

Name \_\_\_\_\_

Date \_\_\_\_\_

### WEBQUEST: You Are What You Eat!

#### **Before beginning:**

1. On average, how many times do you eat at a fast food and/or chain restaurant in one week (pizza counts)? \_\_\_\_\_
2. Which restaurant do you go to and what do you usually eat when at your favorite restaurant?
3. How many calories & grams of fat do you think a meal at your favorite fast food/chain restaurant contains?

**Guessing Game:** Estimate how many calories are in these foods.

<i>McDonald's</i>	<i>Calories:</i>	<i>Fat:</i>	<i>Burger King</i>	<i>Calories:</i>	<i>Fat:</i>
<i>Big Mac</i>			<i>Whopper</i>		
<i>McNuggets (10 pc)</i>			<i>Medium Fries</i>		
<i>M&amp;M McFlurry</i>			<i>Chicken tenders (8 pc)</i>		

#### **Childhood Nutrition Facts**

Go To → <https://www.cdc.gov/healthyschools/nutrition/facts.htm>

Answer the following questions from the information you read in the online article.

1. Why is healthy eating important?
2. The *2015–2020 Dietary Guidelines for Americans* recommend that people aged 2 years or older follow a healthy eating pattern that includes these five (5) foods:
  - a.
  - b.
  - c.
  - d.
  - e.

3. Identify two (2) benefits of healthy eating:
  - a.
  - b.
  
4. Healthy eating decrease the risk of developing these seven (7) health condition:
  - a.
  - b.
  - c.
  - d.
  - e.
  - f.
  - g.
  
5. List five (5) consequences of a poor diet.
  - a.
  - b.
  - c.
  - d.
  - e.
  
6. What percentage of daily calories for children & adolescents aged 2-18 years consist of empty calories? \_\_\_\_\_
  
7. List six (6) sources where these empty calories come from:
  - a.
  - b.
  - c.
  - d.
  - e.
  - f.
  
8. *Eating a healthy breakfast is associated with improved memory, reduced absenteeism, and improved mood.* TRUE or FALSE. Circle one.
  
9. *Adequate hydration improves cognitive function in children and adolescents, which is important for learning.* TRUE or FALSE. Circle one.

## Nutrition Facts Label

Go To → <https://www.fda.gov/Food/LabelingNutrition/ucm274593.htm#twoparts>

1. Where is the first place you should look on a nutrition facts label?
2. Why is it important to look at the serving size and how many servings are in a package?
3. How many calories are considered high? \_\_\_\_\_
4. Which food belong to **Limit These Nutrients**: \_\_\_\_\_
5. Which nutrients belong to **Get Enough of these Nutrients**: \_\_\_\_\_  
\_\_\_\_\_
6. What does DV stand for? \_\_\_\_\_
7. The %DV is based on a typical diet of how many calories per day? \_\_\_\_\_
8. How much %DV is high \_\_\_\_\_ and how much %DV is low \_\_\_\_\_
9. How many mg of sodium should you consume each day? \_\_\_\_\_
10. What is the minimum percent of vitamins Calcium you should you try to consume each day?  
\_\_\_\_\_
11. *Getting enough calcium may reduce the risk of osteoporosis, a condition that results in brittle bones as one ages.* TRUE or FALSE. Circle one.
12. A diet high in dietary fiber promotes healthy bowel function. TRUE or FALSE. Circle one.

## Choose My Plate

Go To → <https://www.choosemyplate.gov/MyPlate>

1. What are the five (5) main food groups?
  - a.
  - b.
  - c.
  - d.
  - e.

2. How much of your plate should consist of fruit & vegetables? \_\_\_\_\_
3. About how many grapes are a serving? \_\_\_\_\_
4. What are the five (5) subgroups of vegetables?
  - a.
  - b.
  - c.
  - d.
  - e.
5. What makes beans & peas “unique”?
6. How protein should you consume each week? \_\_\_\_\_
7. About how much of your plate should consist of protein (look at the picture of the plate to answer this question)? \_\_\_\_\_
8. How many grains should you consume each day (you have to look at the chart to answer this)?  
\_\_\_\_\_
9. What is a refined grain? Are they good for you?
10. How much protein should you consume each day (you have to look at the chart to answer this)? \_\_\_\_\_
11. How many cups of dairy should you consume daily? \_\_\_\_\_
12. Give an example of what counts as a serving of dairy? \_\_\_\_\_
13. What are oils?
14. What is an “empty calorie”?
15. Go To → <https://www.choosemyplate.gov/quiz> and choose two (2) quizzes.  
Record your quiz scores below. **CALL** Dr. Legaspi to confirm and sign off o your score.

Quiz 1: \_\_\_\_\_ Score \_\_\_\_\_ Confirmed by: \_\_\_\_\_

Quiz 2: \_\_\_\_\_ Score \_\_\_\_\_ Confirmed by: \_\_\_\_\_

## Fast Food Time

- \* Use the links below to find 3 fast food restaurants that you enjoy.
- \* For each restaurant you will compose 2 different meals.
- \* Write the total calories & fat next to each food you choose and then add up the whole meal at the end.

**Fast Food Nutrition Website:** <https://fastfoodnutrition.org/>

**Diet Facts Website:** <http://www.dietfacts.com/fastfood.asp>

<b>Restaurant 1:</b>		
<b>Menu Items Chosen:</b>	<b>Calories:</b>	<b>Fat:</b>
Meal 1		
	Total calories:	Total Fat:
Meal 2		
	Total calories:	Total Fat:
<b>Restaurant 2:</b>		
<b>Menu Items Chosen:</b>	<b>Calories:</b>	<b>Fat:</b>
Meal 1		
	Total calories:	Total Fat:
Meal 2		
	Total calories:	Total Fat:
<b>Restaurant 3:</b>		
<b>Menu Items Chosen:</b>	<b>Calories:</b>	<b>Fat:</b>
Meal 1		
	Total calories:	Total Fat:
Meal 2		
	Total calories:	Total Fat:

**Guessing Game Results:** Check and see if your estimates from the beginning of the packet were correct. Use the websites you used to calculate the calories above.

McDonald's	Est. Cal	Act Cal	Est. Fat	Act. Fat	Burger King	Est. Cal	Act. Cal	Est. Fat	Act. Fat
Big Mac					Whopper				
McNuggets (10 p)					Medium Fries				
M&M McFlurry					Chicken Tenders (8 p)				

### Determine your Body Mass Index

Go To → [https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

1. What is your body mass index (BMI) \_\_\_\_\_

Determine how many calories you should consume each day. Make sure you select "inches" and "pounds" from the pull down menu.

Go To → <http://www.healthycalculators.com/calories-intake-requirement.php>

2. What is your estimated average caloric intake? \_\_\_\_\_

3. What is your recommended range for total fats in grams? \_\_\_\_\_

**Reflection: Answer the following questions in full sentences.** Be reflective and give examples of what you learned during this WebQuest on Nutrition.

1. Was the information you found during this unit informative? Which part gave you the most information?

2. Do you think you have healthy eating habits? Why?

3. Was there any information that surprised you? Give examples.

4. Will you be more conscious of what you eat at fast food restaurants? What will you change?

5. Will you change the way you eat based on the information you found? How?