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# Fitting the Food and Nutrition Pieces Together

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Do you want to look your best? Looking your best means more than buying nice clothes and getting a great haircut. It means choosing nutritious foods and eating a healthy diet. Is healthy eating a puzzle to you? Can you fit the pieces of food and nutrition together? Match these nutrients—protein, carbohydrates, fats, water, vitamins, and minerals—to their function in your body. Draw a line from each body function to the correct nutrient puzzle piece.

### What nutrient...

- Builds and repairs all body tissue such as hair and fingernails
- Provides the most concentrated source of calories and keeps your skin from getting dry and flaky
- Brings nutrients to the cells, carries away waste products, and regulates your body's temperature
- Gives immediate energy or calories for activities from studying to playing ball

### What vitamin....

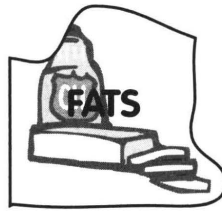
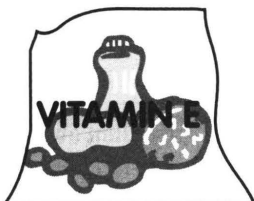
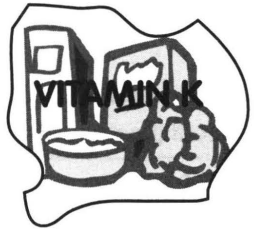
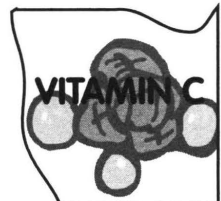
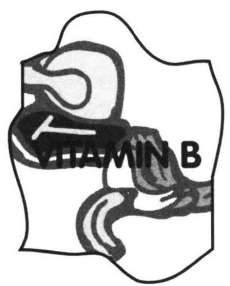
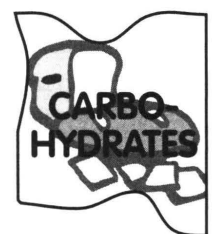
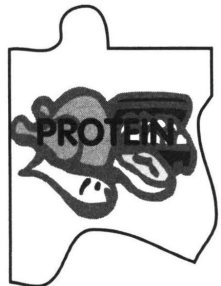
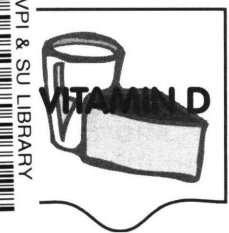
- Puts the healthy glow on your skin and sparkle in your eyes
- Builds strong and shiny teeth
- Maintains healthy gums and heals wounds
- Clots your blood
- Protects vitamin A and fatty acids
- Allows you to use carbohydrates and fat as energy sources

### What mineral....

- Builds strong bones and teeth
- Carries oxygen in the blood

The Food Guide Pyramid can also help you to put together the pieces of the nutrition puzzle by building a foundation for good food and nutrition practices. Find out more on how you can look your best now as a teenager and as you mature....

See last page for answers.



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# FOOD GUIDE PYRAMID FOR YOUTH

Tonight you ate dinner and several snacks while watching TV. The foods you ate during the evening are listed below.

Find out how many servings you ate according to the Food Guide Pyramid. If no amounts are given, use the amount that you would normally eat.

- First, find and circle the foods in the pyramid.
- Next, write the pyramid serving size for each food in the table below.  
*(Note: Since no quantities are given for the bread, peanut butter, and jelly in the sandwich, and soft drink, enter the amount that you would normally eat in the "Amount I Ate" column).*
- Then, compare the pyramid serving size to the amount you ate to find the number of servings that you ate.

# of Servings per Day	Children & Teen Girls	Teen Boys
Calorie level	About 2,200	About 2,800
Bread Group Servings	9	11
Vegetable Group Servings	4	5
Fruit Group Servings	3	4
Milk Group Servings	3	3
Meat Group Servings	2, for a total of 6 ounces	2, for a total of 6 ounces
Total Fat (Grams)	73	93

**FATS, C**  
sherbet, fried chocolate bar, popcorn, cake jellies, soft dr

**MILK, YOGURT & CHEESE**

- 1 cup of milk or yogurt
- 2 cups cottage cheese
- 2 ounces of processed cheese (1½ - 2 slices)
- 1½ ounces natural cheese
- 1½ cups ice cream or ice milk
- 1 cup tofu

**VEGETABLES**

- 10 french fries
- 1/2 cup potato salad
- 3/4 cup vegetable juice or sauce
- 1 cup raw, leafy vegetables
- 1/2 cup fresh, or cooked vegetables

**BREAD, CEREAL**

**BREAD, CEREAL**

- 1 tortilla
- 1/2 medium muffin
- 1 slice of pizza
- 1/2 cup of cooked rice
- 1 slice of bread
- 1/2 cup of cooked pasta
- 2 medium cookies
- 2 cups of plain popcorn
- 1/2 hamburger bun
- 1/2 medium doughnut

Food	Amount I Ate	Recommended Pyramid Serving size	# of Servings I Ate
Spaghetti (Pasta)	2 cups		
Tomato Sauce	3/4 cup		
Processed Cheese	3 ounces		
Buttered Carrots	1 cup		
Baked Beans	1/2 cup		
Milk	1 1/2 cups		
Banana	1 large		
Sandwich			
Bread	_____		
Peanut Butter	_____		
Jelly	_____		
Fruit Cocktail	1 cup		
Chocolate Chip Cookies	2 medium		
Soft Drink			
Buttered Popcorn	1 cup		

This Food Guide Pyramid shows the minimum servings you should eat each day. It can help you achieve good eating habits.

