

LESSON 5.1 Eating Well Across the Lifespan Note-Taking Guide

Nutrition Across the Lifespan

1. The nutrition needs we experience at different phases of life reflect the needs our body has as it grows, develops, and ages. Identify at least one nutrition need for each demographic included in the table.

Demographic	Nutrition need
Infants (birth-12 months)	
Toddlers (12-24 months)	
Young children (3-5 years)	
Childhood (6-12 years)	
Teenagers and adults (13-70 years)	
Older adults (70+)	
Pregnancy and lactation	

Minerals for Healthy Development

2. Complete the following chart by writing the effects of iron and calcium on your health and identifying three good sources of each mineral.

Iron	Calcium
How does iron effect your health?	How does calcium affect your health?
What are three good sources of iron?	What are three good sources of calcium?

Communicating for Healthy Eating

3. Write one example of a strong no when trying to say no to certain foods.

Asking for Help

4. What are three examples of how you might ask for help with making nutritious decisions?

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Steps for Negotiating Healthy Food Choices

5. List the five steps for negotiating healthy food choices.

STEP 1: _____

STEP 2: _____

STEP 3: _____

STEP 4: _____

STEP 5: _____

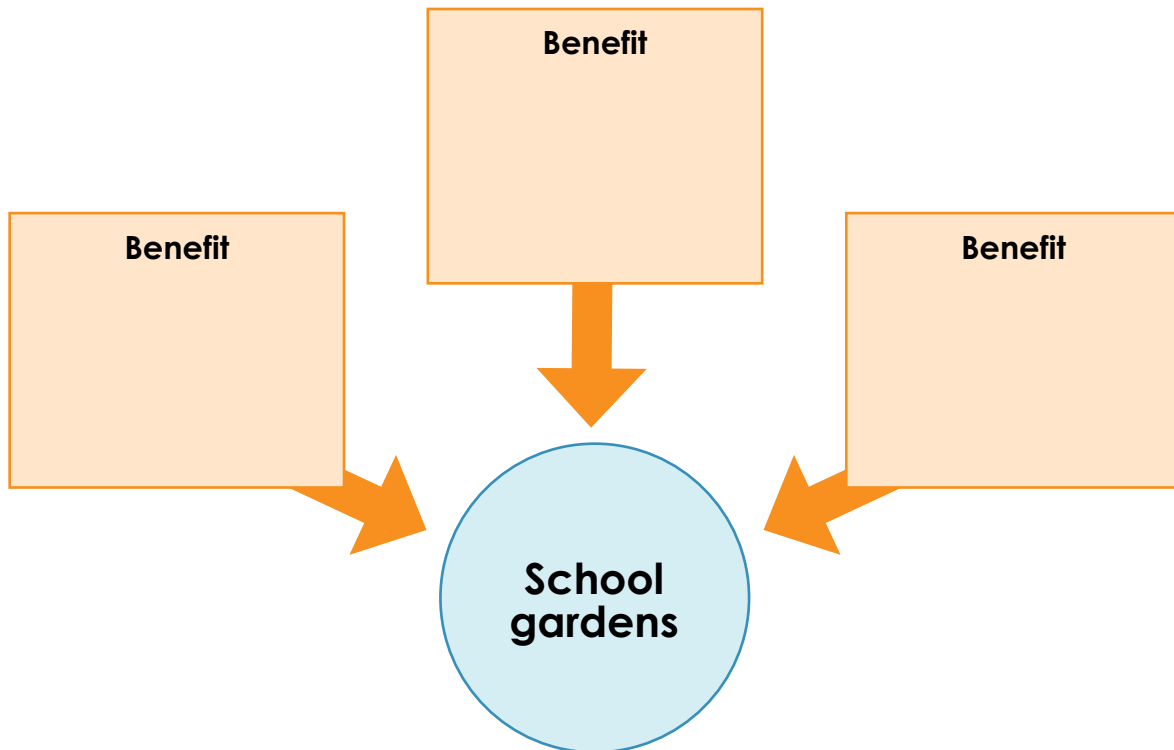
Does Everyone Have Access to Enough Food?

