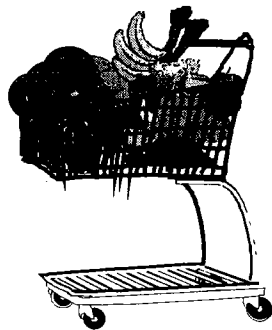


HUNGRY? EAT HEALTHY!



Activities for Real Life Learning

by
Marian B. Latzko

HUNGRY? EAT HEALTHY!

ACTIVITIES for "REAL LIFE"

These experiences are designed to go along with *HUNGRY? EAT HEALTHY! A Mini-Micropedia*. * or "I CAN DO IT! A Micropedia of Living On Your Own". The sheets are designed to be used:

- with the Mini-Micropedia to apply and practice the knowledge offered in the book.
- by themselves as appropriate to the teacher and the learner.

It is especially meaningful to allow the mini-micropedias to go with the "students" after their training. In this way they can look up what they need to know when they need it.

LEVELS OF LEARNING

The experiences are designed for three different levels of understanding needed when finding a place to live.

1. **MINIMAL:** This is for very basic knowledge needed. It includes: choosing nutritional foods, types of restaurants, ordering from menus, recipe terminology, setting a table, names and uses of cooking utensils, preparing a day's meals for one person.
2. **INTERMEDIATE:** This is for further knowledge and includes: food storage, judging food quality, buying fresh produce, labeling, comparison shopping for foods, food safety, planning and preparing a full day's meals within a food budget, creating shopping lists for menus.
3. **ADEQUATE:** This unit offers more comprehensive knowledge needed. Included are: nutritious meal planning, cooking terms, food preparation, recipe adjustments, food budgeting.

ADDED SUGGESTIONS FOR LEARNING

The cover sheet for each level has additional ideas for teaching. These are added to enrich the learning and to apply the knowledge learned in different ways. They will expand the knowledge through real applications. This will be especially meaningful for different types of learners.

TESTS ARE INCLUDED

If you need to know where the learner's knowledge level is before training, pre-tests are included. They are in the form of oral tests. There are also post-tests that can help evaluate what was learned.

* "Hungry? Eat Healthy! A Mini-Micropedia" is taken from appropriate chapters of "I CAN DO IT! A Micropedia of Living On Your Own" by Marian B. Latzko M.S. Copyright 1996 Revised 1998 for its third edition. For further information call: MICROLIFE 1-888-357-7654 or fax 1-920-735-9434.

NOTE: THESE MATERIALS ARE TO BE USED FOR EDUCATIONAL PURPOSES ONLY. THEY SHOULD BE REPRODUCED IN ONLY ONE SCHOOL OR EDUCATIONAL SETTING

HUNGRY? EAT HEALTHY!

A Mini-Micropedia

(level 1, MINIMAL)

These experiences are designed for minimal knowledge needed for nutritional food choices and preparation.

- Persons teaching foods and nutrition can use *HUNGRY? EAT HEALTHY! A Mini-Micropedia** or *I CAN DO IT! A Micropedia of Living On Your Own* along with these learning experiences.
- The learning experiences can be used with the Mini-Micropedia, the Micropedia, or by themselves.
- There is an oral pretest and an objective post test included.
- The activities can be reproduced in one school or educational setting.

The objectives of this unit are to:

1. Apply basic daily nutritional requirements to personal diets.
2. Understand how to order nutritional food and pay bills in fast food and cafeteria restaurants.
3. Understand how to read a menu and order nutritional foods in a family or specialty restaurant.
4. Understand names and uses of simple cooking utensils and appliances.
5. Understand basic recipe terms.
6. Set a table properly.
7. Prepare breakfast, lunch, and dinner for one person.



Suggested Added Learning Experiences

(These can be used according to the capability of the learner.)

