



TRANSFORM COMMUNITIES  
**CHANGE KIDS' LIVES**

# NUTRITION WORKSHEETS

HEALTHY CHOICES, HEALTHY CHILDREN



Part of the Healthy Lifestyles Program sponsored by Niagara Cares



# LESSON 1, WARM UP: YESTERDAY'S FOOD WORKSHEET

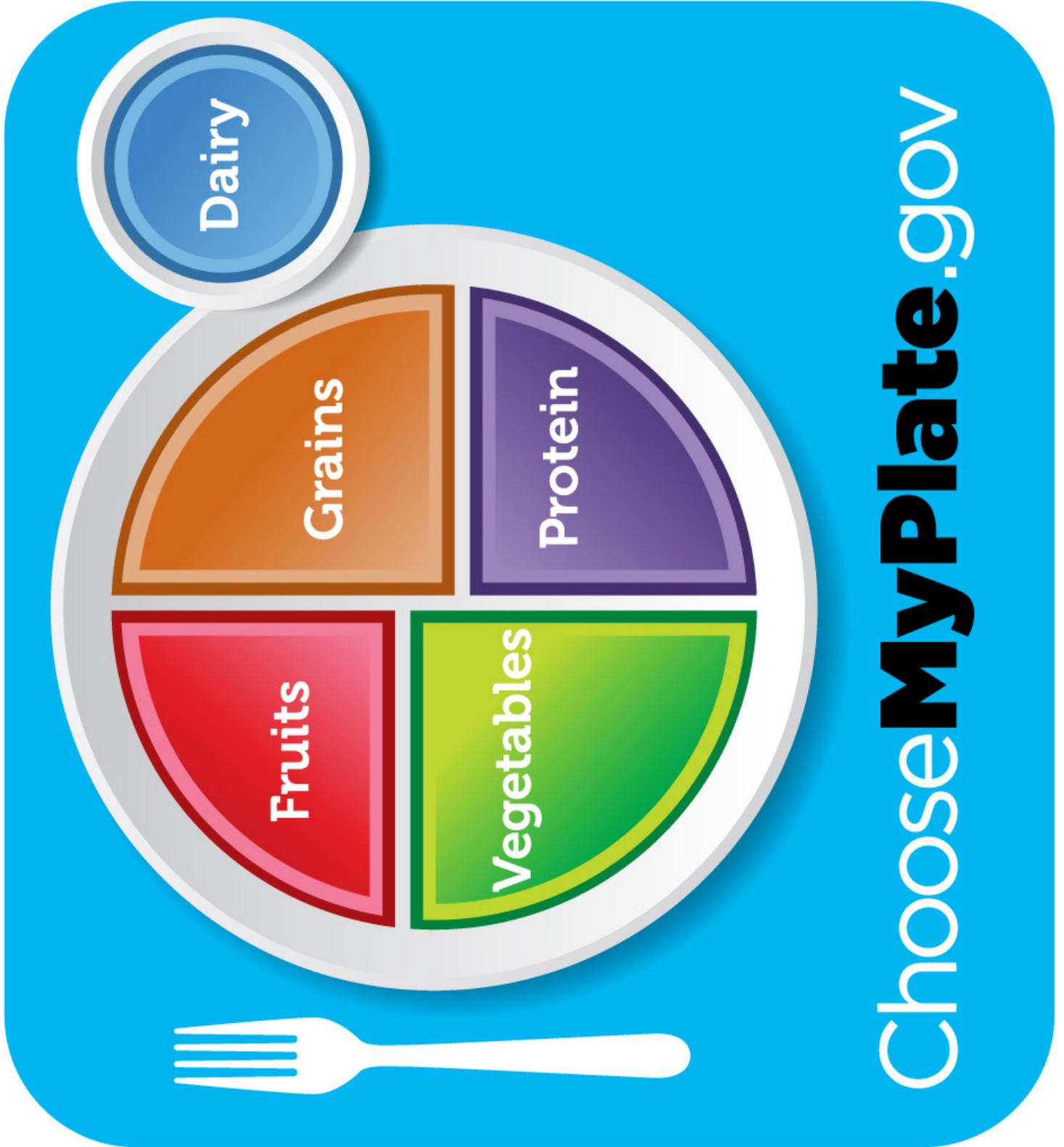
Name: \_\_\_\_\_

What did you eat yesterday?

