**Nutrition Library/Important information:** Please print out your answer sheet at the end of day two and turn in to the instructor. Being in the library is a privilege. Thanks in advance for your cooperation.

**Essential Question:** How do we live a healthier and better quality of life?

1. Go to: <http://www.choosemyplate.gov/>
2. Select “Supertracker”; then create your own profile. Now you are able to enter your foods and physical activity. Click “food tracker” and type in the foods that you consume on a typical day. After you complete inputting your foods and activity. Go to “my reports” (Food and Group, Nutrients and Physical Activity reports) to see how you are doing. Please copy and paste a copy of your reports here.
3. Go to: <https://cspinet.org/sites/default/files/attachment/FoodAdditives_Infographic.pdf>

A. Please check out the infographic, list the three “Terrible” and the six “other” food additives to watch. Please list one concern for each.

1. Go to: <http://www.fitness.gov/eat-healthy/how-to-eat-healthy/>

List 8 “healthy eating goals”.

1. Go to: <http://www.fitness.gov/be-active/physical-activity-guidelines-for-americans/>

For teens what is the recommended amount of daily exercise/activity? How often should they include muscle- and bone-strengthening physical activity?

1. Go to: <http://www.fitness.gov/be-active/why-is-it-important/>
2. List 5 reasons it is important to be physically active?
3. List 6 diseases that a sedentary (not active) person is at risk for.

**Be prepared to answer the following questions at the end of the “Nutrition Unit”:**

1. What are the components of a healthy diet? (In other words, what foods should be consumed/limited regularly as part of a healthy diet?)
2. What is meant by the term “balance of energy” and why is this concept important to know?
3. What are the positive outcomes of regularly eating a healthy diet and getting adequate physical activity?
4. Explain how the first three habits (Be Proactive, Begin with the End in Mind, and Put First Things First) relate to and can be applied to exercise and nutrition.

**OPTIONAL:**

\*\*Go to: http://eco.suffolkcountyny.gov/#/pa1/search

Look up your favorite restaurant to be sure it follows positive sanitary procedures. List the restaurant and results here.

\*\*Take the “Proportion Distortion” quizzes:

<http://hp2010.nhlbihin.net/portion/portion.cgi?action=question&number=1>

<http://hp2010.nhlbihin.net/portion/portion2.cgi?action=question&number=1>

Go to: <http://www.fruitsandveggiesmorematters.org/>

Check out the website. What information did you find useful?

\*\*Go to google and look up “your favorite fast food restaurant” + nutrition information. Create the meal you would consume. Is there a way to make better choices?

Go to: <http://www.nlm.nih.gov/medlineplus/foodsafety.html>

Check out information on food safety.

Check out:

My Fitness Pal: <http://www.myfitnesspal.com/>