



Activity, nutrition, hydration and sleep are the everyday behaviors that affect long-term health. These behaviors strongly influence the health, performance and appearance of an individual. A person can determine if his/her habits are producing the desired health benefits by logging activity, nutrition, hydration and sleep patterns.

Logs can help a person see how choices regarding activity, nutrition, hydration and sleep affect fitness and health. An individual can make a plan to improve fitness and health through lifestyle choices based on the information received from these types of logs. The improvement of health, performance and appearance will never fully be achieved without first understanding how activity, nutrition, hydration and sleep work together.

## NUTRITION

A nutrition log will provide insight into eating patterns, how much food from each food group and how many calories are consumed daily. A nutrition log allows monitoring and adjusting of food choices so a healthy diet can be managed and maintained for a lifetime.

A healthy diet provides the body with the nutrients it needs. What a person eats affects not only his/her health, but also performance and appearance. To build the habit of eating a healthy diet, it is necessary to understand the food pyramid and the daily amounts needed from each food group. The Five for Life Program recommended average amounts for middle school aged students are: Grains 5-7 ounces, Vegetables 1½ - 3 cups, Fruits 1½ - 2 cups, Dairy 2-3 cups, Meats and Beans 4-6 ounces. It is important to eat some foods that contain fat as fat provides energy, insulates the body, protects organs, and helps the body absorb vitamins. A nutrition log provides information about a person's daily diet. This log will give a person insight into the types of foods eaten (food groups) and the amount of food consumed (cups, ounces and calories). Making good food choices is essential to building and maintaining a healthy body.

Poor nutrition is linked to obesity, heart disease, type II diabetes, high blood pressure, stroke, breathing problems, arthritis, gall bladder disease, sleep apnea, osteoarthritis and some cancers. Food supplies carbohydrates, proteins, fats, vitamins and minerals to the body. These nutrients provide energy for the body to perform at its highest level. It is important to eat the correct daily amounts of food to maintain a person's energy. Being overweight or underweight due to poor nutrition will affect appearance and body image in a negative way. Eating more calories than the body can burn adds up to stored fat. It is a serious problem when a person does not consume enough calories to maintain an ideal body weight.

Logs are useful tools that can be used to see how choices regarding activity, nutrition, hydration and sleep affect fitness and health. Based on the information received from these types of logs, an individual can make a plan to improve fitness and health through lifestyle choices. The improvement of health, performance and appearance will never fully be achieved without first understanding how activity, nutrition, hydration and sleep work together.



**Key vocabulary words that will be introduced during this unit are:**

- **Calorie** – The unit of measure used to calculate the energy content of food
- **Food Pyramid** – A chart that separates food into groups and provides guidance to eating healthy
- **Daily Amounts** – The appropriate amount of food eaten from each food group
- **Diet** – Regular course of eating and drinking adopted by a person
- **Food Measurements (cups, ounces)** – The food a person eats is measured in cups (milk, fruits and vegetables) and ounces (grains, meats and beans)
  - **Cup** – a measure of volume
  - **Ounce** – a measure of weight
- **Nutrition Log** – A system used to monitor a person's nutritional habits