<b>Breakfast</b>	
<b>Lunch</b>	
<b>Dinner</b>	
<b>Snacks</b>	



LESSON 1, ACTIVITY 1: MYPLATE DIAGRAM



Choose **MyPlate**.gov



# LESSON 1, ACTIVITY 1: PICTURES OF FOOD CARDS

Name: \_\_\_\_\_



Tomato



Chicken



Bread



Eggs



Banana



Tortilla



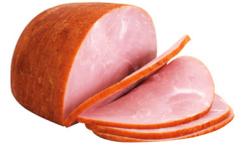
Cantaloupe



Kidney Beans



Green Beans



Ham



Grapes



Peanut Butter



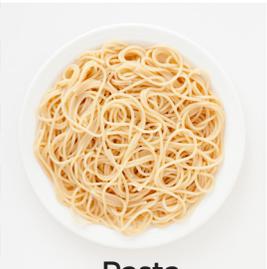
Bell Peppers



Yogurt



Cottage Cheese



Pasta



Salmon



Rice



Strawberries



Apple



Milk



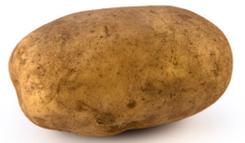
Cheese



Brussels Sprouts



Bagel

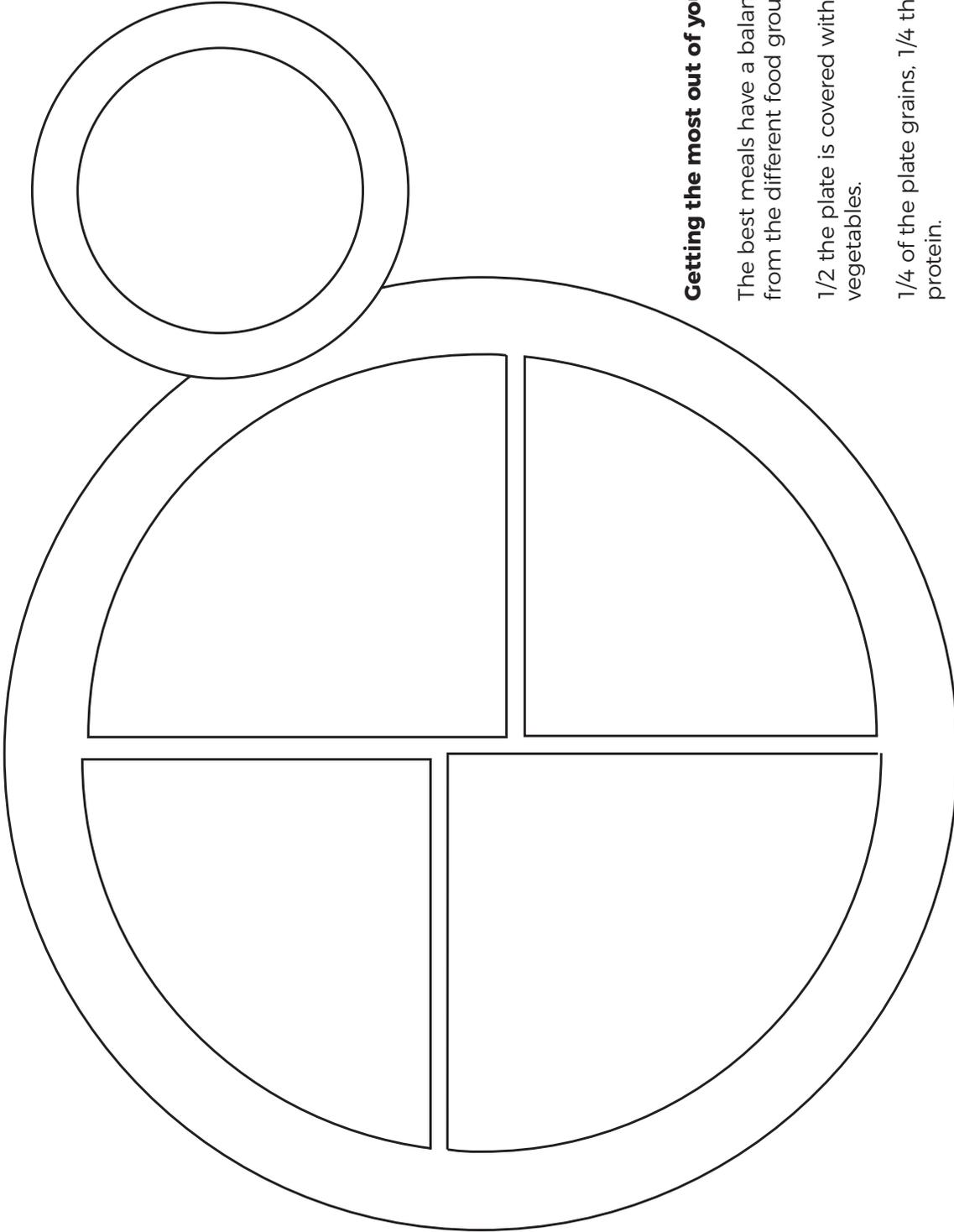


Potato



# LESSON 1, ACTIVITY 1: MYPLATE DIAGRAM

Name: \_\_\_\_\_



**Getting the most out of your meals:**

The best meals have a balance of items from the different food groups.

1/2 the plate is covered with fruits and vegetables.

1/4 of the plate grains, 1/4 the plate protein.

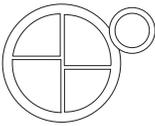
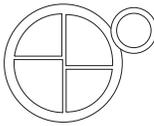
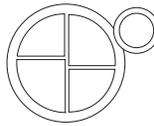
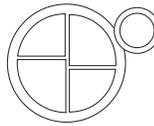
