**NUTRITION WEBQUEST**

**This WebQuest will give you the information you need to make good decisions about your overall wellness. The goal of this activity is for you gain insight on the essential nutrients, analyze food labels, explore nutritional guidelines and incorporate healthy eating decisions into your daily life.**

TASK #1: Essential Nutrients

TASK #2: Food Labels

TASK #3: Calories, BMI and BMR

TASK #4: Healthy Eating Habits

TASK #5: Making Better Fast Food Choices

TRANSFER TASK: MY FOOD LOG

**ESSENTIAL NUTRIENTS**

<http://healthyeating.sfgate.com/6-essential-nutrients-functions-4877.html>

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Define Nutrient:

There are 6 nutrients: use the link above to complete the chart.

**NUTRIENTS VIDEO**

[YOUTUBE CLIP:  Essential Nutrients](http://www.youtube.com/watch?v=CiOBhgxdhYo)

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| What is the major source of energy for the body? |  |
| What are the two types of Carbohydrates?  |  |
| Name a “healthy” simple sugar |  |
| Name a “non-healthy” simple sugar |  |
| Another name for a complex carbohydrate is  |  |
| What is HDL? <https://www.cdc.gov/cholesterol/ldl_hdl.htm> |  |
| What is LDL?Use above link |  |

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|  | **What does the below do for your body?** | **Where is it found? Examples?** |
| **Proteins** |  |  |
| **Vitamin A** |  |  |
| **Vitamin C** |  |  |
| **Calcium** |  |  |
| **Iron** |  |  |
| **Fats****3 types** |

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| How much of your body is made up of water? |  |
| Where do you get the majority of the water that you intake daily |  |

**FOOD LABELS**

**How to read a Nutrition Facts label? Click on the link below and answer the following:**

<https://choosemyplate-prod.azureedge.net/sites/default/files/sites/default/files/images/NutritionFactsLabel.pdf>

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| What does a food label make easy? |  |
| What should you strive for each day? |  |
| Always include! |  |
| Choose foods low in the following: |  |
| Regular physical activity is important for |  |

**Using both the link above and the one below this line, answer the following questions on food labels**

<https://www.move.va.gov/docs/NewHandouts/Nutrition/N10_HowToReadAFoodNutritionLabel.pdf>



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| How many calories are in a serving without milk? |  |
| How many carbohydrates are you eating? |  |
| What is the serving size? |  |
| How many calories from protein? |  |
| What is the main ingredient/where found? |  |

**CALORIES**

[**https://www.youtube.com/watch?v=U4W78cnN0OU**](https://www.youtube.com/watch?v=U4W78cnN0OU)

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| What is a calorie |  |
| How is it described |  |

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1. How many calories are in one gallon of car fuel?

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1. How many miles would you go on one calorie?
2. How many calories do the following contain and converting grams to calories?

<http://healthyeating.sfgate.com/convert-fat-grams-calories-5127.html>

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|  | Calories per gram |
| Proteins |  |
| Carbohydrates |  |
| Fat |  |

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| Example or fat | Cal/gram | Total Cal |
| 12 grams X |  | = |
| 7 grams X |  | = |
| 3 grams X |  | = |

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1. How do we use our calories?

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1. Where do un-used calories go?

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1. What happens when fat cells grow?

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1. For every gram of fat, there are how many calories

**BMI & BMR**

[TeensHealth.org](http://teenshealth.org/teen/food_fitness/dieting/bmi.html#cat20131).

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What does **BMI** stand for?

Why is it important to pay attention to your BMI?

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After using the BMI calculator, what was your BMI?

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What percentile did you fall in?

What did the website tell you about your BMI?

[BMR Calculation](http://www.bmi-calculator.net/bmr-calculator/)

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What does **BMR** stand for?

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What is your BMR? (the answer will be in the green above the calculator)

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| 5 factors that determine your BMR |  |  |
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After learning what your BMR is, what does it mean to you? How can you use it in the future?

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**DIET Craze**

**Use the following links to answer Diet Craze:** [**https://draxe.com/fad-diets/**](https://draxe.com/fad-diets/)

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1. What is the definition of a Fad Diet?