1. Create list of questions for a nutrition specialist who would be a guest speaker.
2. Visit a nutrition site for the elderly food program (Title VII) and visit with person creating the menus. (Could interview older adults regarding their food habits of the past and present.)
3. Make a plan to take a meal to another person as a special gift.
4. Create a meal plan that includes family customs or traditions.
5. Gather nutritional information from local fast food restaurants and compare them.
6. Draw cartoons about good and poor eating habits.
7. Create nutritious snacks for children for a day-care center.
8. Have a "tasting party" to introduce new foods.
9. Create a puppet show about nutrition.
10. Create nutrition information on place mats.
11. Visit a store that carries kitchen utensils and see if you know what each utensil is.
12. Go to a restaurant for a meal.
13. Make a Bingo or rummy game about nutrition or recipe terms.
14. Create a restaurant menu that includes foods that would meet basic dietary guidelines.
15. Check web sights for nutrition information.
16. Visit a restaurant and talk with the manager. Find out about restaurant jobs.

WHAT DO YOU THINK?

List the foods that you think are good for you and bad for you. List reasons for your decisions.

 Good for you?	 Bad for you?
Food	Food
Reasons	Reasons
<i>(i.e. vegetables Have vitamins, minerals, low calories)</i>	

Check your nutrition knowledge! Place a T in front of true answers and an F in front of false answers.

- 1. Dried beans are a good source of complete protein.
- 2. Orange juice is a rich source of Vitamin C which helps to hold cells together.
- 3. Milk's only purpose is for the building of bones and teeth.
- 4. Donuts belong in the bread and cereal group since they are made of flour.
- 5. Fats are not good for you because they make you fat.
- 6. Deep yellow/orange vegetables are one of the richest sources of vitamin A.

Answers with explanations:

1. False. There are 22 different building blocks (called amino acids) in protein. It is necessary to have nine of these building blocks to build and repair body tissues such as muscles. Only animal products like eggs and meat are considered **complete proteins** since they have all nine of the necessary building blocks. Foods like dried beans, rice, and legumes are **incomplete protein**. These sources can, however, be combined with other protein foods to get all of the necessary amino acids. They do not have all of the necessary ones by themselves. Vegetarians need to combine protein sources carefully to stay healthy. Remember that dried beans and legumes are still excellent, inexpensive protein sources.
2. True. Fruits and vegetables furnish many of the vitamins and minerals necessary for regulating body processes. Oranges are a rich source of vitamin C that builds the collagen that holds cells together. Since vitamin C doesn't store well in the body, it needs to be replaced daily. (B vitamins also need to be replaced daily.)
3. False. Milk is nature's most perfect food. It's a rich source of protein, minerals, and many vitamins.
4. False. Donuts are so full of fat and sugars that they are placed in the fats, oils, and sweets group. The bread and cereal group is the chief source of carbohydrates (used for energy), vitamins and minerals. It's a rich source of the B vitamins that are used for such things as healthy nerves and regulating body processes.
5. False. Fats are necessary nutrients. They are a rich source of energy and are used for such things as storage of fat soluble vitamins A and D. A diet should include no more than 1/3 of its calories from fats. Only 10% of fats should be saturated (found in meat, milk, palm oil, and coconut oil.) 20% should be unsaturated (found in vegetable oils, nuts and high-fat fish.) Partially hydrogenated vegetable oils such as those in margarines and shortenings, contain a form of unsaturated fat that may raise blood cholesterol. **Weight is gained by eating too many calories from any kinds of foods.**
6. True. Deep yellow, orange and green vegetables are the richest sources of vitamin A that help to keep skin and mucous membranes healthy. Other examples: prevents night blindness and helps build bones.



DO YOU KNOW WHERE FOODS FIT?



Keeping track of nutrients you need each day is very complicated. You would need to add grams of each food eaten for: calories, protein, fat, cholesterol, carbohydrates, calcium, phosphorus, iron, potassium, sodium, all vitamins, etc. Nutritionists have come to your rescue with the food pyramid! They figured a simple way.

