



JROTC Virtual Learning

Nutrition-You Are What You Eat

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STANDARDIZED TRAINING SESSION

JROTC TRAILS WEST BRIGADE: Truman, Van Horn, William Chrisman High Schools

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**Student Learning Plan Health and Wellness:
You Are What You Eat [U4C1L4]**



What you will accomplish in this lesson:

Discover the nutritional needs necessary for your optimum health

Why this lesson is important:

- Take responsibility for your actions and choices

Skills and Knowledge

- Identify the recommended daily nutrition guidelines
- Identify foods that provide the recommended daily nutrition
- Explore the recommended daily intake of calories for a person of your age, gender and physical condition
- Correlate food portions and calories to optimum weight and health
- Develop a nutritious diet for yourself



Introduction

Good nutrition seems easy enough to understand. Too much salt, sugar, and fat in a diet is not ideal. It doesn't help us maintain optimum health levels over time, and a lifestyle of "bad eating habits" ultimately impacts our overall health. A giant cheeseburger, fries and a soda taste great, but nutritionally, they offer us empty calories and very little nutrition. Soon, our temptation to eat empty calories found in fast food, high fat foods, and sweets overtakes us and we eat more and move less. Nutrition is critical to optimum health and absolutely impacts more than we think. In this lesson you'll examine how food and calories impact your nourishment and ultimately your health.



Conclusion

You may be thinking that you have your whole life to think about good nutrition and healthy weight or lifestyles. But, what you eat today surely impacts the next day of your life. Build nutrition into your dietary plan and lifestyle. Your muscles, bones, and brain will thank you!



Lesson Check-up

1. How does your current diet meet the dietary guidelines outlined by the USDA?
2. Consider the number of calories you consume each day and justify the nutritional components of those foods you eat.
3. Describe some favorite food items from the dietary guidelines food groups.

Student Learning Plan

Unit 4: Wellness, Fitness, and First Aid Nutrition - You Are What You Eat [U4C1L4]



What you will accomplish in this lesson:

Discover the nutritional needs necessary for your optimum health



Why this lesson is important:

Our diets have changed during the past 35 years. Americans now have a hurry-up lifestyle where convenience is more important than proper eating habits. For convenience, people tend to eat more fast foods and processed foods. Are these convenience foods wise choices? In this learning plan, you will explore how nutrients affect your body. You will also analyze the nutrition provided in a restaurant meal how nutrients and calories impact your entire health - not only today, but in the future too!



What you will learn in this lesson:

- Identify the recommended daily nutrition guidelines
- Identify foods that provide the recommended daily nutrition
- Explore the recommended daily intake of calories for a person of your age, gender, and physical condition
- Correlate food portions and calories to optimum weight and health
- Develop a nutritious diet for yourself
- Define key words: carbohydrates, fats, minerals, protein, saturated fats, USDA Dietary Guidelines vitamins, water soluble vitamins



You will have successfully met this lesson's purpose:

- by developing a weekly menu plan that meets the USDA Dietary Guidelines for your weight, height, gender, and physical activity
- when your plan includes printed copies of MyPlan and Sample Meals from SuperTracker
- when your plan is appropriate for your age, gender, exercise level, and personal health goals
- when your plan does not exceed recommended calories for your profile
- when your plan includes the recommended balance of different foods
- when your plan is one that you can reasonably maintain



Learning Activities:

These learning activities are designed to help you learn the target skills and knowledge for this lesson. Your instructor may assign additional or alternative learning activities.

INQUIRE PHASE: What do you already know?



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1. THINK ABOUT the foods you eat and if they are really healthy and good for you. PREPARE for this lesson by discussing *What you will accomplish in this lesson; What you will learn in this lesson; Why this lesson is important, and When you will have successfully met this lesson's purpose.*
 2. PREVIEW MyPlate. IDENTIFY examples of foods for each of the five groups in MyPlate. COMPLETE Exercise #2: MyPlate, listing everything you ate yesterday and which food group it belongs to. SHARE your list with a partner and DETERMINE if what you ate was in the same proportions as those shown on MyPlate.

- _____3. REFLECT on what you learned about your own diet. ANSWER the reflection questions presented by your instructor.

GATHER PHASE: So, what else do you need to know or learn?