# HOW MANY SERVINGS

## FATS, OILS & SWEETS

foods, french fries, cookie, pies, buttered, doughnuts, jams, drinks & fruit drinks

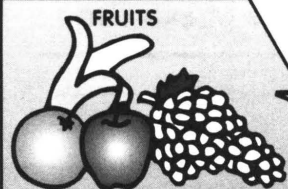
## FATS, OILS & SWEETS

Springly

## MEATS, FISH, DRIED BEANS, EGGS & NUTS



2-3 Servings



3-4 Servings

## BREADS, RICE & PASTA



Servings

## RICE & PASTA

- 4 inch diameter pancake
- 1-4 small plain crackers
- 1/2 cup of cooked cereal
- 1/2 English muffin or bagel
- 1 ounce of dry ready-to-eat cereal (2/3 to 3/4 cup)
- 1/2 ounce of crackers, cookies or pretzels
- 1/2 ounce cooked bulgur, barley, or other whole grains

## MEATS, FISH, DRIED BEANS, EGGS & NUTS

- 2 eggs
- 2/3 cup nuts
- 1 cup cooked beans
- 4 tablespoons of peanut butter
- 2-3 ounces lean cooked meat, poultry, or fish (about the size of a deck of cards)

## FRUITS

- 3/4 cup of juice
- 1/4 cup dried fruit
- 1 medium apple, orange or banana
- 1/2 cup fresh, cooked or canned fruit

## Rate Your Plate

What did you eat yesterday? Discover what you eat and how it compares to the Food Guide Pyramid by completing this activity.

- First, write the name and amount of every food you ate yesterday in the appropriate part of the table provided below.
- Next, using the Food Guide Pyramid calculate the number of servings for each amount of food.
- Add up your servings in each food group and compare them with the number of servings according to the pyramid.

## How did you do?

Food Groups	Amount of Food I Ate	# of Servings Based Upon The Pyramid	Total
Breads, Cereals, Rice & Pasta	=	=	_____
Vegetables	=	=	_____
Fruits	=	=	_____
Milk, Yogurt & Cheese	=	=	_____
Meat, Fish, Dried Beans, Eggs & Nuts	=	=	_____
Fats, Oil & Sweets	=	=	_____

ings of food a young person needs every day.  
g habits and a healthy body!

# CHECK YOUR FAST FOOD FAT

## What is your favorite fast food meal?

- Circle your usual food choices then add up the grams of fat.
- Add up the total amount of fat grams in your meal. *Remember, young people need between 73 - 93 grams of fat each day or 25 - 30 grams per meal, depending upon their age and gender.*
- Write your total number of fat grams on the first line of the shaded box.

Now see if you can lower your fat grams especially if yours exceeded 25 grams.

- Place a check mark next to healthier foods which you like that are lower in fat.
- Add up the total grams of fat and write your new number on the second line of the shaded box.

Find out how much fat you reduced by choosing lower fat foods.

- Subtract the numbers in the shaded box.

Which of your favorite foods contain a lot of fat?

What food choices will you actually make next time you eat at a fast food restaurant?

_____	Number of fat grams
_____	Number of fat grams
_____	Difference of fat grams

## Check Your Fast Food Fat

### Bread Choices

1 English Muffin	1 g
1 Bagel	2 g
1 Muffin	6 g
1 Slice Bread/Bun	1 g
1 Croissant	12 g
1 Biscuit	6 g
4 Crackers	8 g
1 Ice Cream Cone	0 g

### Fats & Sweets Choices

1 Tbsp. Cream Cheese	5 g
1 Tbsp. Butter	12 g
1 oz. Chocolate Candy	10 g
1 Tbsp. Mayonnaise	11 g
1 Tbsp. Sour Cream	3 g
1 Tbsp. Dressing	9 g

