



Lake Region Conference Club Ministries Academy



NUTRITION HONOR



Instructor: Korey Chisholm

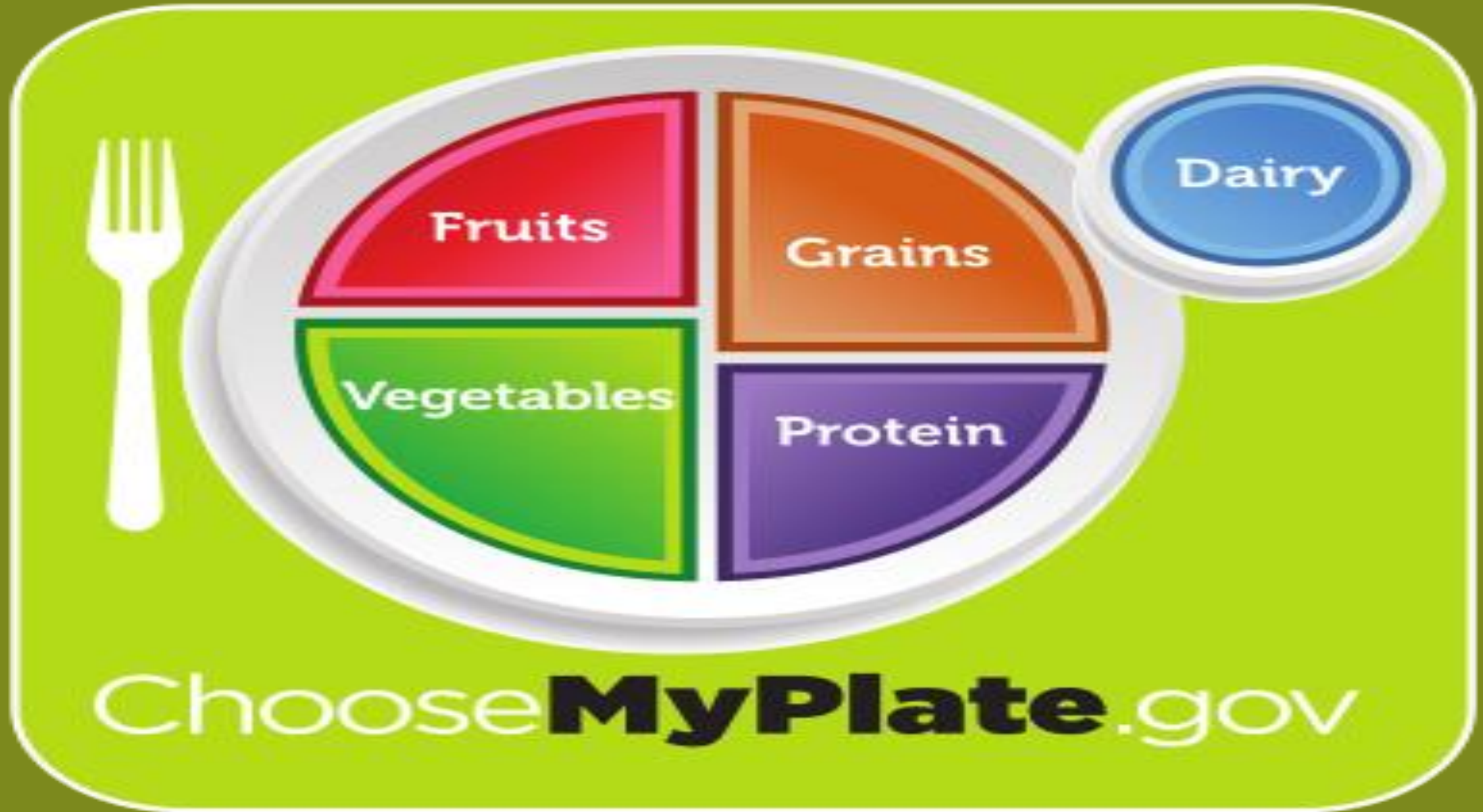




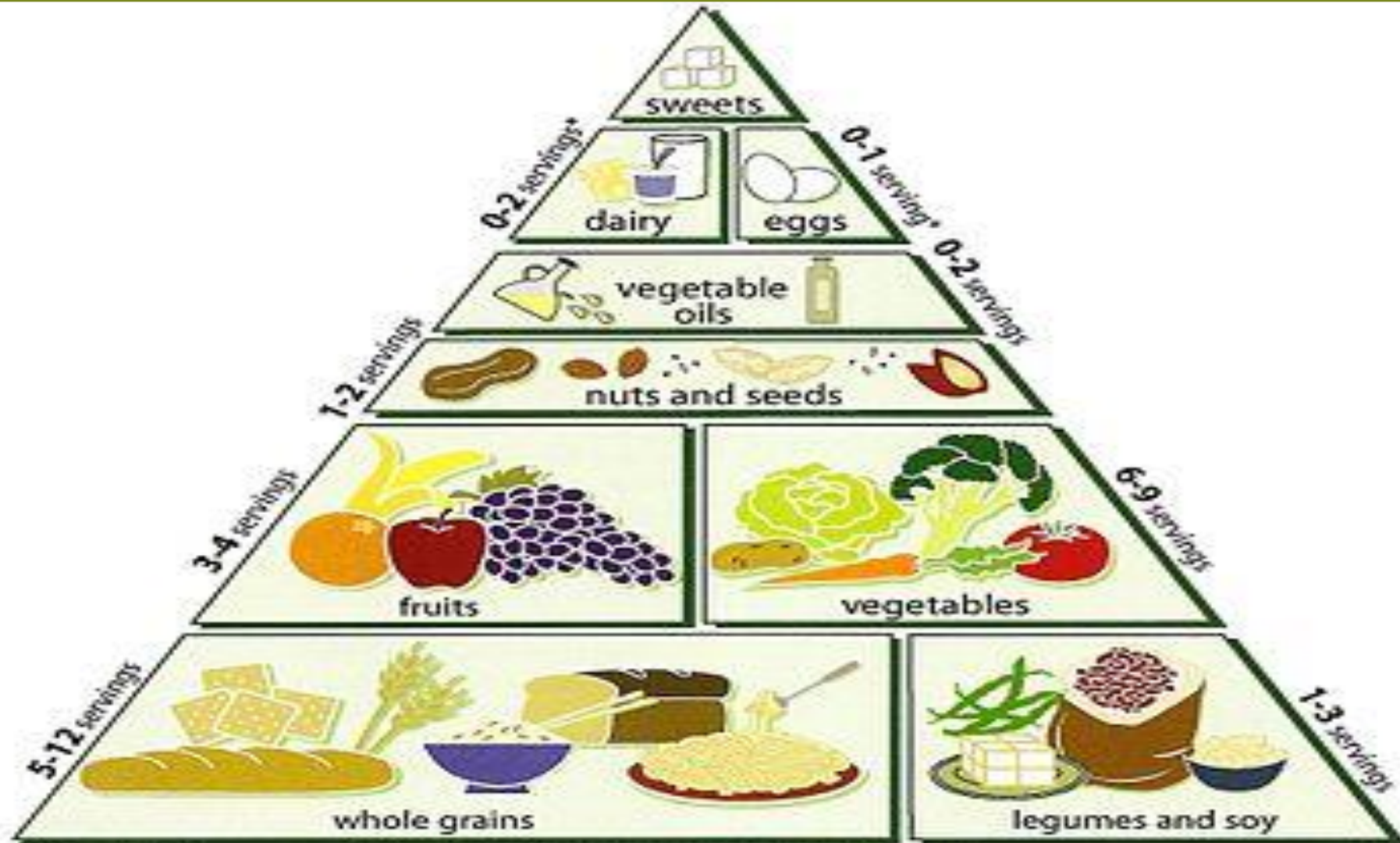
Genesis 1:29

And God said, “Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.

1. Draw the food pyramid guide.



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* A reliable source of vitamin B12 should be included if no dairy or eggs are consumed.