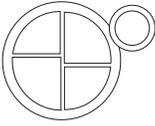
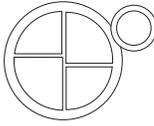
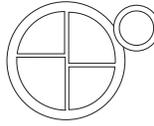
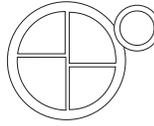
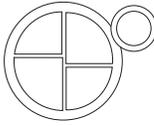
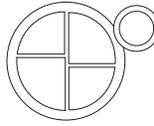
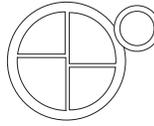
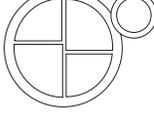
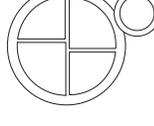
Drink fat-free or low-fat milk instead of soda or other sugary drinks.

Avoid oversized portions.



# LESSON 1, TAKE HOME CHALLENGE: FOOD LOG WORKSHEET

Name: \_\_\_\_\_

	Breakfast	Lunch	Dinner	Snacks
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				



# LESSON 2, ACTIVITY 1: NUTRIENT NOTE SHEET

Name: \_\_\_\_\_

## Nutrient Hunt Note Taking

Carbohydrates provide the body with

\_\_\_\_\_ & \_\_\_\_\_.

Carbohydrates are found in \_\_\_\_\_.

Protein helps the body to \_\_\_\_\_.

Protein is found in \_\_\_\_\_.

Fats are a source of \_\_\_\_\_.

Fats are \_\_\_\_\_.

Everyone should drink \_\_\_\_\_ of water a day.

Vitamins & Minerals supply us with

\_\_\_\_\_, \_\_\_\_\_,

\_\_\_\_\_ & \_\_\_\_\_.

