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 some benefits of healthy eating?

2. What are some components of a healthy diet?

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 some benefits of healthy eating?
   
   **Answers may vary.**
   - Better for you
   - Gives you more energy
   - Helps you concentrate in school

2. What are some components of a healthy diet?
   
   Emphasis on vegetables, fruits, grains, low-fat/fat-free milk. Includes meat, poultry, fish, beans, eggs, and nuts. Low in fats, salt, and added sugars.

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