Other Lifestyle
Recommendations



Daily Exercise

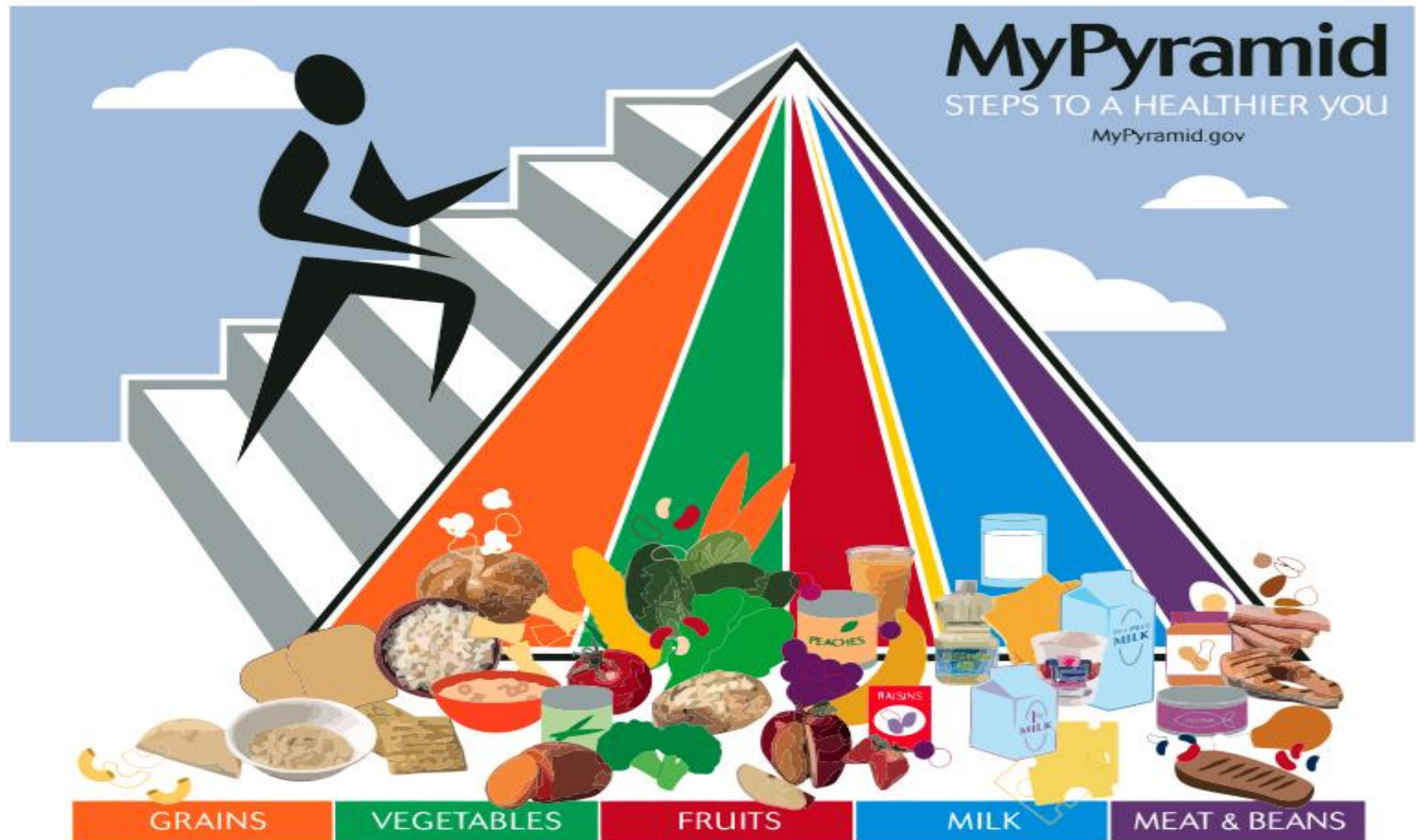


Water—eight, 8 oz.
glasses per day



Sunlight—10 minutes
a day to activate vitamin D

1. Draw the food pyramid guide.



B. List the number of servings required from each group per day.

BASIC GUIDELINES



1 cup = baseball



$\frac{1}{2}$ cup = lightbulb



1 oz or 2 tbsp
= golf ball



1 tbsp = poker chip



1 slice of bread
= cassette tape



3 oz chicken or meat
= deck of cards



3 oz fish
= checkbook



1 oz lunch meat
= compact disc



3 oz muffin or biscuit
= hockey puck



$1\frac{1}{2}$ oz cheese
= 3 dice

B. List the number of servings required from each group per day.



GRAINS

- 1 cup of cereal flakes = baseball
- 1 pancake = compact disc
- $\frac{1}{2}$ cup of cooked rice = lightbulb
- $\frac{1}{2}$ cup cooked pasta = lightbulb
- 1 slice of bread = cassette tape
- 1 bagel = 6 oz can of tuna
- 3 cups popcorn = 3 baseballs



DAIRY & CHEESE

- $1\frac{1}{2}$ oz cheese = 3 stacked dice
- 1 cup yogurt = baseball
- $\frac{1}{2}$ cup frozen yogurt = lightbulb
- $\frac{1}{2}$ cup ice cream = lightbulb



FRUITS & VEGETABLES

- 1 medium fruit = baseball
- $\frac{1}{2}$ cup grapes = about 16 grapes
- 1 cup strawberries = about 12 berries
- 1 cup of salad greens = baseball
- 1 cup carrots = about 12 baby carrots
- 1 cup cooked vegetables = baseball
- 1 baked potato = computer mouse



FATS & OILS

- 1 tbsp butter or spread = poker chip
- 1 tbsp salad dressing = poker chip
- 1 tbsp mayonnaise = poker chip
- 1 tbsp oil = poker chip



MEATS, FISH & NUTS

- 3 oz lean meat & poultry = deck of cards
- 3 oz grilled/baked fish = checkbook
- 3 oz tofu = deck of cards
- 2 tbsp peanut butter = golf ball
- 2 tbsp hummus = golf ball
- $\frac{1}{4}$ cup almonds = 12 almonds
- $\frac{1}{4}$ cup pistachios = 24 pistachios



SWEETS & TREATS

- 1 piece chocolate = dental floss package
- 1 brownie = dental floss package
- 1 slice of cake = deck of cards
- 1 cookie = about 2 poker chips

C. Why is it important to eat a balanced diet?



A balanced diet is important because your organs and tissues need proper nutrition to work effectively.



A well-balanced diet provides important vitamins, minerals, and nutrients to keep the body and mind strong and healthy.



Children with a poor diet run the risk of growth and developmental problems and poor academic performance, and bad eating habits can persist for the rest of their lives.

Balanced Diet



Control Body



Weight



Fight Off Disease



Have More Energy



Sleep Better



More Brain Power

2. Explain the difference between the following:



Lacto-ovo vegetarian is a person who eats no animal products (such as meat) except for milk (and milk products such as cheese, ice cream, and yogurt), and eggs.



Ovo vegetarian is a person who eats no animal products (no meat and no milk) except for eggs.



Vegan is a vegetarian who eats no animal products at all.



PLAN A TWO-DAY MENU, CONTAINING A BALANCED LACTO-OVO VEGETARIAN DIET UTILIZING THE FOOD PYRAMID GUIDE.



USDA food pyramid, you must first go to [ChooseMyPlate.gov](https://www.choosemyplate.gov)

