

You and FOOD

4-H Health Project Lesson VI

Do you like to eat? Why do you eat? What do you eat? When do you eat?

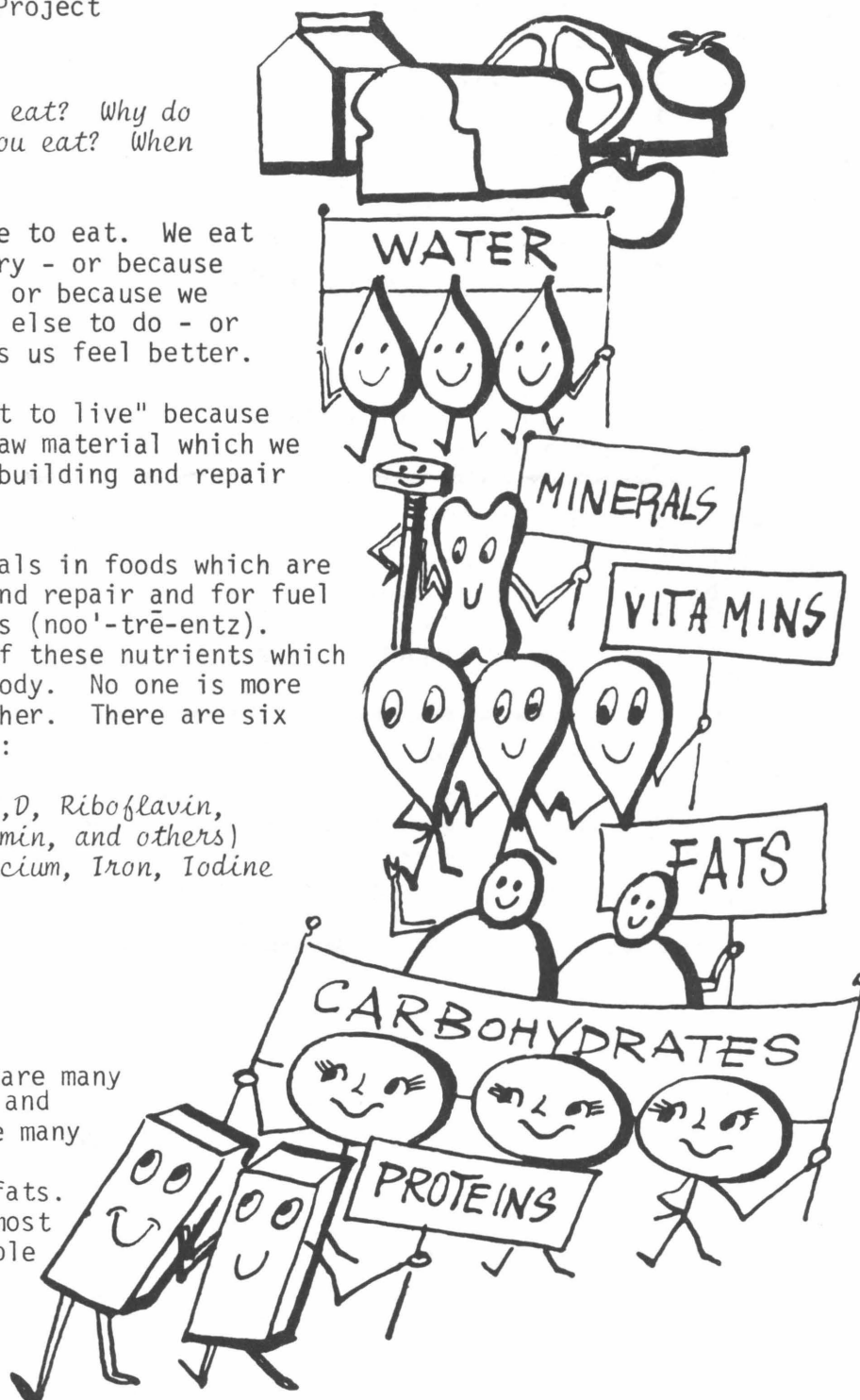
Most of us like to eat. We eat because we are hungry - or because food is available - or because we don't have anything else to do - or because eating makes us feel better.

We have to "eat to live" because food supplies the raw material which we must have for body building and repair and for fuel.