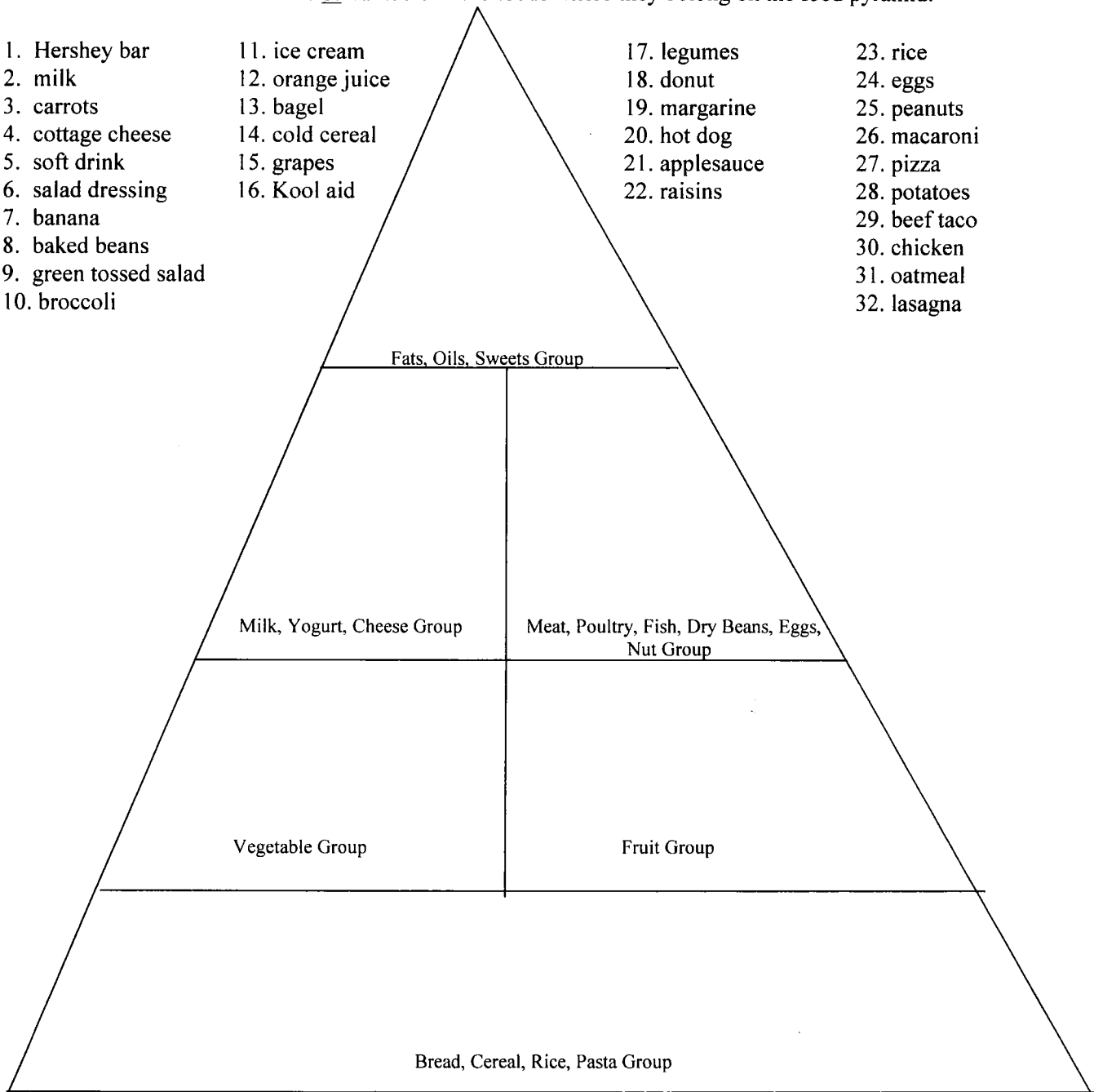
Write the names or numbers of the foods where they belong on the food pyramid.

1. Hershey bar
2. milk
3. carrots
4. cottage cheese
5. soft drink
6. salad dressing
7. banana
8. baked beans
9. green tossed salad
10. broccoli

11. ice cream
12. orange juice
13. bagel
14. cold cereal
15. grapes
16. Kool aid

17. legumes
18. donut
19. margarine
20. hot dog
21. applesauce
22. raisins

23. rice
24. eggs
25. peanuts
26. macaroni
27. pizza
28. potatoes
29. beef taco
30. chicken
31. oatmeal
32. lasagna



Questions:

1. Did some foods fit into more than one group?
2. How do you judge where to put them?
3. Is this type of food pyramid used by people in other countries?
4. What different types of foods might be placed on the pyramid in other countries?