1. Define *food insecurity* and *malnutrition* in the following chart.

Food insecurity:	
Malnutrition:	

School and Community Gardens

2. Write down three benefits of school gardens in the following graphic.

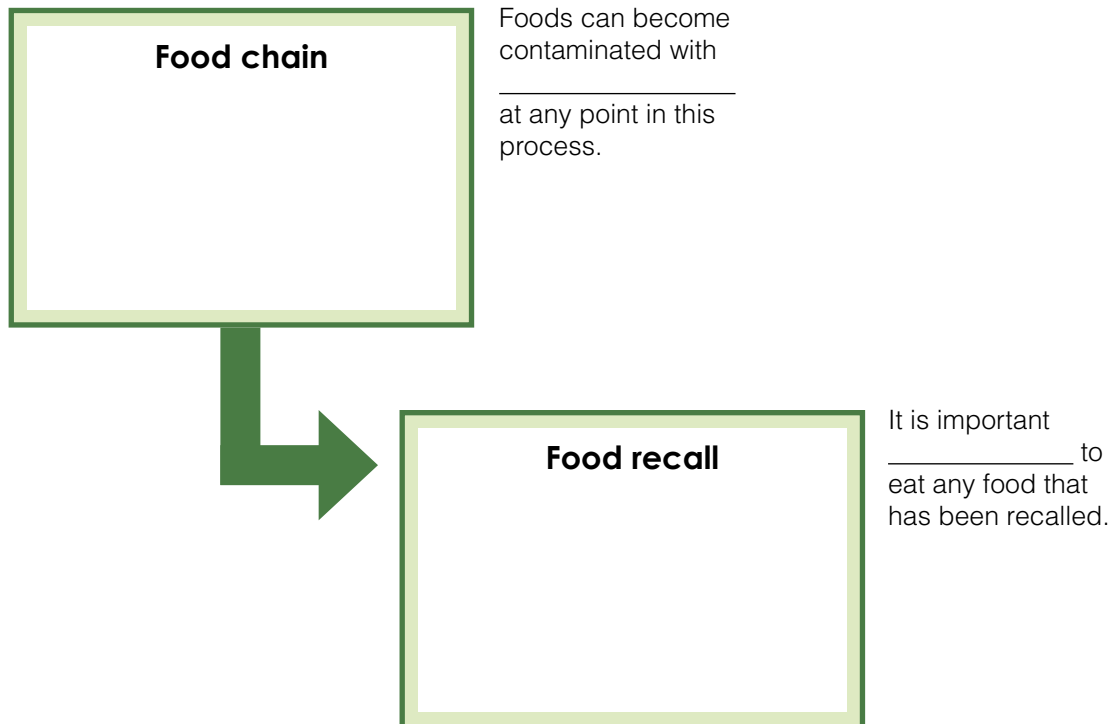


Food Safety

3. Any symptom or disorder people get from eating or drinking contaminated food is called a _____.

How Foods Get Contaminated

4. Complete the following flow chart by defining food chain and food recall. Fill in the blanks for the important reminders next to each box.