- Part 1** _____1. VIEW a presentation on dietary guidelines for Americans. With your team, RESEARCH a nutrient using your student text. CREATE a Tree Map about an assigned nutrient that shows 1) the role/function of the nutrient in the body 2) sources of the nutrient 3) recommendations for eating. SHARE your findings with your class.
- _____2. REFLECT on the nutrient value of the foods you eat. ANSWER the reflection questions presented by your instructor.
- Part 2** _____3. VIEW a presentation on the different types of food and how much is enough for one day. With your team, RESEARCH your assigned food topic at <http://www.choosemyplate.gov/food-groups/>. CREATE a Tree Map that shows how much of the food is recommended for females and males in your age group. DRAW branches in the map to show examples of what counts as a portion size. POST your map for the class to review.
- _____4. REFLECT on what you learned about the daily amounts recommended for each food group. ANSWER the reflection questions presented by your instructor.

PROCESS PHASE: Now what can you do with this new information you've learned?



- Part 1** _____1. LISTEN to a presentation on portion size and recommended calorie needs. COMPLETE Exercise #3: Daily Food Record. Use your student text and internet resources at <https://www.choosemyplate.gov/SuperTracker/foodapedia.aspx> to RESEARCH the estimated number of calories you ate.
- _____2. REFLECT on how your food intake compares to recommended guidelines. ANSWER the reflection questions presented by your instructor.
- Part 2** _____3. With a partner, COMPLETE Exercise #4: Perfect Menu. Use <http://www.choosemyplate.gov> or other websites to RESEARCH answers to the exercise. TRANSFER your menu to chart paper and post for class review.
- _____4. REFLECT on your perfect healthy meal. ANSWER the reflection questions presented by your instructor.



Assessment Activities:

APPLY PHASE: What else can you do with what you've learned today?



- _____1. CREATE a SuperTracker profile at <https://www.choosemyplate.gov/SuperTracker>. SET at least three goals. Use the My Plan features to help you complete the performance assessment task.
- _____2. COMPLETE the Nutrition – You Are What You Eat Performance Assessment Task. SUBMIT your completed performance assessment task to your instructor for feedback and a grade.
- _____3. REVIEW the key words of this lesson.
- _____4. REFLECT on what you have learned in this lesson and how you might use it in the future.



Self-Paced Learning and Assessment Activities:

Independently complete the activities outlined below:

1. **Inquire Phase:** Complete the Learning Activities 1 – 3 or as modified by your instructor.
2. **Gather Phase:** Complete the Learning Activities 1 – 4 or as modified by your instructor.
3. **Process Phase:** Complete the Learning Activities 1 – 4 or as modified by your instructor.
4. **Apply Phase:** Complete the Learning Activities 1 – 4 or as modified by your instructor.



Courtesy of Army JROTC

U4C1L4

Nutrition – You Are What You Eat

Key Words:

Carbohydrate

Fats

Minerals

Protein

Saturated Fats

USDA Dietary
Guidelines

Vitamins

Water Soluble
Vitamins

What You Will Learn to Do

Discover the nutritional needs necessary for your optimum health

Linked Core Abilities

- Take responsibility for your actions and choices

Skills and Knowledge You Will Gain Along the Way

- Identify the recommended daily nutrition guidelines
- Identify foods that provide the recommended daily nutrition
- Explore the recommended daily intake of calories for a person of your age, gender and physical condition
- Correlate food portions and calories to optimum weight and health
- Develop a nutritious diet for yourself

Introduction

Good nutrition seems easy enough to understand. Too much salt, sugar, and fat in a diet is not ideal. It doesn't help us maintain optimum health levels over time, and a lifestyle of "bad eating habits" ultimately impacts our overall health. A giant cheeseburger, fries and a soda taste great, but nutritionally, they offer us empty calories and very little nutrition. Soon, our temptation to eat empty calories found in fast food, high fat foods, and sweets overtakes us and we eat more and move less. Nutrition is critical to optimum health and absolutely impacts more than we think. In this lesson you'll examine how food and calories impact your nourishment and ultimately your health.

Nutritional Guidelines

Did you know that good dietary habits promote good health and reduce the risk for major diseases, such as heart disease and cancer? That's why the U.S. Dept. of Health and Human Services (HHS) and the U.S. Dept. of Agriculture (USDA) publish the **USDA Dietary Guidelines** for Americans every five years.

According to this guideline, many Americans take in more calories than they need. All the while, however, they often don't meet recommended intakes for a number of nutrients. Thus, many Americans simply don't select meals and snacks that are low in fat and calories and high in nutrients. A good diet that couples the right caloric intake with the right mix of nutrients benefits people of all ages. A proper diet helps ensure the normal growth and development of children and reduces the risk for a number of chronic diseases that are major public health problems.

