Lake Region Conference
Club Ministries Academy

NUTRITION HONOR

Instructor: Korey Chisholm
Genesis 1:29
And God said, “Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.”
1. Draw the food pyramid guide.
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B. List the number of servings required from each group per day.

**BASIC GUIDELINES**

1 cup = baseball

½ cup = lightbulb

1 oz or 2 tbsp = golf ball

1 tbsp = poker chip

1 slice of bread = cassette tape

3 oz chicken or meat = deck of cards

3 oz fish = checkbook

1 oz lunch meat = compact disc

3 oz muffin or biscuit = hockey puck

1½ oz cheese = 3 dice
B. List the number of servings required from each group per day.

<table>
<thead>
<tr>
<th>GRAINS</th>
<th>FRUITS &amp; VEGETABLES</th>
<th>MEATS, FISH &amp; NUTS</th>
<th>DAIRY &amp; CHEESE</th>
<th>FATS &amp; OILS</th>
<th>SWEETS &amp; TREATS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup of cereal</td>
<td>1 medium fruit = baseball</td>
<td>3 oz lean meat &amp; poultry = deck of cards</td>
<td>1½ oz cheese = 3 stacked</td>
<td>1 tbsp butter or spread =</td>
<td>1 piece chocolate = dental</td>
</tr>
<tr>
<td>flakes</td>
<td>½ cup grapes = about 16 grapes</td>
<td>3 oz grilled/baked fish = checkbook</td>
<td>dice</td>
<td>poker chip</td>
<td>floss package</td>
</tr>
<tr>
<td>1 pancake</td>
<td>1 cup strawberries = about 12</td>
<td>3 oz tofu = deck of cards</td>
<td>1 cup yogurt = baseball</td>
<td>1 tbsp salad dressing =</td>
<td>1 brownie = dental floss</td>
</tr>
<tr>
<td>compact disc</td>
<td>berries</td>
<td>2 tbsp peanut butter = golf ball</td>
<td>½ cup frozen yogurt =</td>
<td>poker chip</td>
<td>package</td>
</tr>
<tr>
<td>½ cup cooked rice</td>
<td>1 cup of salad greens = baseball</td>
<td>2 tbsp hummus = golf ball</td>
<td>lightbulb</td>
<td>1 tbsp mayonnaise = poker</td>
<td>1 slice of cake = deck of</td>
</tr>
<tr>
<td>lightbulb</td>
<td>½ cup carrots = about 12 baby</td>
<td>¼ cup almonds = 12 almonds</td>
<td>cheese</td>
<td>chip</td>
<td>cards</td>
</tr>
<tr>
<td>cooked pasta</td>
<td>carrots</td>
<td>¼ cup pistachios = 24 pistachios</td>
<td>1 bagel = 6 oz can of tuna</td>
<td>1 tbsp oil = poker chip</td>
<td>1 cookie = about 2 poker</td>
</tr>
<tr>
<td>lightbulb</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>chips</td>
</tr>
<tr>
<td>1 slice of bread</td>
<td></td>
<td></td>
<td>3 cups popcorn = 3 baseballs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>cassette tape</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 bagel = 6 oz can of tuna</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 cups popcorn =</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 baseballs</td>
<td></td>
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</tr>
</tbody>
</table>
C. Why is it important to eat a balanced diet?

A balanced diet is important because your organs and tissues need proper nutrition to work effectively.

A well-balanced diet provides important vitamins, minerals, and nutrients to keep the body and mind strong and healthy.

Children with a poor diet run the risk of growth and developmental problems and poor academic performance, and bad eating habits can persist for the rest of their lives.
Balanced Diet

• Control Body Weight
• Fight Off Disease
• Have More Energy
• Sleep Better
• More Brain Power
2. Explain the difference between the following:

- **Lacto-ovo vegetarian** is a person who eats no animal products (such as meat) except for milk (and milk products such as cheese, ice cream, and yogurt), and eggs.

- **Ovo vegetarian** is a person who eats no animal products (no meat and no milk) except for eggs.

- **Vegan** is a vegetarian who eats no animal products at all.
PLAN A TWO-DAY MENU, CONTAINING A BALANCED LACTO-OVO VEGETARIAN DIET UTILIZING THE FOOD PYRAMID GUIDE.

- USDA food pyramid, you must first go to ChooseMyPlate.gov
- Enter the Pathfinder's profile (age, sex, and physical activity)
- This will tell you how much of each food category the Pathfinder should eat.
3. Plan a two-day menu, containing a balanced lacto-ovo vegetarian diet utilizing the food pyramid guide.

PORTION SIZE YOUR PLATE

½ PLATE VEGETABLES:
Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.

¼ PLATE PROTEINS:
Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your way to a delicious and healthy meal.