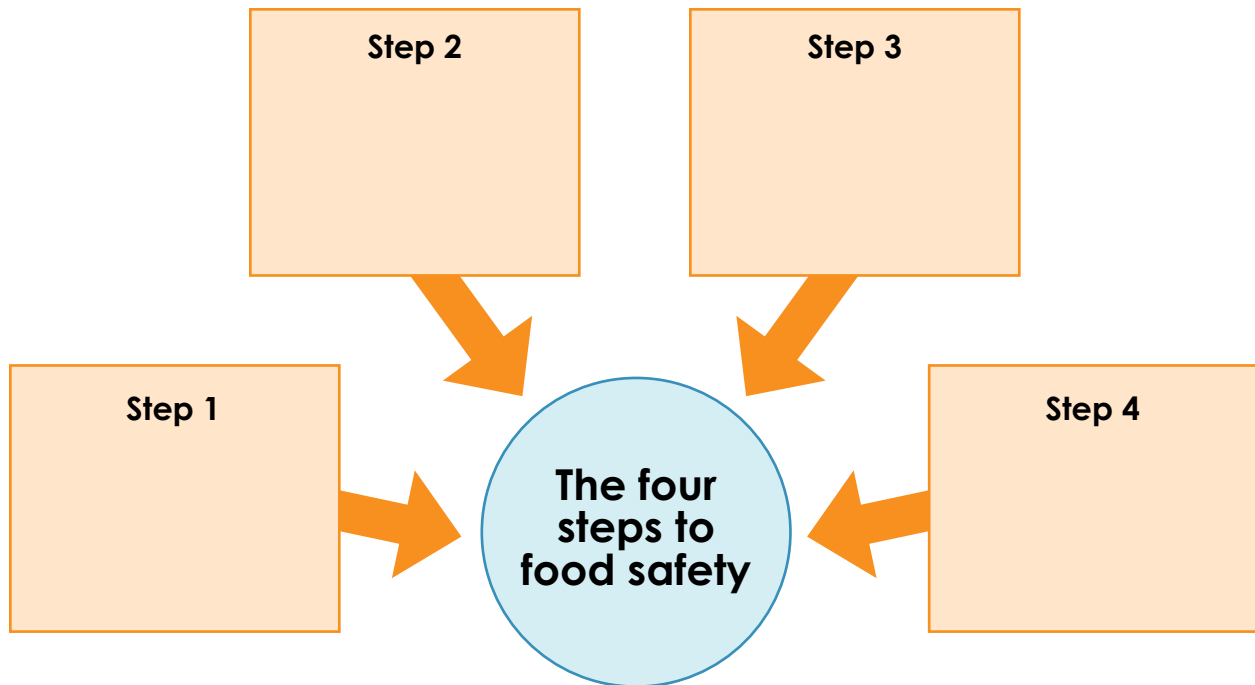
Common Foodborne Illnesses and Symptoms

5. _____ and _____ are the most common pathogens that cause foodborne illnesses.
6. List three common foodborne illnesses and their symptoms in the following table.

Foodborne illness	Symptoms
1.	
2.	
3.	

Safe Food Handling and Preparation

7. Complete the following diagram by filling in the four steps to food safety.



Food Additives and Preservatives

8. A food additive is a _____ added to food to add nutrition, or to improve freshness, taste, _____, or appearance.
9. When an additive is specifically designed to help a food last _____ without _____, it is called a _____.
10. Other preservatives include chemicals like _____, nitrites, and _____.

Pesticides

11. _____ are chemicals used in the food production process to prevent damage to a crop from _____, weeds, and _____.
12. _____ is grown or produced on an organic-certified farm.

Why Is Weight Important?

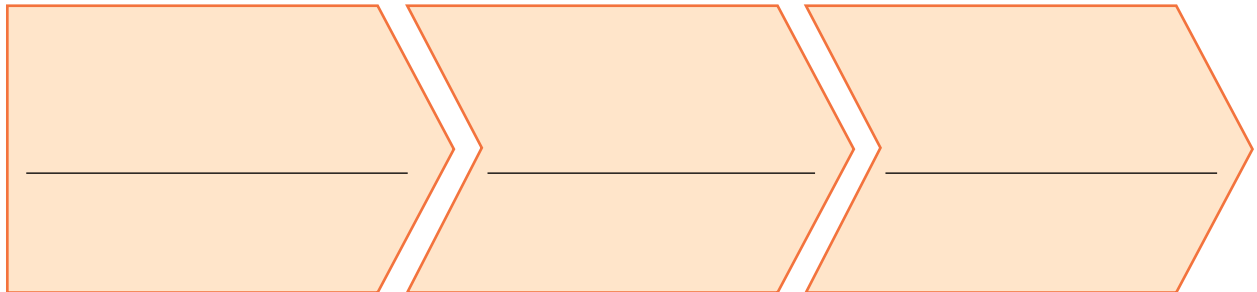
1. Obesity is known to be linked to which diseases?