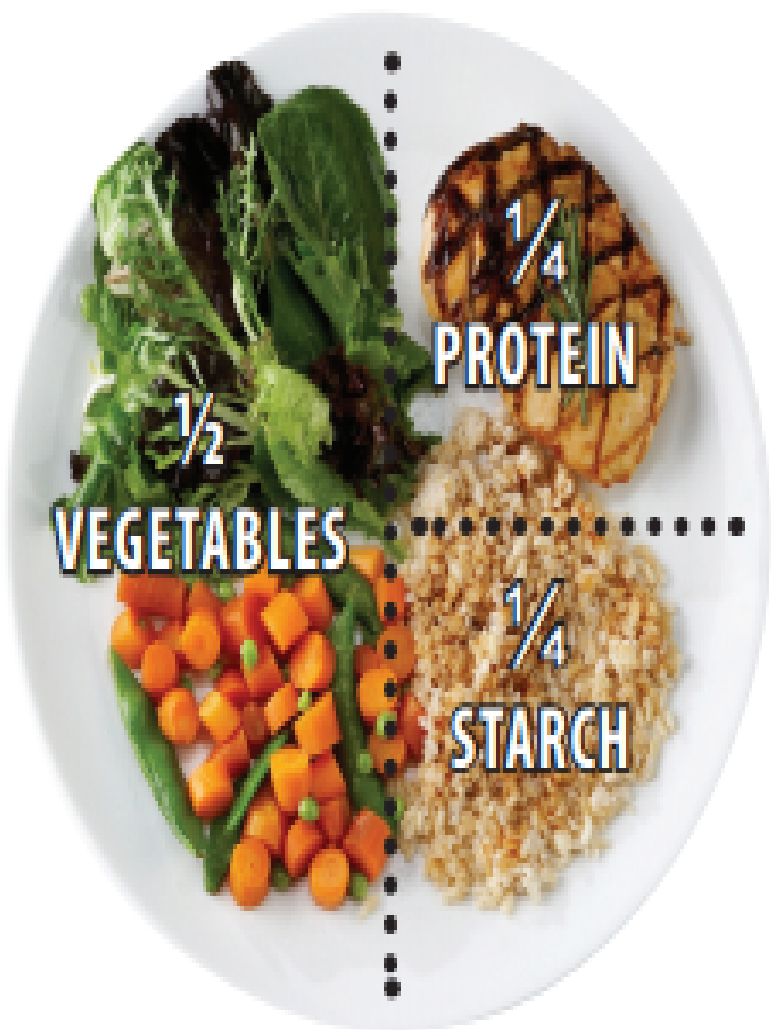


Enter the Pathfinder's profile (age, sex, and physical activity)



This will tell you how much of each food category the Pathfinder should eat.

3. Plan a two-day menu, containing a balanced lacto-ovo vegetarian diet utilizing the food pyramid guide.



PORTION SIZE YOUR PLATE

1/2 PLATE VEGETABLES:

Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.






1/4 PLATE PROTEINS:

Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your way to a delicious and healthy meal.

1/4 PLATE STARCHES:

Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

3. Plan a two-day menu, containing a balanced lacto-ovo vegetarian diet utilizing the food pyramid guide.

 <p>GRAINS</p>	<p>Make at least half your grains whole grains</p>	<p>10 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)</p>
 <p>VEGETABLES</p>	<p>Try to have vegetables from several subgroups each day</p>	<p>3 ½ cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies</p>
 <p>FRUITS</p>	<p>Make most choices fruit, not juice</p>	<p>2 ½ cups</p>
 <p>MILK</p>	<p>Choose fat-free or low fat most often</p>	<p>3 cups (1 ½ ounces cheese = 1 cup milk)</p>
 <p>MEAT & BEANS</p>	<p>Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds</p>	<p>7 ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans)</p>

