NAME: ________________________________

Teen Nutrition:  
What’s the big debate?

DIRECTIONS:
Answers the following questions after viewing Teen Nutrition: What’s the big debate?

1. What are the six food categories in the MyPlate food guide?

2. What are the benefits of using the 80/20 rule?

3. What do you need to balance in order to maintain a healthy body weight?

4. What is important to look for on a nutrition label?

5. What does F-A-T-S stand for?

6. What does P-L-A-N stand for?
Teen Nutrition: What’s the big debate?

DIRECTIONS:
Answers the following questions after viewing Teen Nutrition: What’s the big debate?

1. What are the six food categories in the MyPlate food guide?
   Vegetables, Grains, Fruits, Dairy, Protein, Oils

2. What are the benefits of using the 80/20 rule?
   Helps maintain a healthy body weight.

3. 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.

4. What is important to look for on a nutrition label?
   Answers vary
   Calories, total fat, sugar content, fiber, sodium, ingredients

5. What does F-A-T-S stand for?
   F- Find the nutrition values
   A- Add high fiber food
   Avoid high-fat, high-sugar foods
   T- Take time for exercise
   S- Substitute new habits

6. What does P-L-A-N stand for?
   P- Pinpoint risky situations
   L- List alternatives
   A- Apply alternatives
   N- New habit