### Fruit Choices

1 Apple	0 g
1 Fruit Pie	15 g
1c. Fruit Juice	0 g
1/4 Avocado	9 g
2 Tbsp. Guacamole	2 g

### Meat Choices & Combinations

3 oz. Chicken, no skin	3 g
3 oz. Fried Chicken	13 g
3 oz. 95% Fat Free Luncheon Meat	9 g
3 oz. Roast Beef	13 g
3 oz. Fried Fish	10 g
1 1/2 oz. Hamburger Patty (for Regular Hamburger)	8 g
3 oz. Hamburger Patty (for Quarter Pounder)	16 g
2 oz. Hot Dog	13 g
1 Taco	11 g
1 Tbsp Peanut Butter	8 g
Bean Burrito	12 g
Taco Salad	55 g
Burrito Supreme	19 g
Light Taco	5 g
Taco Supreme	15 g
Light Taco Supreme	5 g
Light Bean Burrito	6 g
Chicken Fajitas	8 g
9 Chicken Nuggets	22 g
1 Sausage Patty	15 g

### Vegetable Choices

1 Baked Potato	0 g
10 Potato Chips	7 g
Small French Fries	12 g
Large French Fries	22 g
6 Onion Rings	15 g
1 c. Tossed Salad	0 g
1 c. Cooked Vegetables	0 g
1/2 c. Coleslaw	3 g
1 Hash Brown Patty	7 g

### Milk Choices

1 c. Whole Milk	8 g
1 c. 2% Milk	5 g
1 c. Skim Milk	0 g
1 c. Yogurt	8 g
6 oz. Milk Shake	12 g
1 oz. Cheddar Cheese	9 g
1 c. Ice Cream	14 g
1 c. Ice Milk	6 g
1 c. Frozen Yogurt	4 g
1 c. 2% Chocolate Milk	5 g
6 oz. Lowfat Milk Shake	2 g

# EXERCISE FOR HEALTH AND FUN

Is looking great, feeling good, and doing your best at school or play important to you? If it is, regular exercise is just what you need. Exercising can help to improve the way you look, feel and perform. Beginning to exercise regularly as a teenager will help you develop a healthy life-style that includes a proper diet, not smoking, and not using drugs. As you mature, regular exercise helps protect you from health problems such as heart disease and high blood pressure.

## What are the benefits of regular exercise?

### Feeling better:

- ✔ gives you more energy
- ✔ improves your self-image
- ✔ helps you cope with stress
- ✔ helps you sleep better

### Looking better:

- ✔ tones your muscles
- ✔ lowers body fat
- ✔ helps keep you at a healthy weight

### Performing better:

- ✔ helps you to be more productive at school and work
- ✔ builds muscle strength
- ✔ improves the way your heart and lungs work

### WORD FIND

A	H	E	A	L	T	H	Y	F	J	F	U	N	O	K
W	E	I	G	H	T	S	G	L	X	O	B	G	R	L
Q	A	N	C	I	B	O	R	E	A	H	I	U	V	N
Y	R	J	E	H	K	D	E	X	E	R	C	I	S	E
L	T	I	P	T	L	I	N	I	H	T	Y	R	F	G
R	D	E	R	G	U	P	E	B	O	R	C	I	T	Y
A	I	T	O	N	E	S	U	I	L	U	L	L	O	X
L	S	T	R	E	T	C	H	L	U	N	I	S	R	O
U	E	S	I	R	N	O	T	I	N	N	N	U	P	D
G	A	S	W	T	I	C	H	T	G	I	G	N	O	M
E	S	M	U	S	C	L	E	Y	S	N	R	I	N	S
R	E	P	E	T	I	T	I	O	N	G	J	U	M	P

- |             |               |            |          |
|-------------|---------------|------------|----------|
| aerobic     | fun           | muscle     | stretch  |
| bicycling   | heart disease | oxygen     | strength |
| exercise    | healthy       | repetition | tones    |
| energy      | jump          | regularly  | weights  |
| flexibility | lungs         | running    |          |

The reason(s) I exercise regularly or will begin to is

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## Can you answer?

1. What type of exercise uses oxygen to produce the energy needed for the activity?

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2. Flexibility shows how far you can \_\_\_\_\_

3. Lifting these can help to build muscular strength and endurance \_\_\_\_\_

4. Each time you exercise you should include 5-10 minutes of \_\_\_\_\_  
 (stretching and slow movement) at the beginning and 5 minutes of \_\_\_\_\_  
 at the end (slower movement).



# THE EXERCISE PUZZLE

All types of exercise should be a part of your exercise program. Each exercise offers a benefit and will help to keep your program enjoyable.

## HOW MUCH AND HOW OFTEN?

Type	How often	How much	Example
aerobics (A)	every day	20-30 minutes	running, swimming, roller skating
flexibility (F)	every day	5-10 minutes	toe touch, wall push, (don't bounce when stretching)
strength training (S)	2-3 times a week	20-30 minutes	weights, hand held or bar (work on number of repetitions and not weight)

WEEK OF  
 \_\_\_/\_\_\_/\_\_\_

## WALKING AND EXERCISE LOG

	Physical Activity	Training Location	Distance (Miles)	Time (Minutes)	Type of Exercise
MON					A F S
TUE					A F S
WED					A F S
THU					A F S
FRI					A F S
SAT					A F S
SUN					A F S
			<b>WEEKLY TOTALS</b>		