4. What is another name for Vitamin **B1** and **B2**?

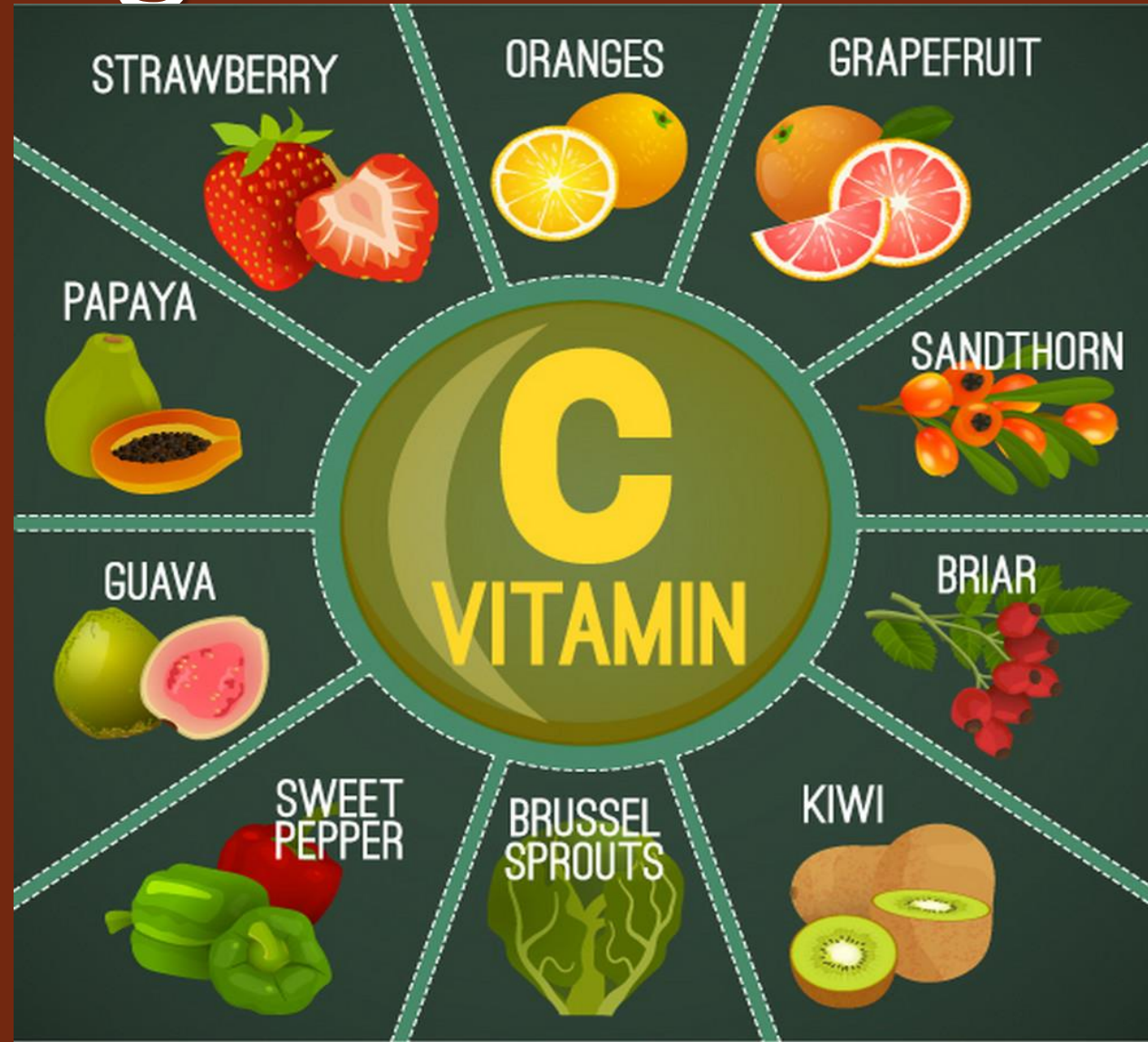


✂ **Vitamin B1** is also known as thiamine. Beriberi is disease