

PROJECT NUTRITION FOR LIFE

Name: _____

Hour: _____

VIDEO WORKSHEET

1. What are the six categories in the MyPyramid food guide?
2. According to the interviewed students, what happens to your body if you don't eat properly?
3. What do the students say happens to your body when you eat good, nutritious food?
4. How much should we eat and in what proportions?
5. What do you need to balance in order to maintain a healthy body weight?



6. What should you look for on the food label?

7. The teens interviewed on the video shared what they eat after school. In the space below, categorize the foods they name into healthy choices and not-so-healthy choices.

Healthy Choices

Not-So-Healthy Choices

8. What are the best choices at the vending machine?



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TEACHER'S KEY

- What are the six categories in the MyPyramid food guide?
Grains, Vegetables, Fruits, Milk, Meat & Beans, Oils
- According to the interviewed students, what happens to your body if you don't eat properly?
*Feel tired and stressed out
Day goes by slowly
Weight gain
Makes you ready to go to sleep
Sit and do nothing*
- What do the students say happens to your body when you eat good, nutritious food?
*Feel better about yourself
Things go better
Feel energized
Have better athletic performance
Look and feel better*
- How much should we eat and in what proportions?
*Grains 6 ounces
Vegetables 2 ½ cups
Fruits 2 cups
Milk 3 cups
Meat & Beans 5 ½ ounces*
- What do you need to balance in order to maintain a healthy body weight?
*Healthy eating and activity
Calories taken in from eating vs. calories out from being active*



6. What should you look for on the food label?

Calories

Total Fat

Calories from Fat

7. The teens interviewed on the video shared what they eat after school. In the space below, categorize the foods they name into healthy choices and not-so-healthy choices.

Healthy Choices

Fruit – apple, banana, grapes, strawberries

Sandwich

Popcorn

Cheese

Crackers

Leftovers

Not-So-Healthy Choices

Chips

Candy

Chocolate

Junk food

8. What are the best choices at the vending machine?

Healthy items with natural sugars – look for fruit and trail mixes



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