

Goals for Healthy Eating List three things you learned about goal-setting from this video.

Section 1 Choosing Food Wisely

Key Ideas

- ✓ You eat for several reasons: to meet your nutritional needs, to satisfy your appetite, and to supply your body with energy.
- ✓ When choosing foods, it is important to read and evaluate the information on the food label. The information includes nutrition facts, nutrient and health claims, Daily Values, and freshness dates.

Vocabulary

- hunger (220)
- appetite (220)
- basal metabolic rate (220)
- Daily Values (223)



Section 2 Safely Managing Your Weight

Key Ideas

- ✓ A person's weight is determined by heredity, level of activity, and body composition.
- ✓ One simple way to assess whether your weight falls within a healthy range is to calculate your body mass index.
- ✓ Being overweight can lead to serious health problems, including heart disease and diabetes.
- ✓ Being underweight can be linked to anemia, heart irregularities, and trouble regulating body temperature.

- ✓ Sensible weight management involves avoiding dangerous diet plans, choosing nutritionally balanced meals and snacks, and getting regular exercise.

Vocabulary

- body composition (227)
- body mass index (227)
- overweight (228)
- obesity (228)
- underweight (229)
- fad diet (230)



Section 3 Nutrition for Individual Needs

Key Ideas

- ✓ Diabetes is a disease with dietary requirements that can help people manage their condition.
- ✓ Because vegetarians exclude certain foods from their diets, they need to plan their food choices carefully to avoid potential health risks.
- ✓ People with food sensitivities, which include food allergies and food intolerances, may require special diets.

- ✓ Athletes need a well-balanced diet with the recommended amounts of carbohydrates, fats, and proteins.

Vocabulary

- vegetarian (234)
- vegan (234)
- food allergy (235)
- food intolerance (235)
- carbohydrate loading (236)



Making Healthy Food Choices 237

Goals for Healthy Eating Ask for volunteers to share their answers. Use examples from the video to review how to set goals for healthy eating.

Key Ideas Review

- L2 Have students write five multiple choice questions and use them to quiz each other. Prompt students to review the content in the text for any question they cannot answer.
- L3 Have students write each objective on one side of an index card. On the other side, have them list some facts from the chapter that address the important points of the objective.

Vocabulary Review

- L1 Have students make flash cards with vocabulary terms on one side and definitions on the other. Have them use the cards to quiz each other.
- L2 Have students write a fill-in-the-blank question for each vocabulary word. Have them switch papers with a partner and try to fill in the blanks.
- EL Tell students to use each vocabulary word in a complete sentence.



Students can go online to take a self test on Chapter 9.

Reviewing Key Ideas

Section 1

- b
- c
- Muscle burns calories, so the more muscle, the higher the BMR.
- BMR declines as a person ages.
- You tend to eat what your family eats, which is influenced by your cultural background, or heritage.
- Appetite is a desire for food, and friends can influence that desire by making you want to eat certain foods or at times when you're out together.
- Reading food labels allows you to compare ingredients, nutrients, Daily Values, and freshness so that you can choose the food that provides the better overall nutritional value.

Section 2

- c
- d
- BMI is determined by dividing your weight by the squared value of your height, and then multiplying the result by 703. BMI is one way to assess whether your weight falls within a healthy range.
- Fad diets restrict food choices so that people become bored with the diet's limitations, stop dieting, and return to their former eating habits.
- A diet diary can help a person keep track of calories and reveal eating patterns or behaviors of which the person might be unaware.
- Skipping meals increases hunger at the next meal, which could lead to overeating at that time.

Section 3

- c
- Eating too much sugar and fat can lead to type 2 diabetes. A diabetic must eat balanced meals on a regular schedule and monitor one's intake of carbohydrates.

Reviewing Key Ideas

Section 1

- Basal metabolic rate (BMR) can be affected by
 - Daily Values.
 - age.
 - hunger.
 - appetite.
- A Daily Value of 10 percent means that
 - a food consists of 10 percent of a particular nutrient.
 - 10 percent of your calories should come from a particular nutrient.
 - one serving provides 10 percent of the daily amount for a particular nutrient.
 - a food package can bear the nutrient claim "light."
- How might a person's muscle mass affect BMR?
- How does BMR change as a person ages?
- How can a person's cultural background influence his or her diet?
- Critical Thinking** How do you think friends can influence your appetite?
- Critical Thinking** How can reading food labels help you choose between two similar foods?

Section 2

- Body mass index (BMI) is a ratio of a person's weight to his or her
 - age.
 - activity level.
 - height.
 - basal metabolic rate.
- People who are considered overweight
 - are generally healthier than people who are not overweight.
 - are decreasing in number.
 - have a BMI of more than 30.
 - are heavier than the standard for their height.
- Joel has a BMI of 30. Explain how this number was determined and what it means.
- Why aren't fad diets effective for long-term weight loss?
- Why should a person use a diet diary when attempting to gain or lose weight?
- Critical Thinking** Explain why skipping meals is not an effective way to manage your weight.

238 Chapter 9

- Vegetarians can combine foods, such as beans and grains, to get complete proteins.
- Athletes need extra calories to fuel their higher level of activity.
- It could help diabetics monitor their carbohydrate intake. They should look for carbohydrates under nutrition facts and for any information pertaining to diabetics, such as carbohydrate exchanges.

Section 3

- A food intolerance is
 - a response by the immune system to certain proteins in foods.
 - present in one percent of the population.
 - the inability to digest a particular food.
 - a fast and intense reaction to food.
- How is type 2 diabetes related to diet?
- How can vegetarians make sure they get all the amino acids they need?
- Why is it important for an athlete to increase calorie intake?
- Critical Thinking** How could diabetics benefit from reading food labels? What information should they look for?



Building Health Skills

- Accessing Information** Make a chart in which you compare different types and brands of yogurt. How do they compare for total fat, saturated fat, cholesterol, vitamins, and minerals?
- Advocacy** Tim, who is thin, has started eating a lot of potato chips and other high-fat foods in an attempt to gain weight. What advice would you give him? **WRITING**
- Setting Goals** Calculate your BMI. Determine if you have an appropriate weight, are overweight, or underweight. Plan meals that will increase, decrease, or keep your BMI the same. Try the meals for several weeks, and see if there is any change in your BMI.

Health and Community

Fast-Food Pamphlet Collect the nutrition information that is now provided by many fast-food restaurants. Use this information to analyze the fat and calorie content of different food items. Then, create a pamphlet comparing two meals: one that is low in fat and calories, and one that is high in fat and calories. **WRITING**



Building Health Skills

- Whole-milk yogurt has the most fat and cholesterol. Yogurt is high in protein and calcium.
- If no health problem exists, Tim should eat large amounts of nutrient-dense foods that are rich in complex carbohydrates. Too much dietary fat could lead to other problems.