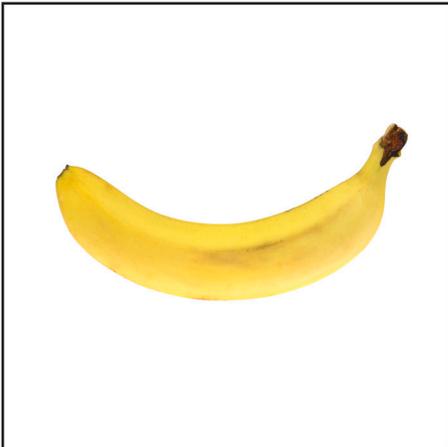
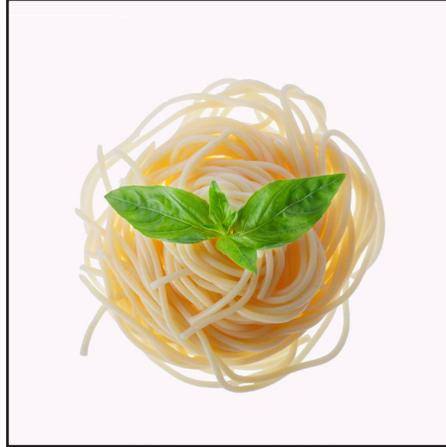
Iron is found in your \_\_\_\_\_ & \_\_\_\_\_.

Iron is found in \_\_\_\_\_.



## LESSON 2, ACTIVITY 1: NUTRIENT FACT SHEET 1

### CARBOHYDRATES



Carbohydrates provide the body with (ulef) and (yenreg).

Carbohydrates are found in

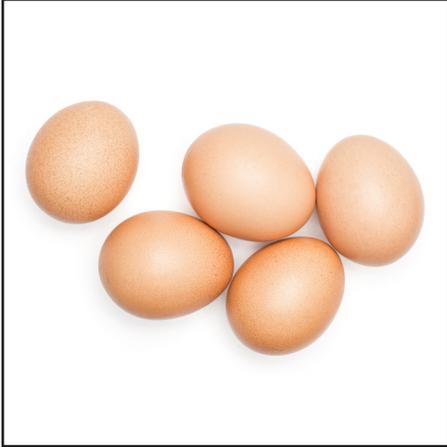
\_\_\_\_\_.



## LESSON 2, ACTIVITY 1: NUTRIENT FACT SHEET 2

Name: \_\_\_\_\_

### PROTEIN



Protein helps the body (gwro).

Protein is found in \_\_\_\_\_.



## LESSON 2, ACTIVITY 1: NUTRIENT FACT SHEET 3

Name: \_\_\_\_\_

### FATS



Fats are a source of (destroy ygreen).

Fats are found in \_\_\_\_\_.



## LESSON 2, ACTIVITY 1: NUTRIENT FACT SHEET 4

Name: \_\_\_\_\_

### FLUIDS



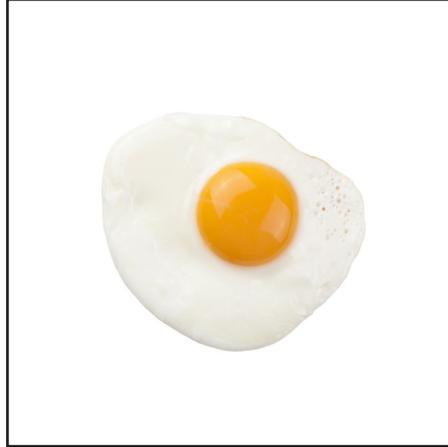
Everyone should drink (neo telir)  
of water each day.



## LESSON 2, ACTIVITY 1: NUTRIENT FACT SHEET 5

Name: \_\_\_\_\_

### VITAMINS & MINERALS



Vitamins and minerals supply us with  
(mucilac).

Vitamins and minerals are found in

\_\_\_\_\_.



## LESSON 2, ACTIVITY 1: NUTRIENT FACT SHEET 6

Name: \_\_\_\_\_

### IRON



Iron is found in your (sebno) and (seumlsc).

Iron is found in

\_\_\_\_\_.



# LESSON 2, ACTIVITY 2: NUTRITION QUESTION CARDS



## Carbohydrates

What is added to tacos, burritos, and soups that is high in fiber?

## Carbohydrates

What food provides fuel/energy for exercise?

## Carbohydrates

I am full of vitamins like riboflavin, thiamin, and fiber, what nutrient am I?

## Protein

How many ounces of chicken, hamburger, or fish is in a serving?

