

Warm Up 4/22-4/23

Write your answers on the piece of paper on
your desk:

3 fun things you did over break

2 ways you demonstrated self control

1 healthy food you ate, **1** unhealthy food you
ate

Agenda

- Warm up
- Intro to reading food labels
- Nutrients table
- Interpreting Food Labels Lab

Homework: Finish lab and lab summary questions on Google Classroom

How to Read a Food Label

https://youtu.be/WV_tRB0zvUI

Food Label Guesses

- Cheetos
- Whole grain cheese crackers
- Hot pockets
- Pizza rolls
- Sugar- free Chocolate jell-o
- Snickers ice cream bar
- Skittles
- Fruit snacks
- Sour cream and onion ruffles
- Chex mix

Food Label Answers

1. Chocolate jell-o
2. Pizza rolls
3. Chex mix
4. Cheetos
5. Skittles
6. Fruit snacks
7. Whole grain cheese crackers
8. Ruffles
9. Snickers ice cream
10. Hot pocket

What is a calorie?

<https://youtu.be/VEQaH4LruUo>

Nutrients	Why Needed?	Some Food Sources
Fats	Provide energy; add flavor to food; carry vitamins	Butter, margarine, meats, oils, nuts, fried foods, milk, cheese

Protein	Build and repair body cells and control body functions; can provide energy	Fish, meat, milk, eggs. Cheese, poultry, plants
----------------	--	--

Carbohydrates (sugars and starches)	Provide energy; help build and repair body cells	Simple carbohydrates (sugars): fruits, vegetables, milk; complex carbohydrates (starches): breads, cereals, pasta, rice, potatoes
--	--	---

Water

Used for all body functions; transports all other nutrients; maintains body temperatures

Fruits, vegetables, liquids, all foods

Vitamins	Help build bones and tissues; keep skin, teeth, and gums healthy; help regulate body functions	Vitamin C: fruits, green leafy vegetables; Vitamin D: milk, cheese, eggs, fish; thiamine: fish, meats, poultry, cereals, breads
-----------------	--	---

Vitamins- organic nutrients required for growth and metabolism.

<https://youtu.be/ISZLTJH51Yg>

ESSENTIAL VITAMINS

TYPE & FUNCTION	SIGNS OF DEFICIENCY	NATURAL SOURCE	TYPE & FUNCTION	SIGNS OF DEFICIENCY	NATURAL SOURCE
VITAMIN A GROWTH & DEVELOPMENT	SKIN PROBLEMS, POOR NIGHT VISION, DRY EYES, DECREASE IN SENSORY ABILITIES		VITAMIN C COLLAGEN FORMATION, ANTIOXIDANT FUNCTION, AND IRON ABSORPTION	SCURVY (BLEEDING GUMS, BRUISING, SWOLLEN JOINTS, SLOW WOUND HEALING)	
VITAMIN D BONE HEALTH	RICKETS (CHARACTERIZED BY SKELETAL DEFORMITIES) & SOFT BONES		VITAMIN B COMPLEX B1, B2, B3, B6, AND B12 ENERGY PRODUCTION, NERVOUS SYSTEM, IMMUNE SYSTEM & IRON ABSORPTION	B1: POOR APPETITE & DEPRESSION B2: CRACKED LIPS, SORE MOUTH, ANEMIA AND MENTAL CONFUSION B3: PELLAGRA (DIARRHEA, AND MENTAL CONFUSION) B6: ANEMIA & NERVE DAMAGE B12: PERNICIOUS ANEMIA, INCREASED STOMACH CANCER RISK	
VITAMIN E CIRCULATION & PROTECTION FROM FREE RADICALS	INABILITY TO ABSORB FAT		FOLIC ACID CELL RENEWAL & PREVENTS BIRTH DEFECTS IN PREGNANCY	ANEMIA (FATIGUE) & POSSIBLE INFERTILITY	
VITAMIN K BLOOD COAGULATION	EXCESSIVE BLEEDING		HealthCentral.com		

Table 35.2 Vitamins

Vitamin	Function	Source
Fat-soluble		
A	Maintain health of epithelial cells; formation of light-absorbing pigment; growth of bones and teeth	Liver, broccoli, green and yellow vegetables, tomatoes, butter, egg yolk
D	Absorption of calcium and phosphorus in digestive tract	Egg yolk, shrimp, yeast, liver, fortified milk; produced in the skin upon exposure to ultraviolet rays in sunlight
E	Formation of DNA, RNA, and red blood cells	Leafy vegetables, milk, butter
K	Blood clotting	Green vegetables, tomatoes, produced by intestinal bacteria
Water-soluble		
B ₁	Sugar metabolism; synthesis of neurotransmitters	Ham, eggs, green vegetables, chicken, raisins, seafood, soybeans, milk
B ₂ (riboflavin)	Sugar and protein metabolism in cells of eyes, skin, intestines, blood	Green vegetables, meats, yeast, eggs
Niacin	Energy-releasing reactions; fat metabolism	Yeast, meats, liver, fish, whole-grain cereals, nuts
B ₆	Fat metabolism	Salmon, yeast, tomatoes, corn, spinach, liver, yogurt, wheat bran, whole-grain cereals and bread
B ₁₂	Red blood cell formation; metabolism of amino acids	Liver, milk, cheese, eggs, meats
Pantothenic acid	Aerobic respiration; synthesis of hormones	Milk, liver, yeast, green vegetables, whole-grain cereals and breads
Folic acid	Synthesis of DNA and RNA; production of red and white blood cells	Liver, leafy green vegetables, nuts, orange juice
Biotin	Aerobic respiration; fat metabolism	Yeast, liver, egg yolk
C	Protein metabolism; wound healing	Citrus fruits, tomatoes, leafy green vegetables, broccoli, potatoes, peppers

