

Name: _____ Date: _____ Pd. _____

Effects of Diet on Health Website: <http://qrl.do/kiDR3> pages 5-6

A. What are some common diet related diseases?

1. _____
2. _____
3. _____
4. _____
5. _____

B. Sequence of slides that depict the rise in obesity in the United States

1. Among children and adolescents, obesity rates have more than _____ over the past twenty years
2. One in every _____ American children are now overweight or obese and is predicted to develop _____ in their lifetime.
3. Partially due to this, the current generation of American children is predicted to have a _____ life span than their parents.

C. Risk Factors

1. _____
2. _____
3. _____
4. _____
5. _____

D. What is the difference between the added sugar in a can or soda and the sugar in a pear?

1. A pear contains about _____ grams of naturally occurring sugar. Pears also contain beneficial nutrients, such as _____ and _____. The _____ in a pear is filling, so it is unlikely that someone would eat too much sugar from eating pears.
2. A can of soda typically contains about _____ grams of sugar. Soda is an extremely _____ food; drinking it does little more than add _____ calories to your diet with no nutritional benefit.

E. Balancing Energy Intake

- a. If calorie intake = calorie expenditure: _____
- b. If calorie intake > calorie expenditure: _____
- c. If calorie intake < calorie expenditure: _____
- d. One pound of fat = _____ calories
- e. If John wanted to lose one pound per week, how many extra calories each day would he need to expend or decrease in his diet? _____

F. What types of food can reduce the risk for diet-related diseases?

1. _____
2. _____
3. _____

FOOD LABEL HOMEWORK

NAME: _____ PERIOD: _____

Choose a food label from a product that you frequently eat and evaluate it using the questions below.

PRODUCT: _____

1. What is the serving size? _____

2. How many servings per container? _____

3. How many calories per serving? _____

4. How many calories in the entire product? _____

5. What percent of the recommended daily amount of:

Vitamin C in a serving? _____

Vitamin A in a serving? _____

Calcium in a serving? _____

Iron in a serving? _____

6. How many grams of fat are in one serving? _____

7. How many grams of fat are in the entire product? _____

8. How many grams of protein are in one serving? _____

9. How many milligrams of cholesterol are in one serving? _____

10. How many grams of dietary fiber are in one serving? _____

11. How many grams of sugar are in one serving? _____

12. After evaluating this food label, would you say this food is nutritious or healthy?

And support your answer: _____

13. REMEMBER TO ATTACH THE FOOD LABEL OR PRODUCT TO THIS SHEET
FOR FULL CREDIT!!!!