

Name: _____

Section number _____

Personal Health Assessment Summary II: Nutrition

Some of the answers will be found in your text book, some can be found at <http://www.dietitians.ca> (the Canadian Dietitians Association,) or other reliable websites. Please reference your sources!

Part 1

Can you identify foods from the food groups?

Food Group	Give <u>three</u> examples of foods from <u>each</u> of the following food groups? (Whether you eat them or not!)	Recommended # of servings per day
Vegetables		
Grains		
Milk products		
Meat & alternatives		

The following nutrients are fuel sources for the body.

How many Kcal of energy do the following foods produce per gram for the body?

According to the Canadian Food Guide, What percentage of your diet should these foods be? (What is the range?)

Carbohydrates _____ Kcal/gram _____ % - _____ %

Fats _____ Kcal/gram _____ % - _____ %

Protein _____ Kcal/gram _____ % - _____ %

How many grams protein / Kilogram weight does the average person need in their daily diet?

List 5 foods that you eat in a typical week that contain protein:

1 _____ 2 _____ 3 _____ 4 _____ 5 _____

List three high protein foods with **no Saturated or Trans fats** that you could choose to eat:

1 _____ 2. _____ 3. _____

What are the dangers of eating more than the recommended amount of protein?

Does the average person weight training at a gym need 65 % of their diet from protein?
Explain?

What is the dominant fat found in **all** meat (animal) and poultry products? _____

What percentage of our diet should be fats? Why do we need to eat fats?

a. **Saturated fat:** Eat in moderation Choose these whenever possible avoid these!

Examples of foods that contain saturated fats:

1. _____ 2. _____

b. **Unsaturated fats:** Eat in moderation Choose these whenever possible avoid these!

Examples of foods that contain unsaturated fats:

1. _____ 2. _____

c. **Omega 3 fats:** Eat in moderation Choose these whenever possible avoid these!

Examples of foods that contain Omega 3 fats:

1. _____ 2. _____

d. **Trans fats:** Eat in moderation Choose these whenever possible avoid these!

Examples of foods that contain Trans fats:

1. _____ 2. _____

What do "Trans fats" do to your HDL and LDL cholesterol?

Curl ups and other abdominal exercises will reduce fat in the abdominal area. True or False? _____
Explain:

Unused muscle will turn to fat. True or False? _____ Explain:

Part 2

The Situation:

You have been asked to help mentor a first year student who is just entering Dawson. It is your job to help them explore where to have lunch and what healthy choices he or she could make. You meet with your new student at the “Food Court” in Alexis Neon across the street.

- Although you are helping tutor your new student, your paper must still be self-reflective in nature. Use examples from your own nutrition habits to help explain your points.
- Link your self-reflections to at least three of the wellness areas as defined in Fitness Now.
- In your self-reflection use the data from your own eating habits to support your claims
- Include three (3) things you do well nutritionally
- Include three (3) improvements you should make nutritionally
- Choose one of the following students and a topic from the list of nutrition topics to help your student explore his eating and lifestyle choices.

The Rules:

Format: 12-point font, double-spaced, 1-inch margins. You may choose to write this:

- As a respectful letter to your student personally or to their Parents
- Write an article as if it will be printed in the Dawson Newspaper “The Plant.”
- As a Formal Thesis governed Paper or Scientific Report
- Should be at least three - four pages long.

Grading Criteria:

- Quality of analysis (clearly stated cause, good support, plausible and convincing argument based on primary source data, your text book, and scientific research)
- Readability (top down organization, good use of headings clear sentences with no confusing passages.)
- Grammar and correctness.

Choose a Student to be mentored:

A. Randy Hip Hop is 18 years old, he used to play soccer but now he is into bodybuilding as a hobby and he trains 2-3 times a week at the Dawson Gym. At night he plays on line video games until about 1:30. Two days a week he starts school at 8:00 AM.

B. Charlene Reggae, 18 years of age, and a regular smoker for the last 3 years, is sedentary. She is of the opinion that our lifestyle habits can't be that bad for us because, after all, our average life expectancy has increased almost 30 years in less than a century. She is therefore not very interested in examining her lifestyle in detail, especially because she feels just fine, and she'll probably end up living to a ripe old age.

- There may be criteria in the questions that add to your student's overall persona.

Choose a topic :

Put a check mark in the box of the topic you will explore in your writing. (Pick one!)

- Explore the costs involved with eating at the food court every day. VS. Packing a lunch from home. What are the alternative choices to eating out? Your student says they don't have time to make lunch at home. What suggestions can you give them to help them manage their time? What are some inexpensive, quick and easy solutions for home packed lunches
- Are there any healthy choices at the food court? How would these choices compare to the Canadian food guide? (Or Mediterranean, Vegetarian or Asian food guides) What are the potential long-term health consequences of eating at these fast food restaurants on a daily basis? How does a trio of cheeseburger, small fries and small soft drink compare to the Daily recommended Intakes (DRI's) according to the Canadian Dietician's association and their Eatracker food analysis program?
- Your student wants to eat 65 % of his diet as protein and wants to drink ensure and protein shakes for each meal. What's wrong with this idea? What advice can you give them? Your student has also decided that eating whole grains and carbs is bad for them and refuses to eat them. What advice can you give them on this topic?
- Your student tries out new popular diets each month. Currently your student has decided to follow the "PALEO" diet. Is this a good idea? How does this compare to the Canadian food guide? Your student stays up late and often skips breakfast. What's wrong with this? Why is breakfast considered the most important meal of the day?
- You sense that your new student may have an eating disorder. Where can they get help at Dawson? What are the long-term consequences of their problem? Your student has just broken up with their boyfriend/girlfriend after 6months. And they will only eat KD (Kraft Dinner). What is wrong with this and what advice can you give them?
- Your student watched "the Meatrix" on You Tube and has decided to eat only chickpeas for the rest of their life. What advice can you give them on how to be a healthy vegetarian? Your student has also decided to only buy low cholesterol food products from now on. They have replaced butter with margarine, morning eggs and bacon with commercially produced peanut butter, and sweets with granola bars. How would you explain to them that these changes are not going to significantly reduce her risk of developing arteriosclerosis.

