**NUTRITION WEBQUEST**

**This WebQuest will give you the information you need to make good decisions about your overall wellness. The goal of this activity is for you gain insight on the essential nutrients, analyze food labels, explore nutritional guidelines and incorporate healthy eating decisions into your daily life.**

TASK #1: Essential Nutrients

TASK #2: Nutrients Video

TASK #3: Food Labels

TASK #4: Calories

TASK #5: Fast Food Nation

**ESSENTIAL NUTRIENTS**

<http://healthyeating.sfgate.com/6-essential-nutrients-functions-4877.html>

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Define Nutrient:

There are 6 nutrients: use the link above to complete the chart.

**NUTRIENTS VIDEO**

[YOUTUBE CLIP:  Essential Nutrients](http://www.youtube.com/watch?v=CiOBhgxdhYo)

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| What is the major source of energy for the body? |  |
| What are the two types of Carbohydrates? |  |
| Name a “healthy” simple sugar |  |
| Name a “non-healthy” simple sugar |  |
| Another name for a complex carbohydrate is |  |
| What is HDL? <https://www.cdc.gov/cholesterol/ldl_hdl.htm> |  |
| What is LDL?  Use above link |  |

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|  | **What does the below do for your body?** | **Where is it found? Examples?** |
| **Proteins** |  |  |
| **Vitamin A** |  |  |
| **Vitamin C** |  |  |
| **Calcium** |  |  |
| **Iron** |  |  |
| **Fats**  **3 types** | |  |  |  | | --- | --- | --- | |  |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | |

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| How much of your body is made up of water? |  |
| Where do you get the majority of the water that you intake daily |  |

**FOOD LABELS**

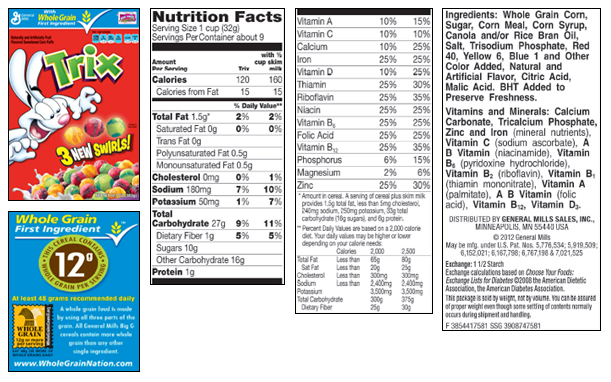
**How to read a Nutrition Facts label? Click on the link below and answer the following:**

<https://choosemyplate-prod.azureedge.net/sites/default/files/sites/default/files/images/NutritionFactsLabel.pdf>

|  |  |
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| What does a food label make easy? |  |
| What should you strive for each day? |  |
| Always include! |  |
| Choose foods low in the following: |  |
| Regular physical activity is important for |  |

**Using both the link above and the one below this line, answer the following questions on food labels**

<https://www.move.va.gov/docs/NewHandouts/Nutrition/N10_HowToReadAFoodNutritionLabel.pdf>

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwib4d3_nvfTAhWW14MKHTmbAsgQjRwIBw&url=http%3A%2F%2Fletmelearnya.com%2Ftruth-behind-food-labels%2F&psig=AFQjCNG10fx7chcoxZER7zN7rOs0vBFSxQ&ust=1495121137020537)

|  |  |
| --- | --- |
| How many calories are in a serving without milk? |  |
| How many carbohydrates are you eating? |  |
| What is the serving size? |  |
| How many calories from protein? |  |
| What is the main ingredient/where found? |  |

**CALORIES**

[**https://www.youtube.com/watch?v=U4W78cnN0OU**](https://www.youtube.com/watch?v=U4W78cnN0OU)

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| What is a calorie |  |
| How is it described |  |

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1. How many calories are in one gallon of car fuel?

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1. How many miles would you go on one calorie?
2. How many calories do the following contain and converting grams to calories?

<http://healthyeating.sfgate.com/convert-fat-grams-calories-5127.html>

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|  | Calories per gram |
| Proteins |  |
| Carbohydrates |  |
| Fat |  |

|  |  |  |
| --- | --- | --- |
| Example or fat | Cal/gram | Total Cal |
| 12 grams X |  | = |
| 7 grams X |  | = |
| 3 grams X |  | = |

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1. How do we use our calories?

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1. Where do un-used calories go?

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1. What happens when fat cells grow?

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1. For every gram of fat, there are how many calories

**FAST FOOD NATION**

Americans spend billions of dollars at restaurants and fast food establishments a day. Do you know what you are eating? Your task: Research 2 restaurants: Sit-down (Red Robin, Texas Road House, Applebee’s) and a typical fast food (BK, McDonalds, Wendy’s, Chipotle, Chick-fil a). Pick your typical meal from the chosen establishment and find the caloric value of this meal. Use: <http://www.myfitnesspal.com/food/search>

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**RESTAURANT #1: Sit-Down Meal:**

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| **LIST CHOICE** | **Total**  **FATS** | **Total**  **Protein** | **Total**  **Carbs** | **Total**  **CALORIES** |
| **MAIN COURSE**: |  |  |  |  |
| **SIDE ITEM:** |  |  |  |  |
| **BEVERAGE:** |  |  |  |  |
| **DESSERT** |  |  |  |  |

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**RESTAURANT #2: Typical Fast Food Meal:**

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| **LIST CHOICE** | **Total**  **FATS** | **Total**  **Protein** | **Total**  **Carbs** | **Total**  **CALORIES** |
| **MAIN COURSE**: |  |  |  |  |
| **SIDE ITEM:** |  |  |  |  |
| **BEVERAGE:** |  |  |  |  |
| **DESSERT** |  |  |  |  |

**Your reaction to these meals: Is this a healthy meal option? How do you make these healthier?**