



Food provides the body with energy and stamina to enjoy life to its fullest. To receive all the nutrients needed to maintain good health, a person should eat a variety of foods from the food pyramid each day. The **food pyramid** puts food into groups needed for a healthy diet. **Diet** is the food a person eats every day. A healthy diet is made up of the correct daily amounts of food from the food groups in the food pyramid.

It is important to be familiar with food measurements such as; cups and ounces. A **cup** is used to measure volume (milk, fruits and vegetables). Small individual milk containers, like those served in school cafeterias hold one cup. A measure of weight is expressed in **ounces** (grains, meats and beans). A slice of bread weighs one ounce. There are five food groups and oil (fat) in the food pyramid and each has a recommended amount that should be eaten daily. These daily amounts depend on a person's age, gender and activity level. Information on a person's individual recommended daily amounts can be found at www.mypyramid.gov and clicking on MyPyramid Plan. 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 because fat provides energy, insulates the body, protects organs, and helps the body absorb vitamins.

Every person needs to eat appropriate amounts of food from each of the food groups every day. Understanding **portion sizes**, the amount of a specific food an individual eat, and how to effectively read food labels showing percent of daily value, nutritional information based on a 2000 calorie per day diet is the key to using the food pyramid. Foods that are rich in nutrients maintain the body's functions, help it grow and provide it with energy. There are three nutrients known as macronutrients that provide the body with energy; carbohydrates, fats and proteins. Energy in food is measured by the number of calories it provides to the body. **Calories** are the unit of measurement used to calculate the energy content per gram (small metric unit of weight) of food. Two nutrients, vitamins and minerals, do not provide energy but assist the body with its functions and promote health.

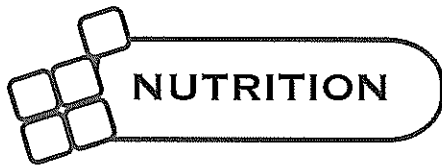
- **Carbohydrates**
 - Are the preferred (quick) energy source
 - Contain 4 calories per gram
 - Are found in the grains, fruits, and vegetables food groups which also contain numerous health promoting vitamins and minerals
 - 55% of the calories in a person's diet should come from carbohydrates
- **Fats**
 - Are the most concentrated (long, slow) source of energy for the body
 - Contain 9 calories per gram
 - Help the body with nerve conduction, vitamin absorption, insulation, and organ protection
 - Are mostly found in the dairy, meat and nuts, and oils food groups
 - 30% of the calories in a person's diet should come from fats
- **Proteins**
 - Are a reserve source of energy when carbohydrate and fat stores are low
 - Contain 4 calories per gram
 - Repair and build the body
 - Are mostly found in the meats and beans food group
 - 15% of the calories in a person's diet should come from proteins



- **Minerals**
 - Are essential to helping the body function properly but do not provide energy
 - Are inorganic elements found in the grains, fruits, and vegetables food groups
 - Calcium is a mineral found in the dairy food group that promotes bone growth
- **Vitamins**
 - Are required for a wide variety of body functions but are not a source of energy
 - Are nutrients needed for good health found in fruits and vegetables food groups
 - Vitamin C is needed for resisting infections and healing cuts

Performance improves with a healthy diet because the body uses food as its fuel. Food supplies carbohydrates, proteins, and fats to the body. These nutrients provide energy for the body to move and function. Eating the correct daily amounts of food maintains a healthy level of body weight. It is also important to be physically active for at least 60 minutes everyday, or most days of the week. Eating more calories than the body can burn adds up to stored fat. It is also a serious problem when a person does not consume enough calories to maintain an ideal body weight. Being overweight or underweight negatively affects appearance and body image. Making poor food choices will cause a person to feel sluggish. Every activity performed requires energy. The body's energy is dependent on the foods consumed.

Eating a balanced diet from a variety of foods that are rich in nutrients keeps a body healthy and strong. Healthy eating includes eating the correct daily amount of food and eating a **variety** of foods from all food groups. **Proportionality** means eating more of some foods like vegetables, fruits, whole grains, fat-free or low-fat milk products and eating less of others like foods high in saturated or trans fats, added sugars, salt and cholesterol. Discretionary calorie allowance is the balance of calories left each day after the recommended nutrients are consumed from a variety of low-fat or no sugar added foods from all food groups. It is part of the daily total estimated calorie needs not an additional number of calories. Having a balance in the energy allowance remaining after essential nutrient recommendations have been met allows a person to make individual choices in food consumption. **Moderation** in eating allows for healthy choices but it is still important to eat some foods that contain fat as fat provides energy, insulates the body, protects organs, and helps the body absorb vitamins. Healthy eating is necessary each day. Food gives the body vitamins and minerals to perform a variety of body functions, and carbohydrates, fats and proteins needed for energy to work and play.

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

- **Calorie** – The unit of measure used to calculate the energy content of food
- **Carbohydrate** – The nutrient that is the body's most preferred source of energy
- **Daily Amounts** – The appropriate amount of food eaten from each food group
- **Diet** – Regular course of eating and drinking adopted by a person
- **Discretionary Calorie Allowance** – The balance of calories left each day after the recommended nutrients are consumed from a variety of low-fat or no sugar added foods from all food groups. It is part of the daily total estimated calorie needs not an additional number of calories. Having a balance in the energy allowance remaining (after essential nutrient recommendations have been met) allows a person to make individual choices in food consumption.
- **Fat** – The nutrient that provides the most concentrated source of energy. It also assists in nerve conduction and the absorption of vitamins
- **Food Label** – Nutritional information listed on packaged foods
- **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
- **Food Pyramid** – A chart that separates food into groups and provides guidance to eat healthy
- **Gram** – A small metric unit of weight
- **Healthy Eating** – Eating the correct daily amount of food from all food groups. Variety, proportionality and moderation are keys to healthy eating:
 - **Variety** – Eating foods from all food groups
 - **Proportionality** – Eat more of some foods (fruits, vegetables, whole grains, fat-free or low-fat milk products) and eat less of others (foods high in saturated or trans fats, added sugars, cholesterol and salt)
 - **Moderation**– Choose forms of foods that limit the intake of saturated or trans fats, added sugar, cholesterol and salt, and consider portion size
- **Macronutrients** – Nutrients that provide the body with energy; carbohydrate, fat and protein
- **Minerals** – Inorganic elements found in foods that the body needs to function properly
- **Nutrients** – Substances found in food that provide energy, help the body grow and maintain its functions
- **Percent Daily Value** – Nutritional information based on a 2000 calorie per day diet
- **Portion Size** – The amount of a specific food an individual eats for dinner, snack, or other eating occasion
- **Protein** – The nutrient that is used to build and repair body tissues. Protein is also used as an energy source when carbohydrate stores are low
- **Vitamins** – Essential substances contained in foods, needed for good health