



Nutrition WU

# #1- **K, W, L** Chart

0 What do you already **know** about nutrition?

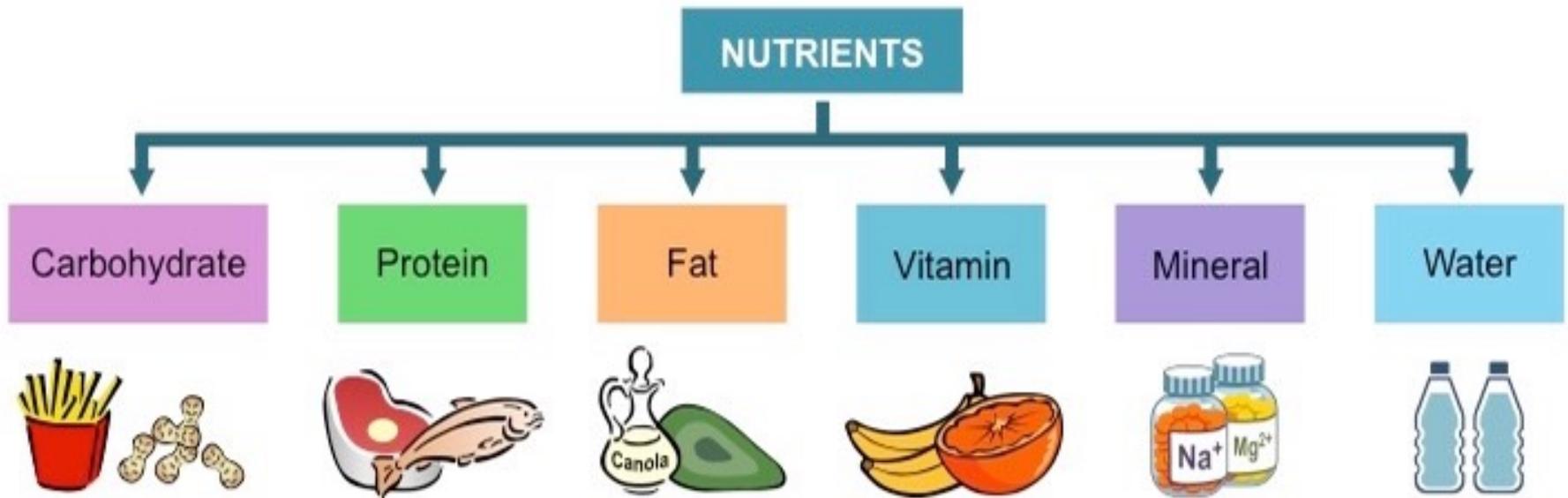
0 What do you **want** to know about nutrition?



0 Exit Slip- What did you **learn** today about nutrition?

# Warm-Up #2

- 0 List the 6 nutrients our bodies need each day.
- 0 How much water should we consume each day?
- 0 Which nutrients supply NO calories?



# Warm-Up #2- ANSWER

0 **List the 6 nutrients our bodies need each day.**

Carbohydrates, Proteins, Fats, Vitamins, Minerals & Water

**How much water do we need each day?**  $\frac{1}{2}$  your body weight in ounces per day!

0 **Which nutrients supply NO calories?**

0 Water, Vitamins & Minerals

0 **Carbohydrates and Proteins** give us **4 calories per gram** where **fats** supply us with **9 calories per gram.**

# WU #3

- 0 What type of nutrient is FIBER?
- 0 Define Fiber
- 0 What are some of the benefits of fiber?
- 0 How much fiber should we eat each day?
- 0 Good Sources Include...

The infographic is set against a wooden cutting board background. It features three green speech bubbles: 'EASY' at the top, 'HIGH FIBER' in the middle, and 'FOODS!' at the bottom. Each bubble is surrounded by images of food items with their respective fiber content and serving sizes.

Food Item	Fiber Content	Serving Size
Pistachios	14 g	per cup
Almonds	16 g	per cup
Apple	4 g	1 Medium
Orange	3 g	1 Medium
Broccoli	5 g	per cup
Lima Beans	14 g	per cup
Whole Wheat Bread	2 g	per slice
Flax Seed	25 g	per cup

# WU #3 ANSWER

- 0 What type of nutrient is FIBER? **CARBOHYDRATE**
- 0 Define Fiber- **tough complex carb. the body is unable to digest.**
- 0 What are some of the benefits of fiber?
  - 0 **Lowers cholesterol**
  - 0 **balances glucose (sugar)**
  - 0 **adds bulk to stool (sweeps food & bacteria out)**
  - 0 **can help prevent overeating because it helps us feel full.**
- 0 How much fiber should we eat each day? **25-30 grams**
- 0 Good Sources Include... **Fruits, Nuts, Veggies, Bran, Whole Grains, Popcorn**

# Warm-Up #4

- 0 What is the difference between water-soluble and fat-soluble vitamins?
- 0 Which vitamins are fat-soluble?



# Warm-Up #4 ANSWERS

0 What is the difference between water-soluble and fat-soluble vitamins?

Water- have to replace daily, what you don't need we eliminate through waste.

Fat-Stored in our fat cells and readily available.

0 Which vitamins are fat-soluble?

A,D,E,K