Based on data or evidence of public health problems, it seems the intake levels of the following nutrients may be of concern for adults and/or children:

- Adults: calcium, potassium, fiber, magnesium, and vitamins A (as carotenoids), C, and E
- Children and adolescents: calcium, potassium, fiber, magnesium, and vitamin E
- Specific population groups (see below): vitamin B₁₂, iron, folic acid, and vitamins E and D
- People over age 50. Consume vitamin B₁₂ in its crystalline form (i.e., fortified foods or supplements)
- Women of childbearing age who may become pregnant. Eat foods high in heme-iron and/or consume iron-rich plant foods or iron-fortified foods with an enhancer of iron absorption, such as vitamin C-rich foods

- Women of childbearing age who may become pregnant and those in the first trimester of pregnancy. Consume adequate synthetic folic acid daily (from fortified foods or supplements) in addition to food forms of folate from a varied diet
- Older adults, people with dark skin, and people exposed to insufficient ultraviolet band radiation (i.e., sunlight). Consume extra vitamin D from vitamin D-fortified foods and/or supplements

At the same time, in general, Americans consume too many calories and too much saturated and trans fats, cholesterol, added sugars, and salt.

How Do You Strike a Healthy Dietary Balance?

- Consume a variety of nutrient-dense foods and beverages within and among the basic food groups, while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.
- Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the USDA Food Guide or the DASH Eating Plan.

It's also best if the nutrients you consume come from foods. This is because foods contain vitamins and minerals, along with hundreds of natural substances that are good for the body, including flavonoids, isoflavones, protease inhibitors and carotenoids. While supplements do have vitamins and minerals, most don't have everything your body needs to protect against chronic health conditions.

If you are unsure of what foods are best for the body, consider eating more orange vegetables, fruits, whole grains, low-fat milk, milk products like yogurt and cheese, and of course, dark green vegetables. Simultaneously, eat less refined grains, sugar and items with high fat (cholesterol, saturated and trans fats), and calories.

Supplements

Supplements are a great way to fill nutrient gaps in your diet. But, remember, in some cases, supplements and fortified foods may cause intakes to exceed the safe levels of nutrients. And, keep in mind that foods should be prepared and handled in such a way that reduces risk of food-borne illness.

Dietary Guidelines by the USDA

Are you curious about what foods your body needs every day? The chart below will give you an idea of the recommended food groups and portions needed for a typical 2,000-calorie per day diet.



Did you know...?

- Increased intakes of fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products are likely to have important health benefits for most Americans.
- Most Americans already consume enough (protein in their diet and don't need to increase their intake.
- Compared with the many people who consume a dietary pattern with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and other cardiovascular diseases, type 2 diabetes, and cancer.
- Diets rich in foods containing fiber, such as fruits, vegetables, and whole grains, may reduce the risk of coronary heart disease.
- Diets rich in milk and milk products can reduce the risk of low bone mass throughout the life cycle. The consumption of milk products is especially important for children and adolescents who are building their peak bone mass and developing lifelong habits.

Grains

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains, critical to a healthy diet, are divided into two subgroups, whole grains and refined grains.



Whole Grains

Whole grains contain the entire grain kernel – the bran, germ, and endosperm. Examples include:

- whole-wheat flour
- bulgur (cracked wheat)
- oatmeal
- whole cornmeal
- brown rice

Refined Grains

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are:

- white flour
- degermed cornmeal
- white bread
- white rice

Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word “enriched” is included in the grain name. Some food products are made from mixtures of whole grains and refined grains.

Common Grain Products	
Whole grains:	Refined grains:
brown rice buckwheat bulgur (cracked wheat) oatmeal popcorn	cornbread corn tortillas couscous crackers flour tortillas grits noodles
Ready-to-eat breakfast cereals:	Pasta:
whole wheat cereal flakes muesli	spaghetti macaroni
whole grain barley whole grain cornmeal whole rye whole wheat bread whole wheat crackers whole wheat pasta whole wheat sandwich buns and rolls whole wheat tortillas wild rice	whole grain barley whole grain cornmeal whole rye whole wheat bread whole wheat crackers whole wheat pasta whole wheat sandwich buns and rolls whole wheat tortillas wild rice
Less common whole grains:	Ready-to-eat breakfast cereals:
amaranth millet quinoa sorghum triticale	corn flakes
	white bread white sandwich buns and rolls white rice



