsbw9tNYQYnACYZPXYSNYrKvPr&index=46&t=0s>

3- What are THREE things consumers should consider when looking at a Nutrition Label

2- What TWO factors influence individual daily calorie needs

1- What is ONE question you have OR ONE thing you learned

Click the link attached and find out your recommended caloric intake.

<https://www.choosemyplate.gov/resources/MyPlatePlan>

Lesson #4-SNACK POP QUIZ, ARTICLE & VIDEO

“Can You Pass Our Snack Pop Quiz”-25 pts/Practice & Application

Directions: Read the article and view the video below. Then answer the following multiple-choice questions:

Article:

<https://choices.scholastic.com/issues/2017-18/040118/can-you-pass-our-snack-pop-quiz.html>

Select: “Student”

Password: “ClemmonsHealthED”

Video:

https://www.youtube.com/watch?v=8qwJyPEjdCk&feature=emb_logo

Questions:

Your response to each question should include the QUESTION NUMBER and CAPITAL LETTER ANSWER

1. In 2-3 sentences discuss the take-a-ways (main message) from the video?

2. How many grams of fiber should you look for in a snack?

A No more than

3 grams

B At least 3 grams

C Around 10 grams

D 2 grams or less

3. What is the ideal amount of calories for a between-meals snack?

- A 300-350 calories
- B 75-100 calories
- C 100-125 calories
- D 200-250 calories

4. Why do some people need to buy foods that don't contain gluten?

- A Because they taste better
- B Because gluten-free foods are always healthier.
- C Because gluten is an additive that humans can't process.
- D Because they are sensitive or allergic to gluten.

5. Which of the following are possible side effects of consuming too much added sugar?

- A Weight gains
- B Diabetes
- C High blood pressure
- D All of the above

Wednesday – Blog

[“Social Distancing”](#)

This blog can be accessed by clicking the title or you can visit our class website.

Friday – NO FRIDAY REFLECTION THIS WEEK!

Class Website: www.tc-wilsonhealthed.com