cause by a vitamin B1 deficiency.

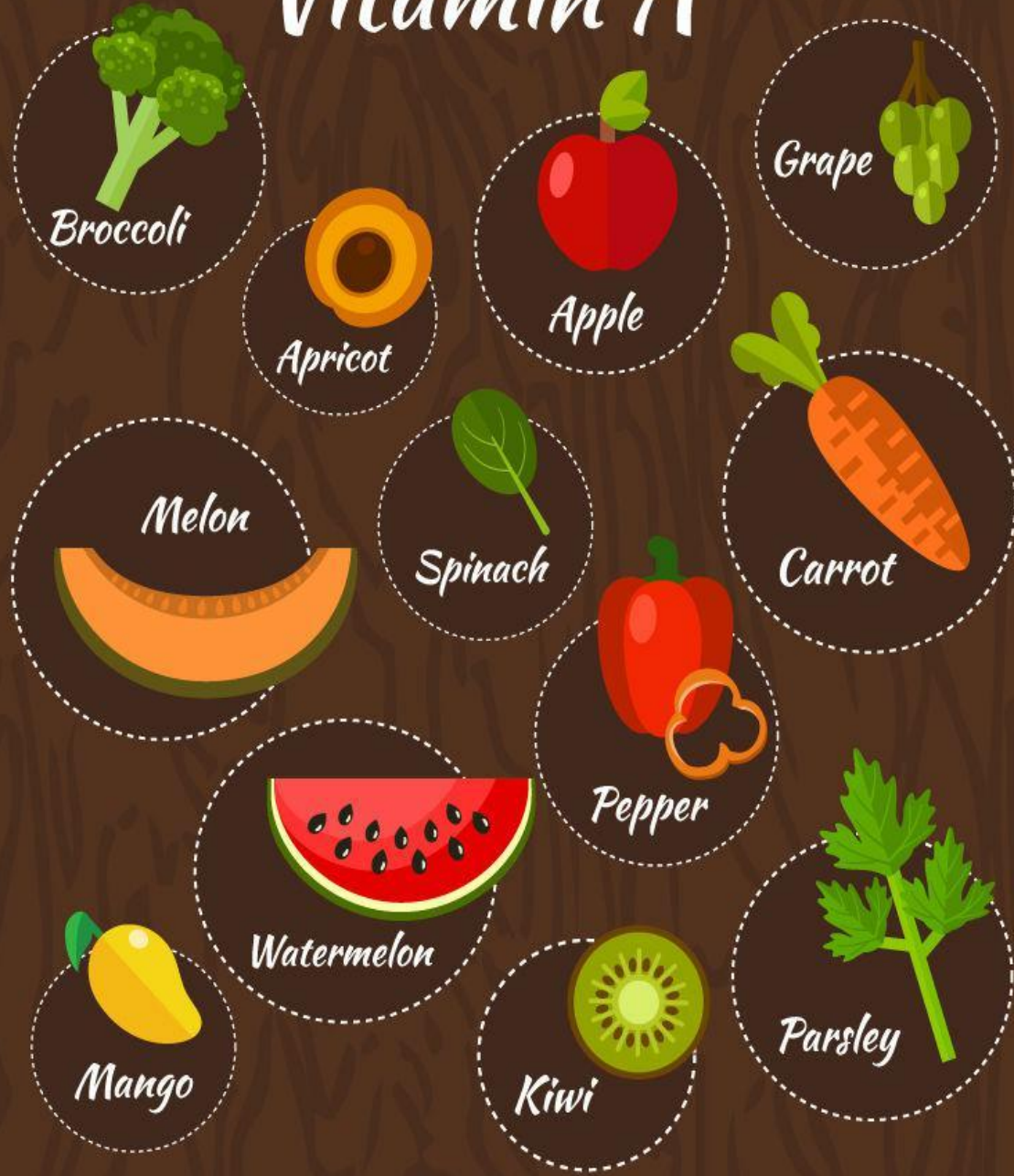
✂ **Vitamin B2** is also known as riboflavin. It is required for red blood cell formation.