# LESSON 2, ACTIVITY 2: NUTRITION QUESTION CARDS



## Carbohydrates

What food provides fuel/energy for exercise?  
**Answer: CARBOHYDRATES**

## Carbohydrates

What is added to tacos, burritos, and soups that is high in fiber?  
**Answer: BLACK OR RED BEANS, LENTILS**

## Protein

How many ounces of chicken, hamburger, or fish is in a serving?  
**Answer: 3 OUNCES**

## Carbohydrates

I am full of vitamins like riboflavin, thiamin, and fiber, what nutrient am I?  
**Answer: CARBOHYDRATES**

# LESSON 2, ACTIVITY 2: NUTRITION QUESTION CARDS



## Protein

If I don't eat enough protein this could happen...

- a. nails fall off
- b. you lose your balance and fall
- c. hair falls off, teeth will rot

## Protein

Name three protein rich foods.

## Protein

What does protein do for you?

- a. changes your hair color
- b. helps you grow
- c. makes you popular in school
- d. allows you to eat more candy

## Fats

What food group causes the calories to triple in chicken if it is fried?

# LESSON 2, ACTIVITY 2: NUTRITION QUESTION CARDS



## Protein

Name three protein rich foods.

**Answer: CHICKEN, FISH, EGGS, HAMBURGER, STEAK, TURKEY, HAM, PORK**

## Protein

If I don't eat enough protein this could happen...

- a. nails fall off
- b. you lose your balance and fall
- c. hair falls off, teeth will rot

**Answer: C**

## Fats

What food group causes the calories to triple in chicken if it is fried?

**Answer: OIL, BUTTER**

## Protein

What does protein do for you?

- a. changes your hair color
- b. helps you grow
- c. makes you popular in school
- d. allows you to eat more candy

**Answer: B**

# LESSON 2, ACTIVITY 2: NUTRITION QUESTION CARDS



## Fats

Butter and margarines are in the fat group. What is the serving size of these fats?

## Fats

This food is high in fat and often added to burritos, sandwiches, and crackers?

## Fluids

Everyone should drink 1 to 2 liters of fluid a day. How many ounces is in one liter?

## Fluids

The best type of fluid for hydrating during the day is?  
a. sports drinks like Gatorade/Powerade  
b. juice drink  
c. water

# LESSON 2, ACTIVITY 2: NUTRITION QUESTION CARDS



## Fats

This food is high in fat and often added to burritos, sandwiches, and crackers?

**Answer: CHEESE**

## Fats

Butter and margarines are in the fat group. What is the serving size of these fats?

**Answer: 1 TEASPOON**

## Fluids

The best type of fluid for hydrating during the day is?

- a. sports drinks like Gatorade/Powerade
- b. juice drink
- c. water

**Answer: C**

## Fluids

Everyone should drink 1 to 2 liters of fluid a day. How many ounces is in one liter?

**Answer: 32**

# LESSON 2, ACTIVITY 2: NUTRITION QUESTION CARDS



## Fluids

True or False: You should not drink anything during exercise because it makes you stronger.

## Calcium/Vitamin D

How many servings of milk a day is recommended for teenagers?

- a. 1
- b. 2
- c. 3

## Calcium/Vitamin D

True or False: Orange juice is high in calcium and vitamin D?

## Calcium/Vitamin D

Name three foods that contain calcium and vitamin D.

# LESSON 2, ACTIVITY 2: NUTRITION QUESTION CARDS



## Calcium/Vitamin D

How many servings of milk a day is recommended for teenagers?

- a. 1
- b. 2
- c. 3

**Answer: 3**

## Fluids

True or False: I should not drink anything during exercise because it makes me stronger.

**Answer: FALSE**

## Calcium/Vitamin D

Name three foods that contain calcium and vitamin D.

**Answer: MILK, YOGURT, COTTAGE CHEESE**

## Calcium/Vitamin D

True or False: Orange juice is high in calcium and vitamin D?

**Answer: FALSE**

# LESSON 2, ACTIVITY 2: NUTRITION QUESTION CARDS



## Vitamins/Minerals

Name three foods that contain vitamin C.

## Vitamins/Minerals

What vitamin is eaten if you have a cold or cough?

## Iron

True or False: Eating foods high in vitamin C help to increase the absorption of iron.