The raw materials in foods which are used for building and repair and for fuel are called nutrients (noo'-trē-entz). There are over 45 of these nutrients which are needed by the body. No one is more important than another. There are six groups of nutrients:

- Vitamins (A, C, D, Riboflavin, Niacin, Thiamin, and others)*
- Minerals (Calcium, Iron, Iodine and others)*
- Proteins*
- Carbohydrates*
- Fats*
- Water*





Just as there are many different vitamins and minerals, there are many kinds of proteins, carbohydrates and fats. Water is found in most foods. Even an apple is 85% water!



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How can you be sure you are getting all of the nutrients or materials needed for good health? The surest way is to follow the Daily Food Guide.

FOOD GUIDE

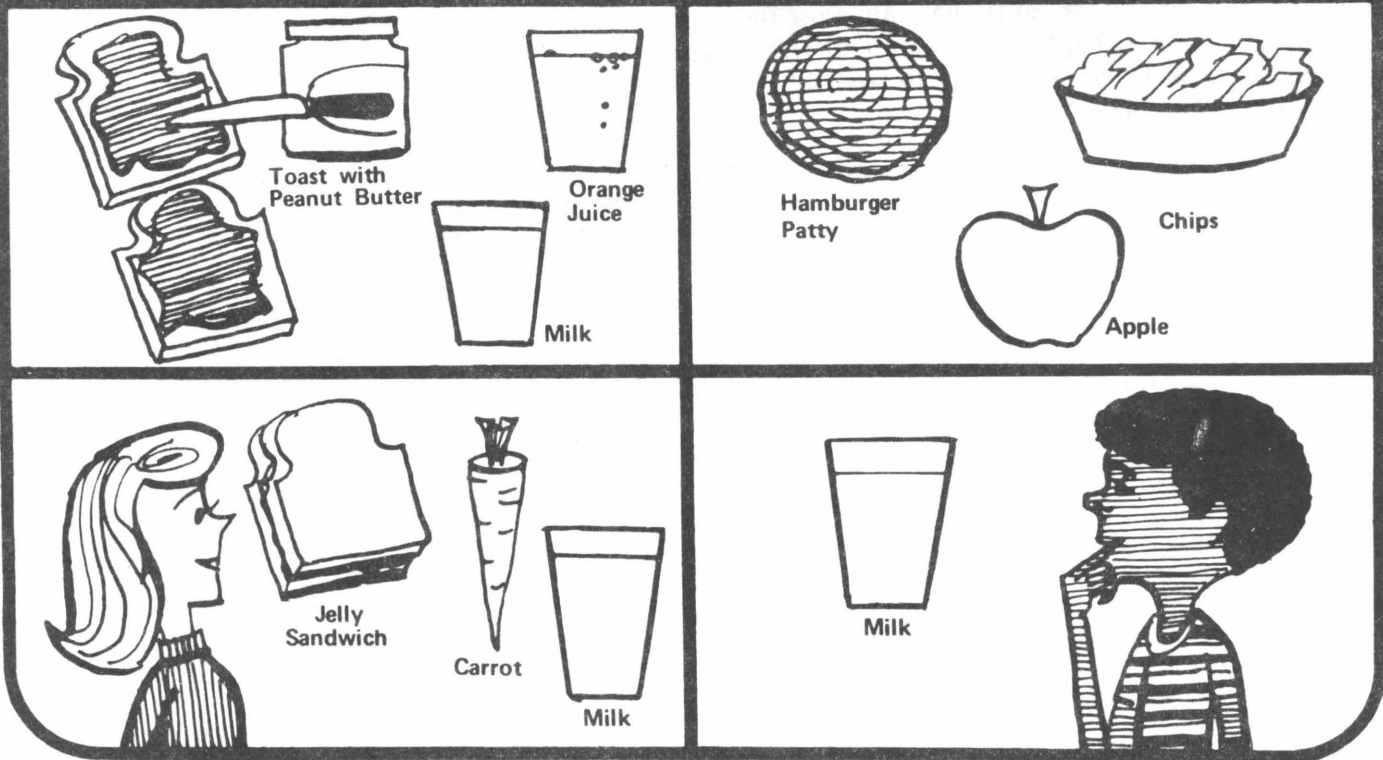
| | | |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|
|  | FRUIT AND VEGETABLE GROUP Include a vitamin C rich food such as citrus fruits, tomatoes, greens, or raw cabbage every day. Dark green and deep yellow fruits and vegetables are good sources of Vitamin A. Eat one of these foods at least every other day. | Eat 4 or more servings each day. |
|  | BREAD AND CEREAL GROUP Includes all breads, cereal, macaroni, spaghetti and rice. Choose whole grain, enriched or fortified products. This group supplies vitamins, minerals, carbohydrates and protein. | Eat 4 or more servings each day. |
|  | MILK GROUP Milk has more of 2 minerals (calcium and phosphorous) than any other food. Other milk products, such as cheeses, ice cream, or yogurt may replace part of the milk. | Eat 3 or more servings each day. |
|  | MEAT GROUP Includes beef, veal, lamb; pork, poultry, eggs, fish and shellfish. As alternates - dry beans, nuts, peanuts and peanut butter. This group is an important source of the protein, vitamins and minerals. | Eat 2 or more servings each day. |