a. _____

b. _____

c. _____

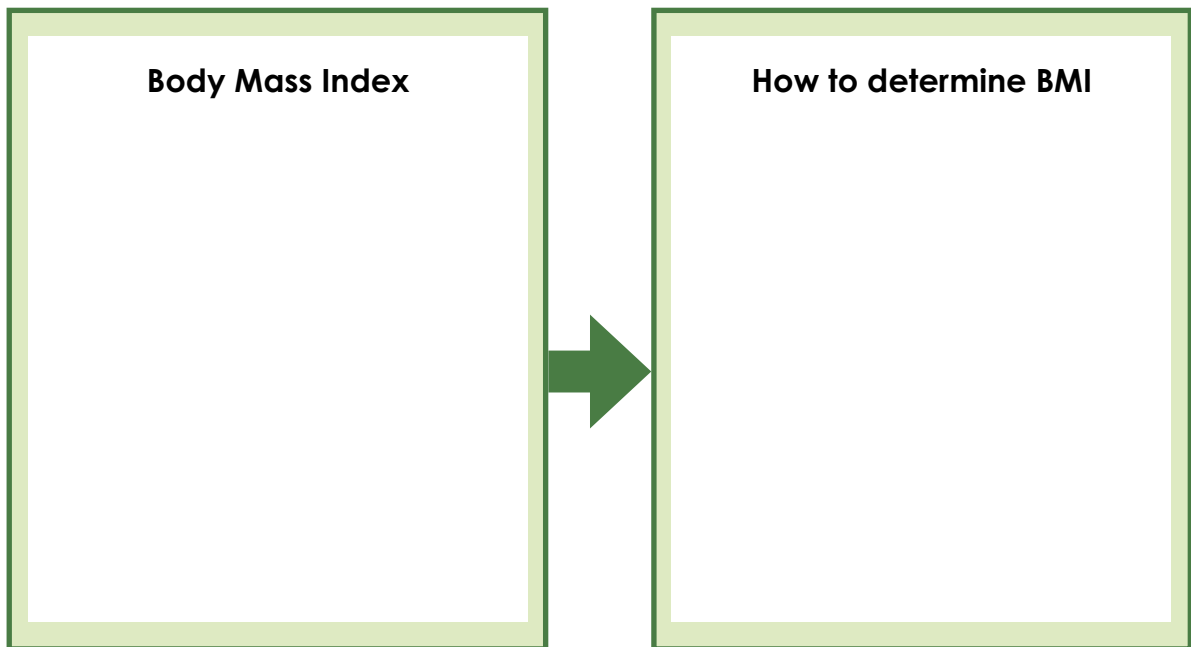
2. What can influence body weight?



Three orange chevron-shaped boxes arranged horizontally, each with a horizontal line for writing.

Understanding Weight and Body Mass Index

3. What is body mass index? How do you determine BMI?



What Is Body Composition?

4. Answer the questions and complete the sentences in each of the following boxes by filling in the blank with the most appropriate word.

What different tissues make up your body?

_____ refers to the ratio of lean (muscle) tissue to fat tissue in your body.

The location of fat tissue on the body, or your _____, can also play a role in your _____.

5. Fat located on what part of the body is the most dangerous to have? _____
6. Fat located on what part of the body is generally less dangerous to health? _____

How Do We Measure Body Composition?

7. List the four methods for determining body composition and fat distribution.

What Is a Healthy Weight for Me?

8. Identify each of the following statements as true or false. If the statement is false, correct the sentence so that it becomes true.

A healthy weight is a weight that you are comfortable with and that can be maintained by following complicated nutrition plans and rigorous physical activity guidelines.	True False
<div></div>	
An average-weight person who is sedentary and eats a poor diet is more likely to develop health problems than someone who is slightly overweight but gets daily physical activity and eats a healthy diet.	True False
<div></div>	
What the scale says is more important than what you do to take care of yourself.	True False
<div></div>	

Losing and Gaining Weight

9. There are safe and unsafe ways to gain or lose weight. Identify and describe healthy and unhealthy ways to gain and lose weight.