KEEP TRACK OF YOUR DIET FOR 4 DAYS



List all foods that you eat each day. Include any snacks and soft drinks. List according to cup measurements for fruits and vegetables unless whole pieces are eaten. Meat should be listed by ounces (a 3 oz serving is about the size of a deck of cards.)

DAY 1	Amount Eaten	DAY 2	Amount Eaten
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	
DAY 3	Amount Eaten	DAY 4	Amount Eaten
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	



HOW DID I DO???

It's time to analyze your diet. Find out if you ate the foods needed for being the best you can be.

Remember the Pyramid Food Group requirements:

Milk, Yogurt, and Cheese	Vegetable	Fruit
1 cup milk or yogurt	1 c raw leafy vegetables	1 medium apple, banana, orange
1 1/2 oz of natural cheese	1/2 c of other vegetables	1/2 c chopped, cooked, canned
2 oz process cheese (3" cube)	cooked or chopped raw	1/2 c fruit juice
2 c cottage cheese	3/4 c vegetable juice	1 c fresh berries
1 1/2 slices American processed cheese		1/2 cantaloupe or grapefruit
1 3/4 c ice cream		

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts	Bread, Cereal, Rice, and Pasta
2-3 oz cooked lean meat, poultry, or fish	1 slice bread
1/2 c cooked dry beans, dry peas, or lentils	1/2 to 3/4 c cooked cereal, rice, or pasta
1 egg or 2 T peanut butter count as 1 oz lean meat	1 oz ready-to-eat cereal
1/3 c canned tuna or salmon	1 enriched or whole grain roll, biscuit, or muffin
1/2 c nuts	1/2 bagel, 1 pancake, or 1 tortilla

Fats, Oils, and Sweets

These are not counted since advice is "USE SPARINGLY" (includes candy, donuts, pies, sodas, etc.)

DAY 1				DAY 2			
Group	# Required	# Eaten	# Needed	Group	# Required	# Eaten	# Needed
Milk	2-3	_____	_____	Milk	2-3	_____	_____
Vegetable	3-5	_____	_____	Vegetable	3-5	_____	_____
Fruit	2-4	_____	_____	Fruit	2-4	_____	_____
Meat	2-3	_____	_____	Meat	2-3	_____	_____
Bread	6-11	_____	_____	Bread	6-11	_____	_____
DAY 3				DAY 4			
Group	# Required	# Eaten	# Needed	Group	# Required	# Eaten	# Needed
Milk	2-3	_____	_____	Milk	2-3	_____	_____
Vegetable	3-5	_____	_____	Vegetable	3-5	_____	_____
Fruit	2-4	_____	_____	Fruit	2-4	_____	_____
Meat	2-3	_____	_____	Meat	2-3	_____	_____
Bread	6-11	_____	_____	Bread	6-11	_____	_____

?? ? QUESTIONS TO CONSIDER ? ? ?

1. Are you pleased with your eating habits and diet?
2. What are some of the things you have control over in your food choices?
3. What are some of the things you don't have control over in your food choices?
4. What alternatives do you have to make changes you desire?
5. What changes could you make to meet your basic food requirements?
6. What are the consequences of the changes you choose to make?

MAKE A PLAN!

Changes to Make	Starting Date	One Week Evaluation		
		Did it!	Almost	Not yet!

Signed _____ Date _____

I AM WHAT I EAT?

“YOU MEAN YOU CAN TELL WHAT I EAT BY THE WAY I LOOK AND ACT?”

THINK ABOUT IT ANALYZE YOURSELF

Food supplies the chemicals that your body needs to build and repair itself. If some nutrients are missing from your diet, your body does the best it can with what is supplied. It can store some nutrients, but needs replacements. Look at yourself to see if you are the best that you can be. Lack of nutrients is one important indicator of your health. Check the following indicators that fit you.

