

## Teen Health Course 2

### Chapter 4 Nutrition

#### VIDEO SUMMARY

In the video, you learned that a healthful eating plan is essential to growth and development during your teen years. In addition to what you eat, how much and how often you eat also affects your health. Make sure to balance a healthful eating plan with regular physical activity to maintain your appropriate weight.

[Click here to watch video; 00:10:53](#)



#### Discussion Questions

1. Identify the six nutrients your body needs in order to grow and develop.  
*Carbohydrates, proteins, fats, vitamins, minerals, and water.*
2. What factors determine the amount of calories you need to eat in a day?  
*Answers will vary but may include: gender, age, activity level, individual metabolism, and body type.*
3. What influences the food choices you make?  
*Answers will vary but may include: advertising, family, and friends.*

## Activity

### OBJECTIVE

Students will demonstrate their understanding of metabolism, body type, and level of activity and how they relate to healthy nutritional choices.

*Skill Summary:* Practicing Healthful Behaviors; Decision Making

### MATERIALS

- 3x5 note cards
- Paper, pencil, coloring materials
- Small game pieces or paper squares

### PROCEDURES

1. On the note cards, have each student write a quiz question and answer using material from the video.
2. Using the answers provided by the students, create (or have students create) bingo game boards.
3. As you call out the student-submitted questions, students can cover the corresponding answer on their boards with game pieces. The first student to cover a row, column, or diagonal with game pieces wins the game.

### EXTENSION

Use the same questions to create a *Jeopardy!* game using Microsoft PowerPoint.

### WEB LINKS AND ADDITIONAL GLENCOE RESOURCES

- Visit [KidsHealth.org](http://KidsHealth.org) for nutrition articles, recipes, and information about special dietary needs.
- The “Rate Your Plate” game at the [University of Connecticut’s Team Nutrition](#) page allows you to visually compare your meals with dietary guidelines and food labels.



Go to [Fitness Zone Online](#) for additional [fitness activities](#), [videos](#), and [podcasts](#).

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After you have watched the video, write your responses to these questions.

1. Identify the six nutrients your body needs in order to grow and develop.

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2. What factors determine the amount of calories you need to eat in a day?

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3. What influences the food choices you make? \_\_\_\_\_

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