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| Name 3 FAD diets | Main type of program to lose weight? |
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1. What characteristics or “claims” do fad diets make?

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1. Knowing the importance of the Essential Elements, why would someone chose a diet that does not address all of them?

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1. How many calories need to be burned in order to lose ONE pound of body fat?

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1. List 3 diets experts say you should avoid?

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1. List 5 characteristics of a healthy eating

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 **EATING DISORDERS**

<http://kidshealth.org/en/parents/eating-disorders.html>

1. What are the 2 most popular eating disorders among teenagers?

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1. How can these eating disorders affect a teenager’s life?

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1. List 3 causes of eating disorders.

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1. Define the following:

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| **Anorexia** |  |
| **Bulimia** |  |

1. List 3 effects on the body for each of the below:

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| **ANOREXIA** | **BULIMIA** |
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1. List 3 warning signs of anorexia and 3 warning signs of bulimia.

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| **ANOREXIA** | **BULIMIA** |
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**seeKING HELP**

**HELP! You have just discovered your best friend has an eating disorder!**

**Go to the following link and complete the chart:**

[**https://www.nationaleatingdisorders.org/what-should-i-say**](https://www.nationaleatingdisorders.org/what-should-i-say)

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|  **1** | **Set a time to talk** |
| **2** |  |
| **3** | **Ask friend to explore concerns with a health professional** |
| **4** |  |
| **5** |  |
| **6** |  |
| **7** | **Express continued support** |
| **8** |  |

**Where can you take your friend for treatment? Find 1 local agency that you can suggest he/she go to.**

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|  | **Local Address &** **Phone Number** | **What does this treatment center specialize in?** |
| **Treatment Center**  |  |  |

**FAST FOOD NATION**

Americans spend billions of dollars at restaurants and fast food establishments a day. Do you know what you are eating? Your task: Research 2 restaurants: Sit-down (Red Robin, Texas Road House, Applebee’s) and a typical fast food (BK, McDonalds, Wendy’s, Chipotle, Chick-fil a). Pick your typical meal from the chosen establishment and find the caloric value of this meal. Use: <http://www.myfitnesspal.com/food/search>

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**RESTAURANT #1: Sit-Down Meal:**

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| **LIST CHOICE** | **Total** **FATS** | **Total** **Protein**  | **Total** **Carbs** | **Total****CALORIES** |
| **MAIN COURSE**: |  |  |  |  |
| **SIDE ITEM:** |  |  |  |  |
| **BEVERAGE:** |  |  |  |  |
| **DESSERT** |  |  |  |  |

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**RESTAURANT #2: Typical Fast Food Meal:**

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| **LIST CHOICE** | **Total** **FATS** | **Total** **Protein**  | **Total** **Carbs** | **Total****CALORIES** |
| **MAIN COURSE**: |  |  |  |  |
| **SIDE ITEM:** |  |  |  |  |
| **BEVERAGE:** |  |  |  |  |
| **DESSERT** |  |  |  |  |

**Your reaction to these meals: Is this a healthy meal option? How do you make these healthier?**

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 **TRANSFER TASK**

**Record what you eat for 36 hours: (B,L,D =breakfast, lunch dinner)**

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| **B,L,D** | **Food/Beverage** | **Serving Size** | **Calories**  | **Fat** | **Protein** | **Carbs** |
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**Record Hours of Sleep per day: 4 5 6 7 8 9 10 11 12**

**Exercise:**

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| **Type of Activity** | **Time Spent Completing** | **Calories Burned** |
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**FOOD LOG ANALYSIS**

1. Discuss how your values for calories, proteins, carbohydrates and fats compare with the recommended daily values. Do you feel that your food consumption in the last 2 days was “healthy” or “un-healthy”?

  **YOUR VALUES DAILY RECOMMENDED VALUES**

|  |  |  |
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| **Calories** |  |  |
| **Proteins** |  |  |
| **Fats** |  |  |
| **Carbohydrates** |  |  |

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1. What nutrient do most of the calories you consume come from?
2. How can you improve your eating habits based on your findings?

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1. What role did exercise play in your overall calorie count for the day? How can you improve upon this number?

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**NUTRITION WEBQUEST**

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| **TOTAL POINTS** | 120 |  |