5. List at least three significant food sources of the following nutrients

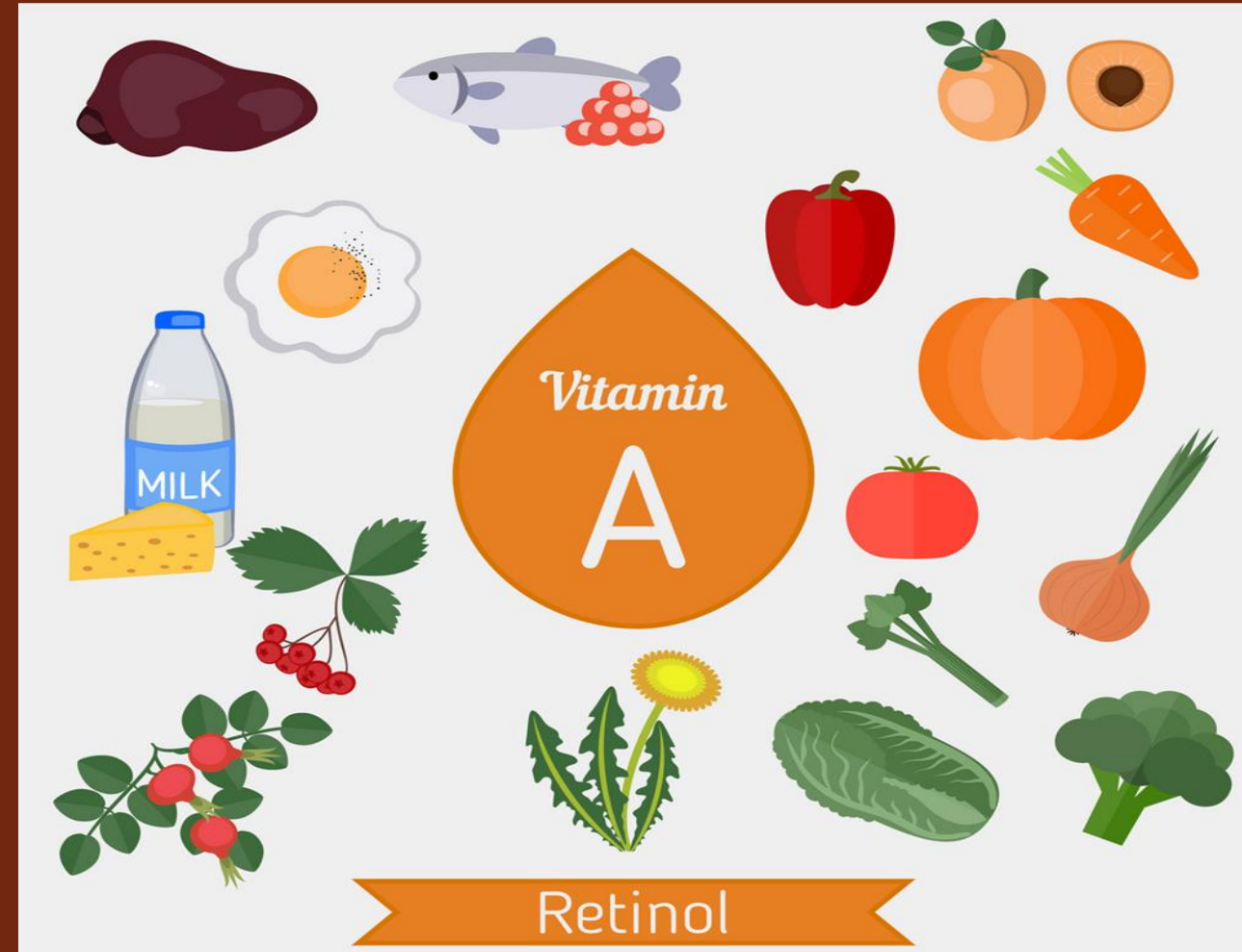
Citrus fruits, tomatoes, and potatoes are good common sources of vitamin C. Other foods that are good sources of vitamin C include broccoli, black currants, cauliflower, spinach, cantaloupe.



