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?

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Snacks</strong></td>
<td></td>
</tr>
</tbody>
</table>
LESSON 1, ACTIVITY 1: MYPLATE DIAGRAM

ChooseMyPlate.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

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.

Name: _________________________
# LESSON 1, TAKE HOME CHALLENGE: FOOD LOG WORKSHEET

Name: __________________________

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUN</td>
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<td>MON</td>
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<td>TUE</td>
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<td>WED</td>
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<tr>
<td>THU</td>
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</tr>
<tr>
<td>FRI</td>
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<tr>
<td>SAT</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Nutrient Hunt Note Taking**

<table>
<thead>
<tr>
<th>Carbohydrates provide the body with</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>&amp;</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates are found in</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
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<tr>
<td>Protein helps the body to</td>
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<td></td>
<td></td>
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<tr>
<td>Protein is found in</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Fats are a source of</td>
<td></td>
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<tr>
<td>Fats are</td>
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<tr>
<td>Everyone should drink</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Vitamins &amp; Minerals supply us with</td>
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<tr>
<td>Iron is found in your</td>
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<td></td>
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<tr>
<td>Iron is found in</td>
<td></td>
</tr>
</tbody>
</table>
Carbohydrates provide the body with (ulef) and (yenreg).

Carbohydrates are found in ____________________.
Protein helps the body (gwro).

Protein is found in ___________________.

Name: _____________________
Fats are a source of (destroy ygreen).

Fats are found in _______________________.

Name: _________________________
Everyone should drink *(neo telir)* of water each day.
Vitamin and minerals supply us with mucilac.

Vitamins and minerals are found in ____________________.
Iron is found in your (sebno) and (seumlsc).

Iron is found in

____________________________.
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?
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
**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

Name three protein rich foods.

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

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
### Fats

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

**Answer: CHEESE**

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**

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

**Answer: 32**
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.
Calcium/Vitamin D

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

a. 1  
b. 2  
c. 3  
Answer: 3

Calcium/Vitamin D

Name three foods that contain calcium and vitamin D.

Answer: MILK, YOGURT, COTTAGE CHEESE

Fluids

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

Answer: FALSE

Calcium/Vitamin D

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

Answer: FALSE
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?
Vitamins/Minerals

What vitamin is eaten if you have a cold or cough?  
Answer: VITAMIN C

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
Iron

Name three foods that contain iron.

Iron

Where is iron found? In your:
- a. blood
- b. bones
- c. muscles
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: _________________________

**LESSON 3, ACTIVITY 1: PORTION SIZE WORKSHEET**

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!

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**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
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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___________________________________________________________________________________
**Nutrition Facts**

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
</table>
| Calories | 250 | Calories from Fat 110%
| Total Fat | 12g | 18%
| Saturated Fat | 3g | 15%
| Trans Fat | 3g | 0%
| 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: ___________________________________________________________________

<table>
<thead>
<tr>
<th>Item 1:</th>
<th>Item 2:</th>
<th>Item 3:</th>
<th>Item 4:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamins</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td></td>
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</tbody>
</table>
LESSON 4, ACTIVITY 2: NUTRITION FACTS WORKSHEET

Name: _________________________

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?

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

Draw a picture of your product.

Write down the Nutrition Facts.

Ingredients
## LESSON 4, ACTIVITY 2: NUTRITION FACTS WORKSHEET

Name: _________________________

### BURGER MEAL

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

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

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

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

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

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?

__________________________________________________________________________________________
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.)

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

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

Name: _________________________

Observation 1: ________________________________________________________________

____________________________________________________________________________

____________________________________________________________________________

____________________________________________________________________________

____________________________________________________________________________

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: __________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________

What is a typical meal I eat when I go out: ______________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________

How can I make my favorite meals healthier: ______________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________