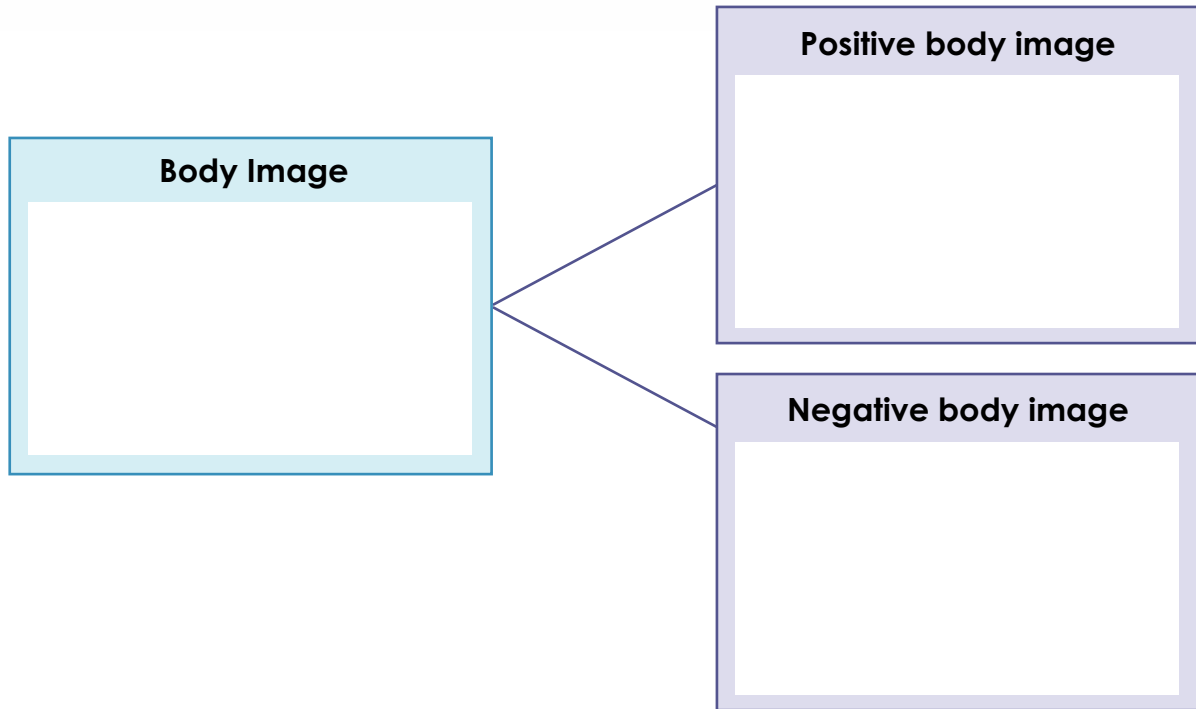
Healthy way to gain weight <div></div>	Unhealthy way to gain weight <div></div>
Description <div></div>	Description <div></div>
Healthy way to lose weight <div></div>	Unhealthy way to gain weight <div></div>
Description <div></div>	Description <div></div>

Dangerous Dieting Habits

10. Weight cycling is proven to do what to the body over time?

What Is Body Image?