Vitamin A



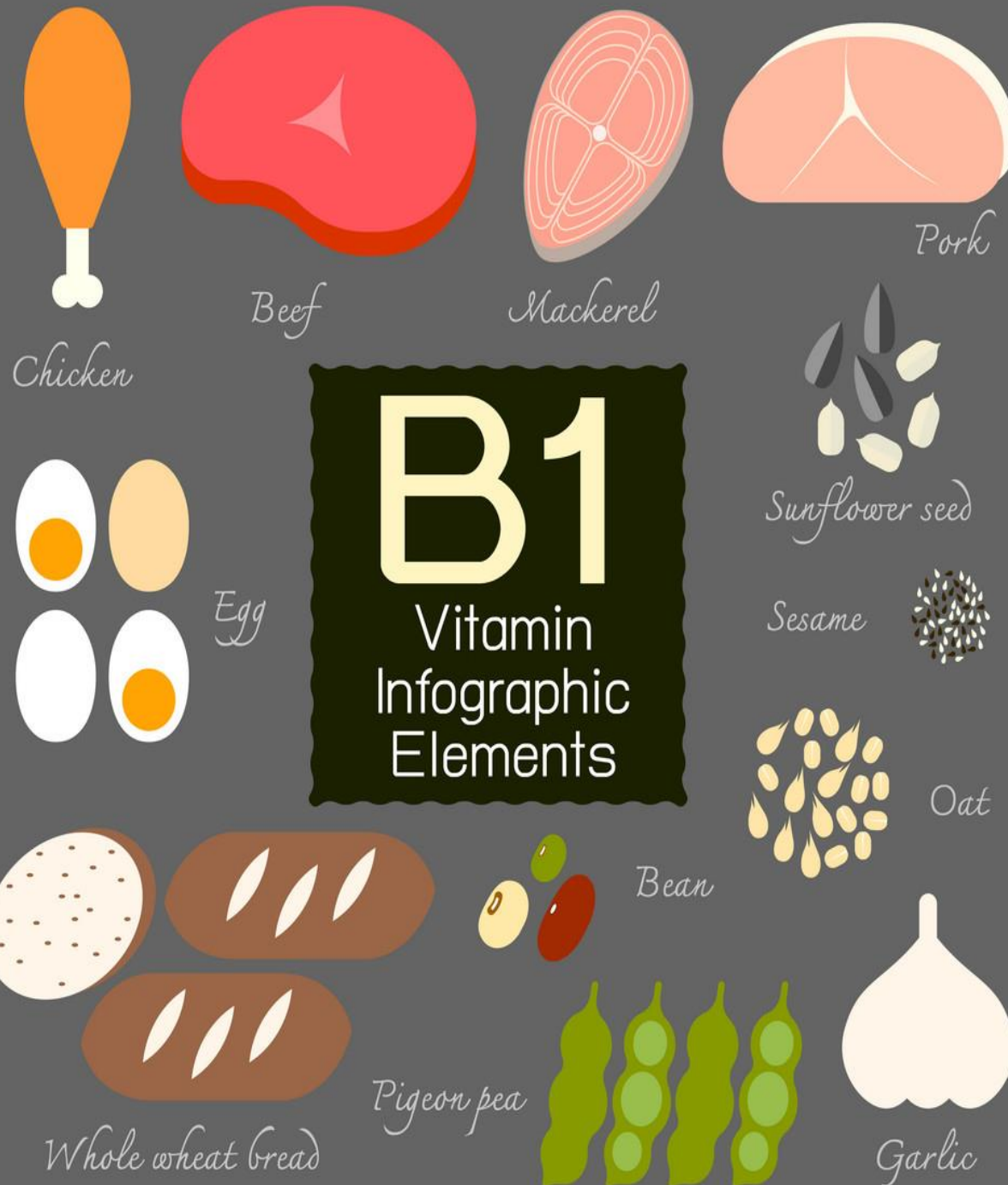
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B1

Vitamin
Infographic
Elements



Vitamin
B₁

Thiamine



5. List at least three significant food sources of the following nutrients



Riboflavin



PINE NUTS

Riboflavin in 100g
0.227 mg (17%)



LIVER

Riboflavin in 100g
2.2 mg (169%)



ALMOND

Riboflavin in 100g
1.014 mg (85%)



EGGS

Riboflavin in 100g
0.51mg (39% DV)



CHEESE

Riboflavin in 100g
up to 0.4 mg (30%)



COTTAGE CHEESE

Riboflavin in 100g
0.3 mg (23%)



YOGURT

Riboflavin in 100g
0.2 mg (15%)



SPINACH

Riboflavin in 100g
0.25 mg (18%)



BROCCOLI

Riboflavin in 100g
0.25 mg (18%)



5. List at least three significant food sources of the following nutrients



KALE



SOY MILK



RICE MILK



ORANGE JUICE



cheese



milk



eggs



BROCCOLI

CALCIUM

FOR VEGANS AND VEGETARIANS



SESAME SEEDS



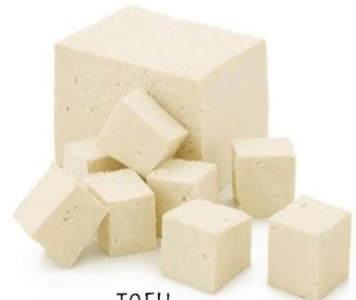
fish



white cabbage



hazelnut



TOFU



CHIA SEEDS



SPINACH



ALMOND BUTTER



broccoli



haricot



orange

6. Why is it important to drink plenty of water every day?



BENEFITS OF DRINKING WATER



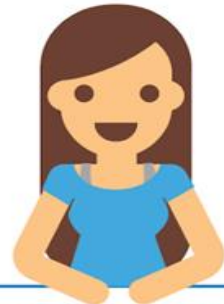
**Kids 4-13 years old
need 4-8 cups day**



**5-8 CUPS
PER DAY**



**4-7 CUPS
PER DAY**



**KEEP SKIN
LOOKING GOOD**



**GOOD MOOD &
LOOK YOUNGER**



**MAINTAIN A
HEALTHY WEIGHT**



**BODY
60%
WATER**



**HELP YOUR
KIDNEYS**



**HELP YOUR
BOWELS**



**HELP YOUR
BONES**



**ENERGIZE
MUSCLES**



**HELP YOUR
BRAIN**



**HELP YOUR
LUNGS**



**HELP YOUR
BLOOD**



**HELP YOUR
EYES**

6. Why is it important to drink plenty of water every day?

In general, children and teens need about **6 to 8 cups** of water a day. They should also eat lots of fresh fruits and veggies, which are full of water. During play or exercise, a good goal is to drink a half cup to 2 cups of water every 15 to 20 minutes.