## Vitamins/Minerals

Is it better to take a vitamin C in a gummy vitamin or to eat an orange to get vitamin C?

# LESSON 2, ACTIVITY 2: NUTRITION QUESTION CARDS



## Vitamins/Minerals

What vitamin is eaten if you have a cold or cough?

**Answer: VITAMIN C**

## Vitamins/Minerals

Name three foods that contain vitamin C.

**Answer: ORANGE, STRAWBERRY, BROCCOLI,  
POTATOES, SPINACH, ETC.**

## Vitamins/Minerals

Is it better to take a vitamin C in a gummy vitamin or to eat an orange to get vitamin C?

**Answer: EAT AN ORANGE OR OTHER VITAMIN C  
RICH FOOD FOR BETTER ABSORPTION**

## Iron

True or False: Eating foods high in vitamin C help to increase the absorption of iron.

**Answer: TRUE**

# LESSON 2, ACTIVITY 2: NUTRITION QUESTION CARDS



## Iron

Name three foods that contain iron.

## Iron

Where is iron found? In your:

- a. blood
- b. bones
- c. muscles

# LESSON 2, ACTIVITY 2: NUTRITION QUESTION CARDS



## Iron

Where is iron found? In your:

- a. blood
- b. bones
- c. muscles

**Answer: B & C**

## Iron

Name three foods that contain iron.

**Answer: HAMBURGER, CHICKEN, SPINACH, RAISINS, ETC.**

# LESSON 3, ACTIVITY 1: PORTION SIZE WORKSHEET

Name: \_\_\_\_\_

## Just how much is a “serving” of each type of food?

Not all of us have food scales or measuring cups on hand every time we eat. But here are some ways that everyone can be sure they are getting the right number of servings from each food group every day!

### GRAINS

(Eat about 6 ounces a day)

One ounce of grains = One regular sized slice of bread



A sandwich made with two slices of regular bread equals two ounces from the grain group—that’s a third of what you should get in a day!

If you’re used to eating really big or thick bread slices, they might be two ounces per slice or four ounces per sandwich. Four ounces out of a daily six—that’s two thirds of your grains!

Remember, one giant muffin you get at the bakery might be three ounces or more, so that’s half your daily grains, just on breakfast, and you’ve still got lunch and dinner to think about!

Here are some more examples of one serving of grains:

- 1/2 cup of oatmeal or other hot cereal
- About 1 cup of dry cereal
- 1/2 cup of cooked pasta or rice
- 1/2 of an English muffin

### VEGETABLES

(Eat about 2 to 2.5 cups a day)

One serving or one cup of vegetables = one baseball

One serving or one potato = one computer mouse



An important point to remember with vegetables is that for raw leafy green vegetables, like lettuce and spinach, two cups (or two baseballs) only counts as one serving. However, these leafy greens are packed with important nutrients and can be used to make delicious meals such as salads!

Here are some more examples of one serving of vegetables:

- 1 cup of most raw or cooked vegetables or vegetable juice
- 2 medium carrots or a dozen baby carrots
- 1 large sweet potato or 1 medium white potato

### FRUIT

(Eat about 1.5 - 2 cups a day)

One serving or one cup of fruit = one tennis ball



Lots of fruits contain vitamins and natural sugars, which gives them their super sweet taste!

Here are some more examples of one serving of fruit:

- 1 medium apple
- 1 cup of fruit cocktail
- 1 large banana
- 1 cup of applesauce

# LESSON 3, ACTIVITY 1: PORTION SIZE WORKSHEET

## DAIRY & MILK

(Eat about 3 cups a day)

One serving or one cup of dairy = two dominos or four dice



Often times with dairy products such as milk, yogurt, and cheeses, low-fat or non-fat options are available. These lower fat dairy products provide important nutrients such as calcium without the negatives of added sugar or empty calories.