- | | |
|--|--|
| <input type="checkbox"/> Alert and attentive
<input type="checkbox"/> Full of energy
<input type="checkbox"/> Emotionally stable
<input type="checkbox"/> Sensitive to noise
<input type="checkbox"/> Nervous
<input type="checkbox"/> Hair is brittle and dull
<input type="checkbox"/> Hair is shiny
<input type="checkbox"/> Firm, well formed fingernails
<input type="checkbox"/> Ridged, brittle fingernails
<input type="checkbox"/> Sick often
<input type="checkbox"/> Have poor resistance to infections | <input type="checkbox"/> Well-formed, orderly teeth that are free of decay
<input type="checkbox"/> Poorly-formed teeth with decayed or filled teeth
<input type="checkbox"/> Gums are spongy and bleed easily
<input type="checkbox"/> Tongue is deep red
<input type="checkbox"/> Tongue is swollen with raw sores
<input type="checkbox"/> Clear, firm skin that has good color
<input type="checkbox"/> Cracked, puffy, blemished skin with poor color
<input type="checkbox"/> Eyes are clear, bright, shiny
<input type="checkbox"/> Eyes are inflamed, dull, poor color
<input type="checkbox"/> Have poor appetite
<input type="checkbox"/> Am often tired |
|--|--|

MY SIZE

Height ft in I'm: Short Medium Tall
 Weight lbs I'm: Light Heavy
 Ideal Plump Top heavy
 Body build: Endomorph (round,soft) Ectomorph (slender)
 Mesomorph (muscular) Combination (be specific)

Frame: (Wrap left middle finger and thumb around right wrist)
 Small frame (finger and thumb overlap)
 Medium frame (finger and thumb just touch)
 Large frame (finger and thumb do not touch)

Large body frames can carry more weight. Smaller frames should have less weight.

WANT TO ADD OR LOSE WEIGHT?

You need to eat 3500 calories more to gain 1 pound
 You need to eat 3500 calories less to lose 1 pound.
 Figure your calorie needs.

MEDIAN HEIGHTS & WEIGHTS RECOMMENDED CALORIES

Category	Age (years)	Weight	Height	Per day
Males	15-18	145	69	3,000
	19-24	160	70	2,900
	25-50	174	70	2,900
	51+	170	68	2,300
Females	15-18	120	64	2,200
	9-24	128	65	2,200
	25-50	138	64	2,200
	52+	143	63	1,900

KEEP TRACK OF THE FOODS YOU EAT FOR A FEW DAYS. LOOK AT A CALORIE CHART AND SEE IF YOU'RE EATING THE RIGHT NUMBER OF CALORIES FOR YOUR SIZE.

My calorie intake average My calorie needs
 I'm happy with my weight.
 I want to gain lbs. I want to lose lbs.
 My daily nutrition is:
 Excellent Good Fair Poor
 These are the changes I want to make in my eating habits:



EXERCISE AND EATING GO HAND-IN-HAND

Exercise	Estimated # Calories/used per pound per hour
Sleeping	0.5
Sitting	0.9
Light exercise	1.2
(dressing, cooking, driving car)	
Moderate exercise	1.9
(walking, bicycling, housework, gym)	
Active exercise	2.7
(dancing, skating, golf)	
Very active exercise	4.7
(football, tennis, racquetball, skiing)	



“ARE FAST FOODS GOOD OR BAD FOR ME?”
THE ANSWER IS.....YES!! It’s a bit of both.



Fast foods can be good because they have many needed nutrients in them. They can also be bad if too many are eaten. Remember that the Dietary Guidelines for Americans recommends:

- * a diet low in fat, salt, and sodium
- * maintaining a healthy weight
- * sugar in moderation
- * eating a variety of fruits, vegetables, and grains

Look at the fast food items below and see how they compare with the recommended allowances of fat and sodium (salt) per day. (Based on a 2,200 calorie diet, you need less than : 73 g of fat; 2,400 mg of sodium.) Also note the calories and compare them with your own needs per day.