1. Fill in the following boxes with definitions of each term.



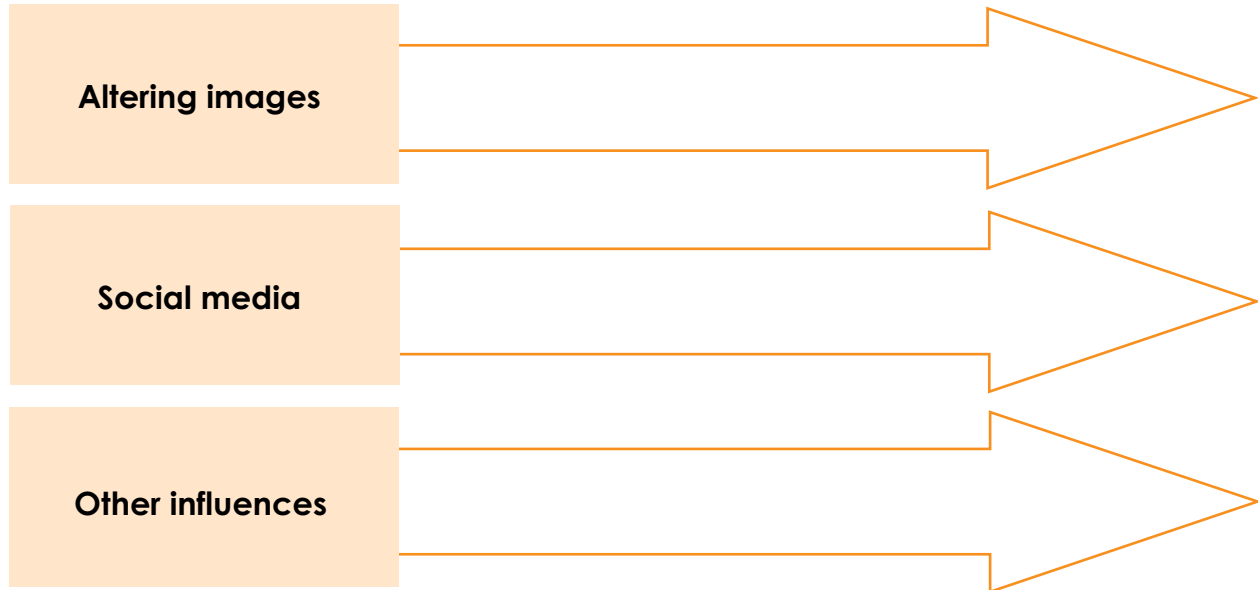
Weight Prejudice

2. What is weight prejudice?

3. What is one example of weight prejudice?

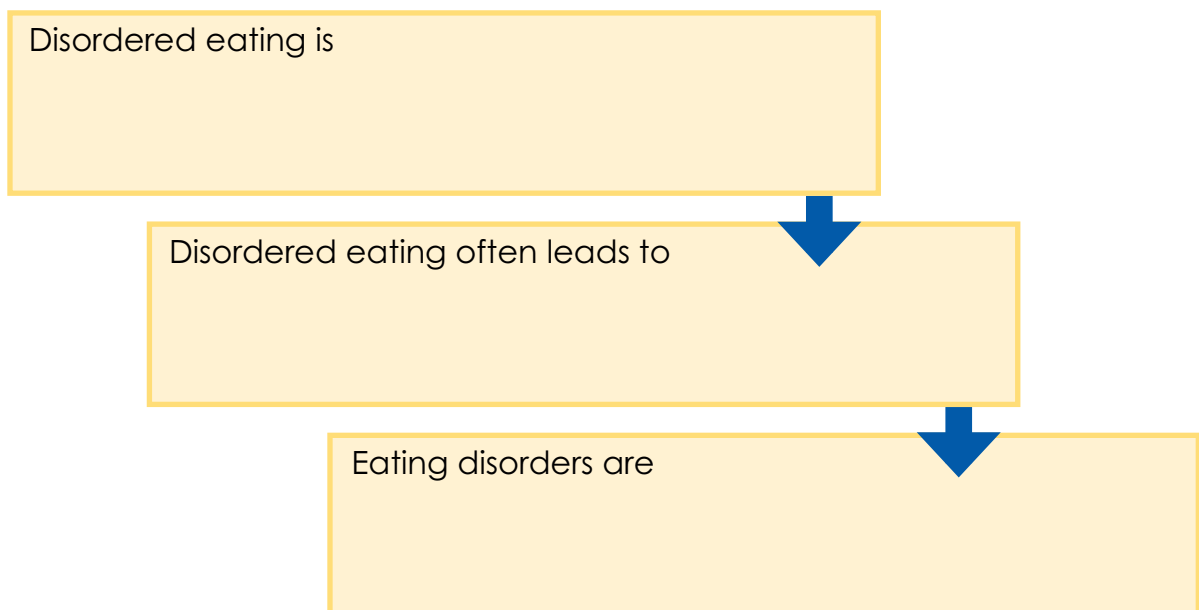
Media Influences on Body Image

4. Complete the following diagram by explaining how altered images, social media, and other influences play a role in body image.