Here are some more examples of one serving of dairy:

- 1 cup of milk (a half pint container)
- 1 cup of yogurt (a regular 8 ounce container)
- 1.5 ounces of natural cheese (like cheddar or Swiss)
- 2 ounces of processed cheese (like American cheese slices)

## PROTEIN

Meat and Beans: (Eat about 5 to 5.5 ounces a day)

One serving or one ounce of meat/beans = 1/3 to 1/2 a deck of cards



Here are some more examples of one serving of protein:

- 1 ounce of cooked lean meat, poultry, or fish
- 1/4 cup of cooked dry beans or 1/4 cup of tofu
- 1 slice sandwich turkey
- 1 egg
- 1 tablespoon of peanut butter or 1/2 ounce of nuts or seeds

It can be easier than you think to eat the recommended daily amount of protein or even to eat too much. Here are some common foods to give you a better idea of just how much protein is in each item:

- 1 small steak = 3.5 to 4 ounces
- 1 small chicken breast = 3 ounces
- 1 small lean hamburger = 2 to 3 ounces
- 1 can tuna = 3 to 4 ounces
- 1 salmon steak = 4 to 6 ounces
- 1 cup split pea or bean soup = 2 ounces
- 1 soy burger = 2 ounces

What are some observations about portion sizes after seeing these items? \_\_\_\_\_

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# LESSON 4, ACTIVITY 1: COLOR CODED NUTRITION LABEL

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 250      Calories from Fat 110

**% Daily Value\***

**Total Fat** 12g      **18%**

Saturated Fat 3g      **15%**

*Trans* Fat 3g

**Cholesterol** 30mg      **10%**

**Sodium** 470mg      **20%**

**Total Carbohydrate** 31g      **10%**

Dietary Fiber 0g      **0%**

Sugars 5g

**Protein** 5g

Vitamin A      **4%**

Vitamin C      **2%**

Calcium      **20%**

Iron      **4%**

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on your  
calorie needs.

# LESSON 4, ACTIVITY 1: NUTRITION FACTS WORKSHEET

Name: \_\_\_\_\_

What does each section provide information about?

Green: \_\_\_\_\_

Orange: \_\_\_\_\_

Yellow: \_\_\_\_\_

Red: \_\_\_\_\_

Blue: \_\_\_\_\_

	Item 1:	Item 2:	Item 3:	Item 4:
<b>Calories</b>				
<b>Sodium</b>				
<b>Carbohydrates</b>				
<b>Protein</b>				
<b>Vitamins</b>				
<b>Iron</b>				

# LESSON 4, ACTIVITY 2: NUTRITION FACTS WORKSHEET

Name: \_\_\_\_\_

Draw a picture of your product.

Ingredients

Write down the Nutrition Facts.

What is a **serving size**? \_\_\_\_\_

How many **servings** are in a package? \_\_\_\_\_

How many **calories** are in a serving? \_\_\_\_\_

Protein \_\_\_\_\_ Daily Value \_\_\_\_\_

Fats \_\_\_\_\_ Daily Value \_\_\_\_\_

Carbohydrates \_\_\_\_\_ Daily Value \_\_\_\_\_

Vitamins \_\_\_\_\_ Daily Value \_\_\_\_\_

Minerals \_\_\_\_\_ Daily Value \_\_\_\_\_

Healthy Facts	Unhealthy Facts

Based on the Nutrition Label, would you consider this product to be healthy? Why? Why not?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# LESSON 4, ACTIVITY 2: NUTRITION FACTS WORKSHEET

Name: \_\_\_\_\_

## BURGER MEAL

Menu Item	Calories	Fat (g)	Sugars (g)	Sodium (mg)
Cheeseburger	570	34	9	1210
French Fries (medium)	340	16	0	230
Soft Drink (12oz)	140	0	39	45
<b>Total</b>	<b>1050</b>	<b>50</b>	<b>48</b>	<b>1485</b>

Nutritional information is estimated from a typical fast food meal. Calorieking.com is the database used for this information.

Do you consider this a healthy meal? Why or why not? \_\_\_\_\_

What would you do to make this a healthier meal? \_\_\_\_\_

## TEX MEX MEAL

Menu Item	Calories	Fat (g)	Sugars (g)	Sodium (mg)
1 Beef Taco	170	9	1	310
1 order Nachos w/ Cheese	280	15	2	360
Soft Drink (12oz)	140	0	39	45
<b>Total</b>	<b>590</b>	<b>24</b>	<b>42</b>	<b>715</b>

Nutritional information is estimated from a typical fast food meal. Calorieking.com is the database used for this information.