¼ PLATE STARCHES:
Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.
3. Plan a two-day menu, containing a balanced lacto-ovo vegetarian diet utilizing the food pyramid guide.

<table>
<thead>
<tr>
<th>GRAINS</th>
<th>Make at least half your grains whole grains</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>Try to have vegetables from several subgroups each day</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3 1/2 cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FRUITS</th>
<th>Make most choices fruit, not juice</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 1/2 cups</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MILK</th>
<th>Choose fat-free or low fat most often</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3 cups (1 1/2 ounces cheese = 1 cup milk)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MEAT &amp; BEANS</th>
<th>Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>7 ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)</td>
</tr>
</tbody>
</table>
4. What is another name for Vitamin **B1** and **B2**?

- **Vitamin B1** is also known as **thiamine**. Beriberi is a disease caused by a vitamin B1 deficiency.

- **Vitamin B2** is also known as **riboflavin**. It is required for red blood cell formation.
5. List at least three significant food sources of the following nutrients

Citrus fruits, tomatoes, and potatoes are good common sources of vitamin C. Other foods that are good sources of vitamin C include broccoli, black currants, cauliflower, spinach, cantaloupe.
5. List at least three significant food sources of the following nutrients:

- Vitamin A
  - Broccoli
  - Apricot
  - Apple
  - Grape
  - Melon
  - Spinach
  - Carrot
  - Pepper
  - Watermelon
  - Mango
  - Kiwi
  - Parsley

- Retinol
5. List at least three significant food sources of the following nutrients.
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<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Food Source</th>
<th>Riboflavin in 100g</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B2</td>
<td>PINE NUTS</td>
<td>0.227 mg (17%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>LIVER</td>
<td>2.2 mg (169%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>ALMOND</td>
<td>1.014 mg (85%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EGGS</td>
<td>0.51 mg (39%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CHEESE</td>
<td>up to 0.4 mg (30%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>COTTAGE CHEESE</td>
<td>0.3 mg (23%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>YOGURT</td>
<td>0.2 mg (15%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SPINACH</td>
<td>0.25 mg (18%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>BROCCOLI</td>
<td>0.25 mg (18%)</td>
<td></td>
</tr>
</tbody>
</table>
5. List at least three significant food sources of the following nutrients.
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6. Why is it important to drink plenty of water every day?

**Benefits of Drinking Water**

- **5-8 cups per day**
  - Help your kidneys
  - Help your bowels
  - Help your bones
  - Energize muscles
- **4-7 cups per day**
  - Keep skin looking good
  - Good mood & look younger
  - Maintain a healthy weight

**Kids 4-13 years old need 4-8 cups day**

**Body 60% water**
6. Why is it important to drink plenty of water every day?

In general, children and teens need about **6 to 8 cups** of water a day. They should also eat lots of fresh fruits and veggies, which are full of water. During play or exercise, a good goal is to drink a half cup to 2 cups of water every 15 to 20 minutes.
How much do you really need?

Body 65% water

Drink more water

Body weight (lbs) / 2

1 = 8 ounces

Water needed per day

Body weight (lbs) / 2

Body: 75% water

Brain: 75% water

Lungs: 83% water

Blood: 90% water

Skin: 64% water

Bones: 31% water

Kidney: 79% water

Muscle: 79% water

Liver: 79% water

3.2 liters

15 cups
7. Name three common diseases that can be controlled by diet.

- Diabetes
- Cardiovascular Disease
- Obesity
- Cancer
8. What is the difference between whole wheat flour and white flour?

The processing and the nutritional value.

Flour is made from wheat berries. The wheat berry is made up of the bran, the germ and the endosperm. All parts are filled with nutrients and are used in whole wheat flour.

White bread on the other hand, uses only the endosperm - the starchy inner layer.
8. Which one has the higher nutritive value

Whole wheat flour has the higher nutritive value. Has more iron, calcium, protein, and other nutrients than white flour. There are a total of 30 nutrients present in whole wheat bread that are missing in white bread.
9. What does RDA stand for? What does it mean?

**Recommended Dietary Allowance (RDA)** is the daily dietary intake level of a nutrient that is considered sufficient to meet the requirements of nearly all (97-98%) healthy individuals.
9. What does RDA stand for? What does it mean?
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10. Why is it important not to take excessive amounts of some vitamins and minerals?

*Fat-soluble vitamins* may be stored in the body and can cause toxicity when taken in excess. *Water-soluble vitamins* are not stored in the body, with the exception of Vitamin B\(_{12}\), which is stored in the liver.

Excess doses of mineral supplements can also lead to poisoning. Either or both of vitamin poisoning and mineral supplement poisoning can occur due to excessive intake of multivitamin supplements.
1 Corinthians 10:31
So, whether you eat or drink, or whatever you do, do all to the glory of God.
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