SANDWICHES, ENTRIES & SIDE ORDERS	Calories	Calories from Fat	Total Fat g	Sodium mg	Sugar g
McDonald’s Filet-O-fish	360	150	16	690	6
Burger King Whopper	600	360	40	900	8
McDonald’s Big Mac	530	250	28	880	8
Wendy’s Grilled Chicken Fillet	310	70	8	790	8
McDonald’s McChicken Sandwich	510	270	30	820	5
Burger King Chicken Tenders/8pcs	350	200	22	940	0
Wendy’s Plain Hamburger	360	150	16	580	5
Wendy’s Garden Veggie Pita	400	150	17	760	8
Wendy’s Taco Salad (no dressing)	380	170	1	1040	9
Wendy’s French Salad Dressing	120	90	10	330	5
McDonald’s Garden Salad	80	35	4	60	5
Burger King French Fries(Medium)	400	190	21	820	0
Wendy’s Cheese Baked Potato	570	210	23	640	5
Wendy’s Chili (Large)	310	90	10	1190	8
McDonald’s Egg McMuffin	290	110	13	730	3
Burger King Croissan’wich (with Sausage/ Egg and Cheese	530	370	41	13	4
McDonald’s Hotcakes (w/2 pats of Margarine/ Syrup)	580	150	16	760	42
McDonald’s Breakfast Burrito	320	180	20	600	2
DRINKS					
Burger King Chocolate Shake (Medium)	440	90	10	330	75
McDonald’s 1% Lofat Milk	100	20	2.5	115	13
McDonald’s Coca-Cola (Small, 16oz)	150	0	0	15	40
McDonald’s Orange Juice	80	0	0	20	18

- Place a check in front of foods you would order for lunch at a McDonald’s. How many grams of fat will you eat? ____ How many mg of sodium will you eat? ____ Compare with your needs.
- If you were ordering a meal from McDonald’s that included representatives from all food groups, what could you choose?
- Which of the foods in the chart above would you recommend to someone who wants to lose weight?
- Which of the foods in the chart above would you recommend for gaining weight?
- If you were ordering a breakfast that is low in calories and fat, which items would you choose?
- What could you do when you order foods to cut the amount of fat or sodium you would eat?

CHALLENGE: Gather nutrition information pamphlets from fast foods restaurants. Compare other nutrients listed. Look at the additives used in the foods.



TIME TO ORDER!



“What’ll you have?”

Fast Food Restaurant Order Board

Hamburger	\$.79
Cheeseburger	.99
Large burger special	1.22
Fish fillet	1.19
Chicken nuggets (5)	1.29
French fries	.59
Tossed salad	1.25
Ice cream cones	.85
Milk shake	.89
Milk (2%)	.59
Orange juice	.69
Coffee	.59
Apple pie	.88

Check the items you would order if you were eating at this fast foods restaurant.

How would you place your order?

What would the total cost be? _____

Whom would you pay for the food?

What change would you get from \$10.00? _____

Is tipping necessary?***

Which food groups are not represented in your choices?

What other foods would you need to eat to meet your daily needs?

Cafeteria Restaurant Order Board

Today’s special: Lasagna	\$ 5.59
(includes salad and drink)	
Broiled chicken with rice	2.39
Beef and mashed potatoes	2.59
Spaghetti with meat sauce	2.39
Hamburger with fries	1.79
Fruit pie	1.21
Side dishes of vegetables	.69
Fruit salads (small)	.89
Rolls (2)	.45
Pie slices	1.15
Chocolate cake	.99
Coffee	.75
Milk	.59
Ice tea	.70

Check the items you would order if you were eating in this cafeteria.

How would you place your order?

What would the total cost be? _____

Whom would you pay for the food? *

What change would you get from \$10.00? _____

Is tipping necessary?***

Which food groups are not represented in your choices?

What other foods would you need to eat to meet your daily needs?

** Some cafeterias charge a set price for a whole meal. You may then eat whatever you choose. The meal is paid for before you are allowed to sit at a table and begin choosing your foods. Some cafeterias offer a combination of methods.*

*** Generally tipping is not necessary in fast foods restaurants. If service is given in a cafeteria, a tip is appreciated by the person waiting on your table. A tip is an amount of money given to a person taking an order and bringing your food in a restaurant. This amount varies from 10-20%, depending on the type of restaurant and amount of service offered.)*

CHANGES I COULD MAKE

What changes could you make so your meal furnishes at least one representative of each food group?

ADVICE TO SHARE WITH OTHERS

If you have eaten in a fast foods restaurant or a cafeteria, list some of your experiences and advice you can offer to others. Share the list with others.