Fruits

Any fruit or 100 percent fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Some common fruits are:

apples apricots avocado bananas	<u>Berries:</u> strawberries blueberries raspberries	cherries grapefruit grapes kiwi fruit lemons limes mangoes	<u>Melons:</u> cantaloupe honeydew watermelon
<u>Mixed fruits:</u> fruit cocktail	nectarines oranges peaches papaya pineapple plums prunes raisins tangerines	<u>100% Fruit juice:</u> orange apple grape grapefruit	

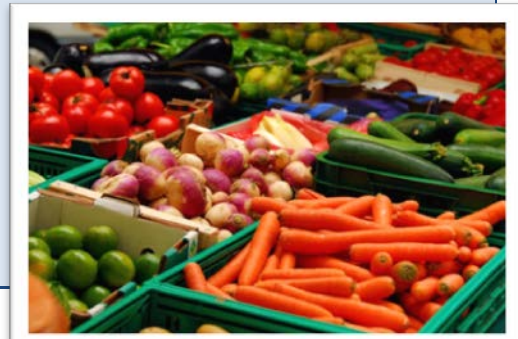
Meats*	Dry beans and peas:	Fish*
<i>Lean cuts of:</i>	black beans	<i>Finfish such as:</i>
beef	black-eyed peas	catfish
ham	chickpeas (garbanzo beans)	cod
lamb	falafel	flounder
pork	kidney beans	haddock
veal	lentils	halibut
	lima beans (mature)	herring
	navy beans	mackerel
<i>Game meats:</i>	pinto beans	pollock
bison	soy beans	porgy
rabbit	split peas	salmon
venison	tofu (bean curd made from soy beans)	sea bass
	white beans	snapper
		swordfish
<i>Lean ground meats:</i>	<i>bean burgers:</i>	trout
beef	garden burgers	tuna
pork	veggie burgers	
lamb		<i>Shellfish such as:</i>
	tempeh	clams
<i>Lean luncheon meats</i>	texturized vegetable protein (TVP)	crab
<i>Organ meats:</i>		crayfish
liver	Nuts & seeds*	lobster
giblets	almonds	mussels
	cashews	octopus
Poultry*	hazelnuts (filberts)	oysters
chicken	mixed nuts	scallops
duck	peanuts	squid (calamari)
goose	peanut butter	shrimp
turkey	pecans	
ground chicken and turkey	pistachios	<i>Canned fish such as:</i>
	pumpkin seeds	anchovies
Eggs*	sesame seeds	clams
chicken eggs	sunflower seeds	tuna
duck eggs	walnuts	sardines

Vegetables

Any vegetable or 100 percent vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Vegetables are organized into five subgroups, based on their nutrient content. Some commonly eaten vegetables in each subgroup are:

<p>Dark green vegetables</p> <ul style="list-style-type: none">bok choybroccolicollard greensdark green leafy lettucekalemesclunmustard greensromaine lettucespinachturnip greenswatercress <p>Orange vegetables</p> <ul style="list-style-type: none">acorn squashbutternut squashcarrotshubbard squashpumpkinsweet potatoes <p>Dry beans and peas</p> <ul style="list-style-type: none">black beansblack-eyed peasgarbanzo beans (chickpeas)kidney beanslentilslima beans (mature)navy beanspinto beanssoy beanssplit peastofu (bean curd made from soybeans)white beans	<p>Starchy vegetables</p> <ul style="list-style-type: none">corngreen peaslima beans (green)potatoes <p>Other vegetables</p> <ul style="list-style-type: none">artichokesasparagusbean sproutsbeetsBrussels sproutscabbagecauliflowercelerycucumberseggplantgreen beansgreen or red peppersiceberg (head) lettucemushroomsokraonionsparsnipstomatoestomato juicevegetable juiceturnipswax beanszucchini
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Milk Products

All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, while foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Most milk group choices should be fat free or low fat.