Minerals	Help regulate body functions; help build strong bones and teeth	Iron: liver, eggs, shellfish; calcium: milk, cheese; sodium: table salt
-----------------	---	---

Mineral- Inorganic substance for building material or chemical reactions in the body.

HOT POCKET INGREDIENTS

Water , Flour Unbleached Enriched (Wheat Flour ,Barley Malted Flour , Niacin Vitamin B3 , Iron Reduced ,Thiamine Mononitrate Vitamin B1 , Riboflavin Vitamin B2, Folic Acid Vitamin B9) , Cheese Mozzarella Part Skim With Modified Food Starch (Cheese Mozzarella Part Skim [Milk Pasteurized , Cultures , Salt , Enzymes] ,Food Starch Modified) , Cheese Mozzarella Imitation (Water , Palm Oil , Cheese Mozzarella [Milk , Cheese Culture , Salt , Enzymes] , Casein , Food Starch Modified, Food Starch , Contains 22% or less , Whey , Salt ,Flavors Natural , Colors Artificial , Carrageenan Gum ,Lactic Acid , Sodium Aluminum Phosphate , Sodium Citrate , Sorbic Acid , Preservative) , Pepperoni (Pork ,Beef , Salt , Water , Dextrose , Spices , Lactic Acid Starter Culture , Oleoresin of Paprika , Garlic Dehydrated , BHA, BHT , Citric Acid , Sodium Nitrate Nitrite) , Tomatoes Paste , Soybeans Oil Partially Hydrogenated , Contains 22% or less , of , Seasoning (Cheese Mozzarella [Milk, Cheese Culture , Salt Milk , Cheese Cultures , Salt ,Enzymes] , Whey , Salt , Sodium Phosphate , Lactic Acid, Bread Crumbs [Wheat Flour Bleached , Dextrose ,Yeast , Salt] , Garlic Dehydrated , Tomatoes Powder ,Spices , Salt , Dextrose , Onions Powder , Corn Maltodextrin , Citric Acid , Flavors Natural , Garlic Powder , Salt , Sugar , Onions Powder , Spices ,Maltodextrin , Soybeans Oil , Citric Acid) , Seasoning (Cheese Mozzarella [Milk , Cheese Culture , Salt ,Enzymes] , and , Cheese Parmesan [Milk , Cheese Cultures , Salt , Enzymes] , Whey , Salt , Sodium Phosphate , Lactic Acid , Bread Crumbs [Wheat Flour Bleached , Dextrose , Yeast , Salt] , Garlic Dehydrated ,Tomatoes Powder , Spices , Salt , Dextrose , Onions Powder , Corn Maltodextrin , Citric Acid , Flavors Natural, Garlic Powder , Salt , Sugar , Onions Powder , Spices ,Maltodextrin , Soybeans Oil , Citric Acid) , Yeast ,Dough Conditioners (Calcium Sulphate , , Enzymes] ,and , Cheese Parmesan [Milk , Cheese Cultures , Salt ,Enzymes] , Whey , Salt , Sodium Phosphate , Lactic Acid, Bread Crumbs [Wheat Flour Bleached , Dextrose ,Yeast , Salt] , Garlic Dehydrated ,Tomatoes Powder , Spices ,Maltodextrin , Soybeans Oil , Citric Acid) , Milk Non Fat Dry , Shortening Powder (Soybeans Oil Partially Hydrogenated , Corn Syrup Solids , Sodium Caseinate ,Mono and Diglycerides) , Flavors Natural , Salt ,Maltodextrin , Sugar , Cream Powder (Cream Sweet ,Soy Lecithin) , Lactic Acid , Xanthan Gum , Garlic Powder , Yeast Extract , Disodium Inosinate , Disodium Guanylate , Titanium Dioxide , Food Starch Modified ,Palm Kernel Oil Partially Hydrogenated (with , Soy Lecithin , Citric Acid , Preservative) , Seasoning (Cheese Mozzarella [Milk , Cheese Culture , Salt , Enzymes] ,and , Cheese Parmesan [L Cysteine Hydrochloride ,Garlic Powder , Tricalcium Phosphate , Enzymes) , Eggs Whites Dried , Whey Dried , Salt , Soy Flour , Sugar ,Corn Flour Yellow , Methylcellulose