Build Good Eating Habits

- . Start the day with a good breakfast.
- . Plan your snack foods. Snacks can be delicious, nutritious, and low calorie foods. Snacks don't have to be just empty calories like soda pop and candy.
- . Eat a wide variety of foods. When we eat many different kinds of food, we are more likely to get all the nutrients we need.
- . Try a new food. Think of a food which you should, but don't like. Give it this three way test:
 1. Take a small bite at first.
 2. Eat it with someone who likes it.
 3. Try eating it fixed different ways until you find one you like.

WHAT CAN YOU DO WITH THE GOOD FOOD CLUE? 4-4-3-2

You can use the Good Food Clue to help you decide what to eat. Pretend you ate these foods today.



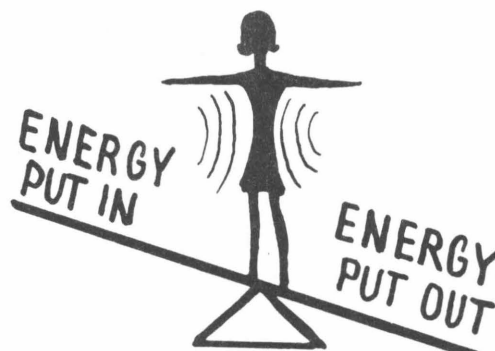
Write the numbers in the blanks below...

| | Good Food Clue | | How many servings did you have from each group? | | How many more servings should you have today? |
|--------------------------------------|----------------|---|-------------------------------------------------|---|-----------------------------------------------|
| Fruit and Vegetable Group | _____ | — | _____ | = | _____ |
| Bread and Cereal Group | _____ | — | _____ | = | _____ |
| Milk Group | _____ | — | _____ | = | _____ |
| Meat Group | _____ | — | _____ | = | _____ |
| What else would you eat for a snack? | _____ | | | | |

THE ENERGY STORY

All foods can be looked at as fuel for the body. This fuel comes in three forms: fat, carbohydrate, and protein. They give the body the energy it must have to work. We measure this fuel energy in units called calories.

The caloric content of a given food is the number of calories produced when eaten or "burned" in the body. For example a glass of milk has an average value of 170 calories. If you drink milk, you will have 170 calories of energy available for use.



The number of calories needed varies from person to person. It depends on body size, age, physical activity, and other body functions. An 11 to 14 year old boy or girl will use from 2,400 to 2,800 calories.

Certain activities take up more energy and thus burn more calories than others. This chart will give you an idea of how many minutes of an activity are required for the body to burn up the number of calories provided by the various foods listed.

| FOOD | CALORIES | MINUTES OF ACTIVITY | | | |
|---------------------------------|----------|---------------------|-----------|---------|-----------|
| | | WALKING | BICYCLING | RUNNING | RECLINING |
| Apple, large | 101 | 19 | 12 | 5 | 78 |
| Milk shake | 424 | 81 | 51 | 22 | 324 |
| Pizza (cheese) 1 piece | 180 | 35 | 22 | 9 | 138 |
| Cake (2 layer) | 356 | 68 | 43 | 18 | 274 |
| Ice cream (1 serving) | 193 | 37 | 24 | 10 | 148 |
| Carrot, raw | 42 | 8 | 5 | 2 | 32 |
| Milk (1 glass) | 170 | 32 | 20 | 9 | 128 |
| Cereal (dry) 1 C (with milk) | 200 | 38 | 24 | 10 | 154 |

List a food habit or habits that you plan to change.

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