Some commonly eaten choices in the milk, yogurt and cheese group are:



<p>Milk* all fluid milk:</p> <ul style="list-style-type: none"> fat-free (skim) low fat (1%) reduced fat (2%) whole milk <p>flavored milks:</p> <ul style="list-style-type: none"> chocolate strawberry <p>lactose reduced milks</p> <p>lactose free milks</p> <p>Milk-based desserts*</p> <ul style="list-style-type: none"> puddings made with milk ice milk frozen yogurt ice cream 	<p>Cheese*</p> <p>hard natural cheeses:</p> <ul style="list-style-type: none"> cheddar mozzarella Swiss parmesan <p>soft cheeses</p> <ul style="list-style-type: none"> ricotta cottage cheese <p>processed cheeses</p> <ul style="list-style-type: none"> American <p>Yogurt*</p> <p>all yogurt</p> <ul style="list-style-type: none"> fat-free low fat reduced fat whole milk yogurt
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Components of Nutritional Foods

A sensible diet and regular exercise is key to good nourishment and health. But, what does all that food do to our bodies, and what essential information does one really need to know besides the different groups of food? Built within each food area are essential nutrients and food components essential for good health. Most common to understand are:

- Proteins
- Carbohydrates
- Fats
- Water and Fiber
- Vitamins and Minerals

Proteins

Every cell contains **proteins**, which help to develop muscle, bone, skin and blood. They keep the immune system strong. They control chemical activities in the body that transport oxygen, iron and nutrients to body cells. The building blocks of protein are amino acids. There are 22 amino acids in the human body's tissue, but the body can't make all of them. Eight of them come from the food we eat. The best sources of protein are meat, fish, poultry and dairy products. But, keep in mind that even though a six ounce steak hot off the grill looks pretty good, a six ounce piece of grilled fish or chicken contains less fat!

- Protein helps develop muscle, bone, skin and blood.
- It aids in keeping the immune system strong.
- Protein transports oxygen, iron and nutrients to body cells.
- Amino acids are the building blocks of protein and eight of the 22 in our bodies come from proteins that we must eat.
- Meat, fish, poultry and dairy products are the highest forms of food protein.

Carbohydrates

It's all the rage – good carbs and bad carbs. But, what does that mean? **Carbohydrates** are essential for short- and long-term energy and many of the foods required as essential are carbohydrates.

- Choose fiber-rich fruits, vegetables, and whole grains often. Fruits are examples of simple carbohydrates.

- Simple carbohydrates are quickly digested and absorbed into the blood and turn to energy. A piece of fruit is an excellent simple carbohydrate that also includes other essential vitamins and nutrients.
- Complex carbohydrates take longer to digest because the body needs to break them down into simple carbohydrates. If the body doesn't need that extra glucose, it will store it in the muscles and liver for a later time. Starchy vegetables like peas, corn, beans and potatoes or grains such as cereal, pasta and bread are all sources of complex carbohydrates. Long distance runners store up on carbohydrates for the long-term energy their bodies need.
- Choose and prepare foods and beverages with little added sugars or caloric sweeteners, such as amounts suggested by the USDA Food Guide (Try to stay away from foods that include added sugars.)
- Reduce the incidence of dental cavities by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.

Fats

Oils are **fats** that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. Some common oils are:

- canola oil
- corn oil
- cottonseed oil
- olive oil
- safflower oil
- soybean oil
- sunflower oil

Some oils are used mainly as flavorings, such as walnut oil and sesame oil. A number of foods are naturally high in oils, like:

- nuts
- olives
- some fish
- avocados



Foods that are mainly oil include mayonnaise, certain salad dressings, and soft (tub or squeeze) margarine with no trans fats. Check the nutrition facts label to find margarine with 0 grams of trans fat. Amounts of trans fat are on all labels as of 2006.

Most oils are high in monounsaturated or polyunsaturated fats, and low in saturated fats. Oils from plant sources (vegetable and nut oils) do not contain any cholesterol. In fact, no foods from plants sources contain cholesterol.

A few plant oils, however, including coconut oil and palm kernel oil, are high in **saturated fats** and for nutritional purposes should be considered to be solid fats.

Solid fats are fats that are solid at room temperature, like butter and shortening. Solid fats come from many animal foods and can be made from vegetable oils through a process called hydrogenation.

Recommendations regarding fat are as follows:

- Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep transfatty acid consumption as low as possible.
- Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
- When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.
- Limit intake of fats and oils high in saturated and/or transfatty acids, and choose products low in such fats and oils.

Vitamins and Minerals

Vitamins and **minerals** promote health and wellness in the body and can be found in the food we eat, but in some instances, diet alone cannot provide all of the vitamins and minerals our particular body needs and supplements can be added to the diet.

- Vitamins like A, D, E, and K are absorbed into the body with the help of fats within the intestinal system.
- **Water soluble vitamins** like B-complex and C are dissolved by water within the tissue.
- Minerals help regulate bodily processes, and without minerals the body cannot absorb vitamins.
- There are macrominerals that our bodies need large amounts of like calcium, phosphorus, magnesium, potassium, sulfur, sodium and chloride.

