CLASS 4
What You Eat

Adapted from Finding Solutions to Hunger: Kids Can Make a Difference by Stephanie Kempf

MATERIALS NEEDED

Student Activity Handout: What You Eat

CLASSROOM NARRATIVE

ACTIVITY: Keep a food diary for a day, writing down everything you eat. Look up the calories, protein, vitamin and mineral content of their food on the USDA Food Content website: http://www.nal.usda.gov/fnic/foodcomp/search/

Food gives us energy (calories). It gives us protein to build our bodies. It gives us vitamins, minerals, and fibers that keep our bodies healthy.

DIALOGUE: What happens if we don't get enough calories, protein, vitamins, minerals, or fibers? What would happen if we only had a half or a quarter of the food we needed every day? How would we feel? How would our bodies change? What would our community be like if everyone only had a quarter of the food they need every day?

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1. Keep a food diary for a day, writing down everything you eat, even snacks and drinks. Look up the calories, protein, vitamin and mineral content of each food on the USDA Food Content website: http://www.nal.usda.gov/fnic/foodcomp/search/. Add up the total calories and total protein you consumed.

FOODS I ATE TODAY	HOW MUCH? (estimate)	CALORIES (how many?)	PROTEIN (how much?)	VITAMINS AND MINERALS (which ones?)
TOTALS				

2. Look on this chart for recommended daily protein intake and see if you consumed enough protein.

Dietary Reference Intakes (DRIs): Acceptable Macronutrient Distribution Ranges
Food and Nutrition Board, Institute of Medicine, National Academies

	RANGE (percent of energy)		
Macronutrient	Children, 1-3 y	Children, 4-18 y	Adults
Fat	30-40	25-35	20-35
n-6 polyunsaturated fatty acids[a] (linoleic acid)	5-10	5-10	5-10
n-3 polyunsaturated fatty acids[a] (**a**-linolenic acid)	0.6-1.2	0.6-1.2	0.6-1.2
Carbohydrate	45-65	45-65	45-65
Protein	5-20	10-30	10-35

[a] Approximately 10% of the total can come from longer-chain *n-3* or *n-6* fatty acids.

SOURCE: Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (2002).

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3. Did you get enough protein?

4. Look it up: What happens to people when they don't get enough protein?

5. Look on this chart and see if you had enough calories. Circle the number that applies to you.

Estimated amounts of calories needed to maintain energy balance for various gender and age groups at three different levels of physical activity. The estimates are rounded to the nearest 200 calories and were determined using the Institute of Medicine equation.

6. Did you get enough or too many calories?

		ACTIVITY LEVEL		
GENDER	AGE (YEARS)	SEDENTARY	MODERATELY ACTIVE	ACTIVE
CHILD	2-3	1,000	1,000 - 1,400	1,000 - 1,400
FEMALE	4-8	1,200	1,400 - 1,600	1,400 - 1,800
	9-13	1,600	1,600 - 2,000	1,800 - 2,200
	14-18	1,800	2,000	2,400
	19-30	2,000	2,000 - 2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000 - 2,200
MALE	4-8	1,400	1,400 - 1,600	1,600 - 2,000
	9-13	1,800	1,800 - 2,200	2,000 - 2,600
	14-18	2,200	2,400 - 2,800	2,800 - 3,200
	19-30	2,400	2,600 - 2,800	3,000
	31-50	2,200	2,400 - 2,600	2,800 - 3,000
	51+	2,000	2,200 - 2,400	2,400 - 2,800

SOURCE: U.S. Department of Health and Human Services, http://www.health.gov/dietaryguidelines

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7. Look it up: What happens to people when they don't get enough calories? Too many calories?

8. Look on this chart and see if you had enough of each kind of food. There are two different guidelines presented. See whether you met either of their recommendations.

Sample USDA Food Guide and the DASH (Dietary Approaches to Stop Hypertension) Eating Plan at the 2,000-Calorie Level (http://www.health.gov/dietaryguidelines)

DAILY FOOD REQUIREMENTS			
Food Groups and Subgroups	USDA Food Guide Amount	DASH Eating Plan Amount	Equivalent Amounts
Fruit Group	2 cups (4 servings)	2 to 2.5 cups (4 to 5 servings)	½ cup equivalent is: ½ cup fresh, frozen, or canned fruit 1 medium fruit ¼ cup dried fruit ½ cup fruit juice
Vegetable Group Dark green vegetables Orange vegetables Legumes (dry beans) Starchy vegetables Other vegetables	2.5 cups (5 servings) 3 cups/week 2 cups/week 3 cups/week 3 cups/week 6.5 cups/week	2 to 2.5 cups (4 to 5 servings)	½ cup equivalent is: ½ cup of cut-up raw or cooked vegetable 1 cup raw leafy vegetable ½ cup vegetable juice
Grain Group Whole grains Other grains	6 ounce-equivalents 3 ounce-equivalents 3 ounce-equivalents	6 to 8 ounce-equivalents (6 to 8 servings	1 ounce-equivalent is: 1 slice bread 1 cup dry cereal ½ cup cooked rice, pasta, cereal 1 oz dry cereal (½-1¼ cup depending on cereal type—check label)
Meat and Beans Group	5.5 ounce-equivalents	6 ounces or less meats,	1 ounce-equivalent is: 1 ounce of cooked lean meats, poultry, fish 1 egg ¼ cup cooked dry beans or tofu, 1 Tbsp peanut butter, ½ oz nuts or seeds 1½ oz nuts, 2 Tbsp peanut butter, ½ oz seeds, ½ cup cooked dry beans
		4 to 5 servings per week nuts, seeds, and legumes	
Milk Group	3 cups	2 to 3 cups	1 cup equivalent is: 1 cup low-fat/fat-free milk, yogurt 1½ oz of low-fat, fat-free, or reduced fat natural cheese 2 ounces of low-fat or fat-free processed cheese
Oils	27 grams (6 tsp)	8 to 12 grams (2 to 3 tsp)	1 tsp equivalent is: 1 tsp soft margarine 1 Tbsp low-fat mayo 2 Tbsp light salad dressing 1 tsp vegetable oil
Discretionary Calorie Allowance Example of distribution: Solid fat Added sugars	267 calories 18 grams 8 tsp	 ~2 tsp of added sugar (5 Tbsp per week)	1 Tbsp added sugar equivalent is: 1 Tbsp jelly or jam ½ cup sorbet and ices 1 cup lemonade

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9. Which foods did you eat enough of?

10. Which foods did you not eat enough of?

11. Did you eat anything labeled certified "Organic"? If so, what?

12. Look it up: What health benefits may there be from eating foods certified "Organic"?