

Name: _____

Hour: _____

VIDEO WORKSHEET

Review

Directions: After watching “*Smart Nutrition*”, answer the following questions.

1. What are some suggested healthy breakfast choices?

2. About how many teen girls and teen boys are struggling with eating disorders like anorexia, bulimia, and binge eating disorders?

3. Why is exercise good for your body?

4. How can you get the recommended number of fruits and vegetables each day?

5. Why is caffeine a bad choice for teens?

6. What are the three significant vitamins and minerals for teens? Why are they important?

1.

2.

3.

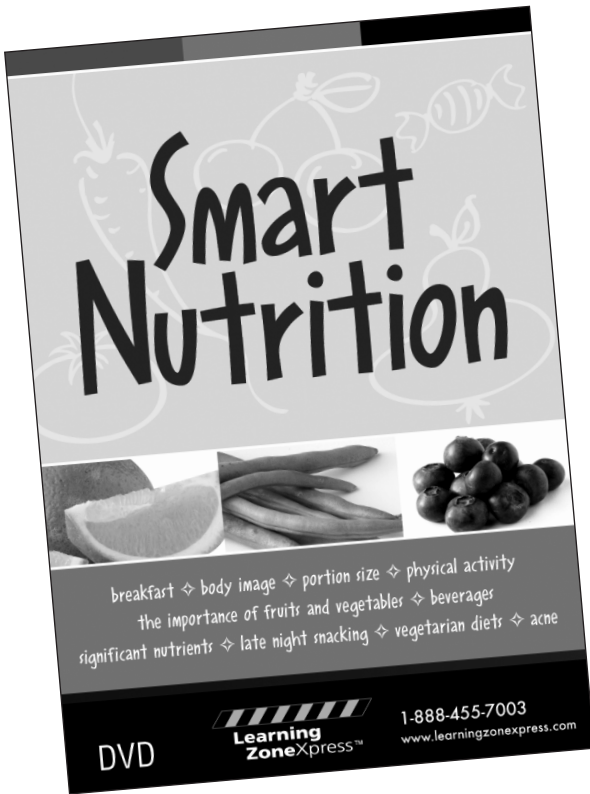
7. Why shouldn't you snack late at night?

8. What is an example of sequential cooking?

9. What causes acne? How can you prevent it?



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Name: _____

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TEACHER'S KEY

Review

Directions: After watching “*Smart Nutrition*”, answer the following questions.

1. What are some suggested healthy breakfast choices?

English muffin with ham and cheese, yogurt with fruit, banana and peanut butter wrapped in a tortilla, fresh fruit, bagel with peanut butter

2. About how many teen girls and teen boys are struggling with eating disorders like anorexia, bulimia, and binge eating disorders?

5-10 million teen girls and 1 million teen boys

3. Why is exercise good for your body?

Exercise helps in getting your blood flowing, which brings oxygen to your muscles, organs, and brain. Getting exercise helps make you smarter.

4. How can you get the recommended number of fruits and vegetables each day?

Eat a fruit and vegetable at every meal.

Drink 100% fruit juice.

Add vegetables to your sandwiches.

Add fruits to your salads.

5. Why is caffeine a bad choice for teens?

Studies have shown that caffeine can actually reduce the amount of calcium your bones absorb.

6. What are the three significant vitamins and minerals for teens? Why are they important?

1. Calcium – half of an adult's bone structure is deposited during adolescence. 85% of teenage girls don't get enough calcium.

2. Iron – needed for red blood cells to carry oxygen to give the body energy. More oxygen in the blood means more power to the muscles and brain, so iron helps make you stronger and smarter.

3. Vitamin D – makes bones and teeth strong. The body can get it naturally from the sun, but a supplement may be needed in northern regions during the winter.

7. Why shouldn't you snack late at night?

Your body's metabolism is naturally slowing down and is not interested in working. The extra calories are typically stored as fat.

8. What is an example of sequential cooking?

Sequential cooking is a way to make meals that both vegetarians and non-vegetarians can enjoy. Examples: spaghetti – cook the meat and the sauce separately instead of mixing together; salad – cook chicken strips for non-vegetarians to add to their salad.

9. What causes acne? How can you prevent it?

Acne is hereditary. Properly cleansing your face with a gentle cleanser is very important in the battle against acne.