Do you consider this a healthy meal? Why or why not? \_\_\_\_\_

What would you do to make this a healthier meal? \_\_\_\_\_

## HOME COOKED MEAL

Menu Item	Calories	Fat (g)	Sugars (g)	Sodium (mg)
1 Baked Chicken Breast (no skin)	250	7	0	95
Mashed Potatoes w/ Butter (1 cup)	237	9	3	699
Boiled Green Beans (1 cup)	44	00	3	1
Low-Fat Milk (8 oz.)	105	2	12	127
<b>Total</b>	<b>636</b>	<b>18</b>	<b>17</b>	<b>922</b>

Nutritional information is estimated from a typical fast food meal. Calorieking.com is the database used for this information.

Do you consider this a healthy meal? Why or why not? \_\_\_\_\_

What would you do to make this a healthier meal? \_\_\_\_\_

## LESSON 4: SUGGESTED VALUES WORKSHEET

Estimated daily calories and daily nutrient recommendations for 12 to 18 year olds (These are estimated nutrient needs. Individual nutritional requirements should be reviewed with their health care professional.)

	Male	Female
<b>Daily Calories</b>	2200 - 2700	1800 - 2300
<b>Fats</b>	73 - 90 grams	60 - 76 grams
<b>Lean Meats/Beans</b>	6 - 12 oz.	5 - 10 oz.
<b>Fruits</b>	2 - 4 cups	1½ - 3 cups
<b>Vegetables</b>	2 ⅓ - 4 cups	2 - 3 cups
<b>Milk/Dairy</b>	3 (8 oz.) cups	3 (8 oz.) cups
<b>Fiber</b>	25 grams	25 grams
<b>Sodium</b>	2300 mg	2300 mg

Information is from: **Dietary Recommendations for Children and Adolescents A Guide for Practitioners - Consensus Statement From the American Heart Association** *Endorsed by the American Academy of Pediatrics*

Authors: Samuel S. Gidding, MD, *Chair*; Barbara A. Dennison, MD, *Cochair*; Leann L. Birch, PhD; Stephen R. Daniels, MD, PhD; Matthew W. Gilman, MD; Alice H. Lichtenstein, DSc; Karyl Thomas Rattay, MD; Julies Steinberger, MD; Nicolas Stettler, MD; Linda Van Horn, PhD, RD

# LESSON 4, TAKE HOME ACTIVITY: NUTRITION FACTS OBSERVATIONS

Name: \_\_\_\_\_

Observation 1: \_\_\_\_\_

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Observation 2: \_\_\_\_\_

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Observation 3: \_\_\_\_\_

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Observation 4: \_\_\_\_\_

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Observation 5: \_\_\_\_\_

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Observation 6: \_\_\_\_\_

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# LESSON 5, ACTIVITY 1: HEALTHY HABITS WORKSHEET

Name: \_\_\_\_\_

7 AM: \_\_\_\_\_

8 AM: \_\_\_\_\_

9 AM: \_\_\_\_\_

10 AM: \_\_\_\_\_

11 AM: \_\_\_\_\_

12 PM: \_\_\_\_\_

1 PM: \_\_\_\_\_

2 PM: \_\_\_\_\_

3 PM: \_\_\_\_\_

4 PM: \_\_\_\_\_

5 PM: \_\_\_\_\_

6 PM: \_\_\_\_\_

7 PM: \_\_\_\_\_

8 PM: \_\_\_\_\_

9 PM: \_\_\_\_\_

10 PM: \_\_\_\_\_

My Short-Term Goal is: \_\_\_\_\_

\_\_\_\_\_

Some steps I can take to work toward my goal are: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My motivating word is: \_\_\_\_\_

Why? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# LESSON 6, TAKE HOME ACTIVITY: HEALTHY SUBSTITUTIONS

Name: \_\_\_\_\_

What is a typical meal I eat at home: \_\_\_\_\_

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What is a typical meal I eat when I go out: \_\_\_\_\_

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How can I make my favorite meals healthier: \_\_\_\_\_

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