GOOD WATER

INFOGRAPHICS



HOW MUCH DO YOU REALLY NEED?



$$\div 8 =$$



**BODY
WEIGHT
(lbs)** / 2

1 = **8**
OUNCES

**WATER
NEEDED
PER DAY**



7. Name three common diseases that can be controlled by diet.



Diabetes



Cardiovascular Disease



Obesity



Cancer





8. What is the difference between whole wheat flour and white flour



The processing and the nutritional value.

Flour is made from wheat berries. The wheat berry is made up of the bran, the germ and the endosperm. All parts are filled with nutrients and are used in whole wheat flour.

White bread on the other hand, uses only the endosperm - the starchy inner layer.



8. Which one has the higher nutritive value

Whole wheat flour has the higher nutritive value. Has more iron, calcium, protein, and other nutrients than white flour. There are a total of 30 nutrients present in whole wheat bread that are missing in white bread.



9. What does RDA stand for? What does it mean?



Recommended Dietary Allowance (RDA) is the daily dietary intake level of a nutrient that is considered sufficient to meet the requirements of nearly all (97-98%) healthy individuals.

9. What does RDA stand for? What does it mean?



SUPPLEMENT FACTS

Serving Size: 1 Packet (2.5 grams)

	Amount Per Packet	%Daily Value
Vitamin D ₃	1,000 IU	167%
Calcium	1,000 mg	100%

Ingredients: Calcium Carbonate, Vitamin D₃ (Cholecalciferol)

For adults, teenagers and children aged five and over

Foods and drinks high in fat, sugar and salt

Not needed for good health.



Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.



NOT every day

Small or fun-size servings of chocolate, biscuits, cakes, sweets, crisps and other savoury snacks, ice cream and sugary drinks – **not every day, maximum once or twice a week.**

Needed for good health. Enjoy a variety every day.

Fats, spreads and oils

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.



In very small amounts

1 serving size is:

1 portion pack reduced-fat or light spread for 2 slices of bread
1 teaspoon oil per person when cooking

Meat, poultry, fish, eggs, beans and nuts

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.



2 Servings a day

50–75g cooked lean beef, lamb, pork, mince or poultry (half size of palm of hand)
100g cooked fish, soya or tofu
¾ cup beans or lentils
2 eggs
40g unsalted nuts or seeds

Milk, yogurt and cheese

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.



3 Servings a day

5 for children age 9–12 and teenagers age 13–18

1 glass (200ml) milk
1 carton (125g) yogurt
1 bottle (200ml) yogurt drink
2 thumbs (25g) hard or semi-hard cheese such as cheddar or edam
2 thumbs (25g) soft cheese such as brie or camembert

Wholemeal cereals and breads, potatoes, pasta and rice

Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.*



3-5* Servings a day

Up to 7* for teenage boys and men age 19–50

2 thin slices wholemeal bread, 1½ slices wholemeal soda bread or 1 pitta pocket
¾ cup dry porridge oats or ½ cup unsweetened muesli
1 cup flaked type breakfast cereal
1 cup cooked rice, pasta, noodles or cous cous
2 medium or 4 small potatoes, 1 cup yam or plantain

Vegetables, salad and fruit

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.



5-7 Servings a day

1 medium sized fruit – apple, orange, pear or banana
2 small fruits – plums, kiwis or mandarin oranges
Small fruits – 6 strawberries, 10 grapes or 16 raspberries
½ cup cooked vegetables – fresh or frozen
1 bowl salad – lettuce, tomato, cucumber
1 bowl homemade vegetable soup
150ml unsweetened fruit juice

*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5–12)	Teenager (13–18)	Adult (19–50)	Adult (51+)	Inactive	Teenager (13–18)	Adult (19–50)	Adult (51+)
	3–4	4	4–5	3–4		3	3–4	3
	3–5	5–7	5–7	4–5		4–5	4–6	4

There is no guideline for inactive children as it is essential that all children are active.

Average daily calorie needs for all foods and drinks for adults

Active 2000kcal Inactive 1800kcal Active 2500kcal Inactive 2000kcal

Serving size guide



Cereals, cooked rice and pasta, and vegetables, salad and fruit
Use a 200ml disposable plastic cup to guide serving size.



Cheese
Use two thumbs, width and depth to guide serving size.



Meat, poultry, fish
The palm of the hand, width and depth without fingers and thumbs, shows how much you need in a day.



Reduced-fat spread
Portion packs found in cafes can guide the amount you use. One pack should be enough for two slices of bread.



Oils
Use one teaspoon of oil per person when cooking or in salads.



Drink at least 8 cups of fluid a day – water is best



Get Active!

To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.



10. Why is it important not to take excessive amounts of some vitamins and minerals?

Fat-soluble vitamins may be stored in the body and can cause toxicity when taken in excess. **Water-soluble vitamins** are not stored in the body, with the exception of Vitamin B₁₂, which is stored in the liver.

Excess doses of mineral supplements can also lead to poisoning. Either or both of vitamin poisoning and mineral supplement poisoning can occur due to excessive intake of multivitamin supplements.



1 Corinthians 10:31

So, whether you eat or drink, or whatever you do, do all to the glory of God.





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