- There are trace minerals that our bodies only need tiny amounts of, such as iron, zinc and iodine.

Make the Calories Count

Not everyone has the same body type, activity level or calorie requirements. A food plan should fit your needs and consider your age, gender, activity level and goal. It should include proportionate servings of nutritious foods.

If your nutritional needs require a 2,000 calorie per day diet, you might eat 500 calories three times a day, sparing yourself 500 more calories for a light mid-morning and afternoon snack. Now, compare that to calories of a typical fast food meal often enjoyed by many teenagers for lunch, dinner and even a snack.

Junior Cheeseburger on a bun with lettuce, tomato and ketchup = 300 calories

Small order of fries = 330 calories

Small soda = 160 calories

Small chocolate shake = 310

Total Calories = 1000

Those numbers make you think, don't they? One meal or snack like this can take up $\frac{1}{2}$ of the calories your body needs. What nutritional values do you suppose are in that meal or snack too?

Access the USDA website for tools and materials to help you build a more nutritious meal plan for yourself. Learn more by visiting: <http://www.choosemyplate.gov>.

Conclusion

You may be thinking that you have your whole life to think about good nutrition and healthy weight or lifestyles. But, what you eat today surely impacts the next day of your life. Build nutrition into your dietary plan and lifestyle. Your muscles, bones, and brain will thank you!



Lesson Check-up

1. How does your current diet meet the dietary guidelines outlined by the USDA?
2. Consider the number of calories you consume each day and justify the nutritional components of those foods you eat.
3. Describe some favorite food items from the dietary guidelines food groups.

Exercise 1: Chez JROTC

Directions:

From the following menu items, “order” a meal from the menu below.

Menu:

Beverages: Soda, Tea, Coffee, Milk, Skim Milk, Chocolate Milk, Orange Juice, Apple Juice, Water, Cola, Orange Soda, Lemon-lime Soda

Sandwiches: Ham and Cheese; Peanut Butter and Jelly; Bacon, Lettuce and Tomato with Cheese; Grilled Cheese; Broiled Chicken; Roast Beef; Fried Fish – served on your choice of white or whole wheat bread with your choice of lettuce, tomato, onion, pickle, mayonnaise, or mustard

Soup: Bean Soup, Vegetable Soup, Cheese Soup, Cream of Broccoli Soup – cup or bowl

Salad: Spinach Salad (with mushrooms and bacon bits); Chef’s Salad (with turkey, ham, and cheddar cheese); Garden Salad (with lettuce, tomato, cucumber); Grilled Chicken Salad – served with Italian, Light Italian, Ranch, or Bleu Cheese Dressing

Side Orders: Potato Chips, Beet Salad, Three-Bean Salad, Potato Salad, Cole Slaw, French Fries, Mashed Potatoes and Gravy, Broccoli, Fresh Seasonal Fruit

Menu Item	# of Servings

Performance Assessment Task

Unit 4: Wellness, Fitness, and First Aid Nutrition - You Are What You Eat [U4C1L4]

This performance assessment task gives you an opportunity to document your achievement of the lesson's competency:

Discover the nutritional needs necessary for your optimum health



Directions

For this performance assessment task, you will create a healthy 7-day meal plan for yourself. For this assessment you will:

1. Create a SuperTracker profile at <https://www.choosemyplate.gov/SuperTracker>. Create at least three goals for yourself. Then print out the information under MyPlan (MyPlan and Sample Meals). Use these documents to help create a 7-day meal plan that is specific to your goals and food preferences.
2. Use the attached scoring guide criteria for what you need to do to complete this task.
3. Submit your completed performance assessment task and scoring guide to your instructor for evaluation and a grade.

RECOMMENDATION: It is recommended that you add this performance assessment task to your Cadet Portfolio.

Nutrition - You Are What You Eat Performance Assessment Task Scoring Guide

Criteria	Ratings
1. Your plan includes printed copies of MyPlan and Sample Meals from SuperTracker	met not met
2. Your plan is appropriate for your age, gender, exercise level, and personal health goals	met not met
3. Your plan does not exceed recommended calories for your profile	met not met
4. Your plan includes the recommended balance of different foods	met not met
5. Your plan is one that you can reasonably maintain	met not met

Comments:

Name: _____ **Date:** _____

Evaluator's Signature: _____ **Date:** _____