Disordered Eating and Eating Disorders

5. What is the difference between disordered eating and eating disorders? Complete the following chart to differentiate the two.

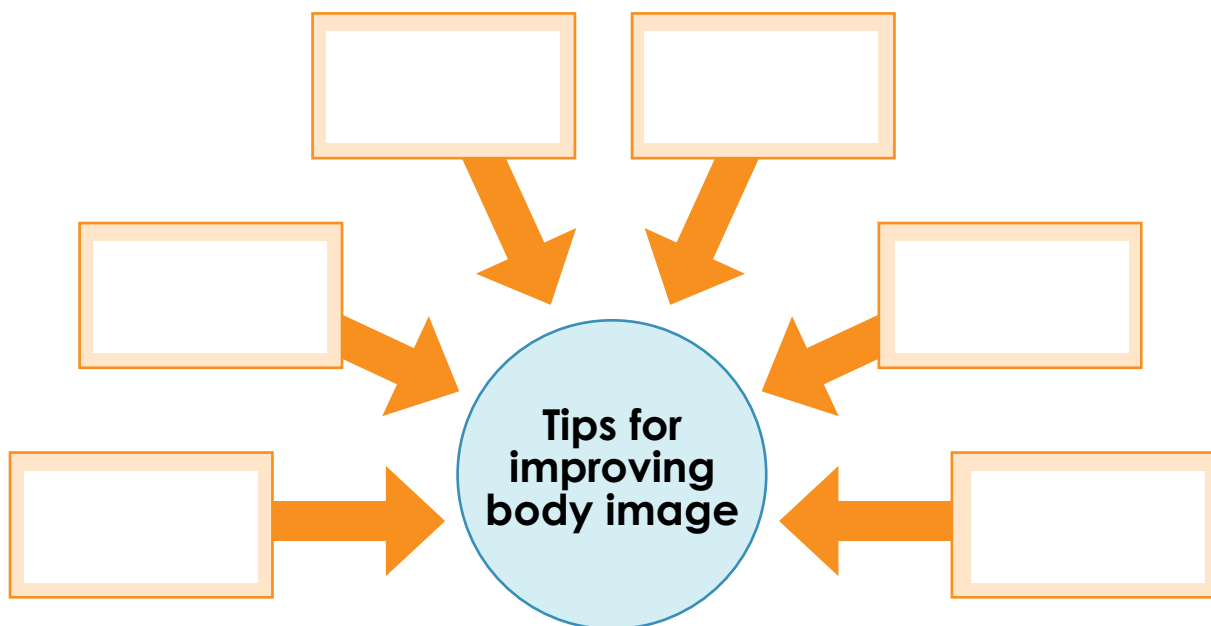


6. Identify and describe five eating disorders in the table.

Eating disorder	Description

Improving Your Body Image

7. Complete the following diagram by writing one tip for improving body image in each box.



Creating a Nutrition Plan

Complete the following plan by identifying the key elements of each step to creating a nutrition plan.

Step 1

1. Step 1: _____
2. What is a food log? _____

3. How do you log your food intake? _____

4. What are three things to remember when logging your food?
 1. _____
 2. _____
 3. _____

Step 2

5. Step 2: _____
6. What two types of SMART goals should you set once you have logged your diet and looked at the results?
 1. _____
 2. _____
7. What four questions should you consider when setting your goals?
 1. Am I getting the _____ of food?
 2. Am I getting the right amount of _____?
 3. Do I eat foods high in _____?
 4. Do I get enough _____ ? Do I eat too much _____?

Step 3

8. Step 3: _____
9. Now that you have analyzed your _____ and _____ SMART goals, identify specific strategies you can use to meet each goal.
10. What is one example of a strategy you could use to help yourself reach your goals?

CHAPTER 5 Managing Good Nutrition

Lesson 5.5

Step 4

11. Step 4: _____

12. In your checklist you want to make sure to include the following:

1. _____

2. _____

3. _____

Step 5

13. Step 5: _____

14. How often should you reflect on how well you are doing?

15. What should you do if you aren't having much success?
