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NOTE TO INSTRUCTORS

PLEASE COPY THE VOCABULARY LIST ON PAGES 98 AND 99 FOR THE LEARNERS IF YOU DO NOT HAVE THE COMPANION LEARNER’S WORKBOOK. OTHERWISE, THE VOCABULARY LIST CAN BE FOUND ON PAGES 67 AND 68 OF THE LEARNER’S WORKBOOK.

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EATING WELL

A BALANCED DIET

Worksheet: *Pages 37 and 38*

Learner's Workbook: *Pages 4 and 5*

1. Ask learners, What is a major cause of illness? Accept all responses. Do they feel better when they eat three meals a day or just once a day? What about eating fast food instead of a homemade sandwich?
2. Divide learners into groups. Each group will prepare a presentation about a balanced diet. Have them use the material on worksheet page 37 and page 4 of the Learner's Workbook. Assign each member of the group a different part. There will be three narrators, a person playing carbohydrates, someone playing protein, a person playing fats and oils, a person to play vitamins and minerals, and someone playing fiber. (The order of the presentation depends on what the group decides.) Have each group present their work.
3. On the board or a large piece of paper, write the following headings: "Carbohydrates," "Protein," "Fats and Oils," "Vitamins and Minerals," and "Fiber." Ask the learners what goes under each heading. Have them refer to the Balanced Diet worksheet.
4. Complete the Word Search on worksheet page 38 of this manual and page 5 of the Learner's Workbook and share their answers. (Answers are on page 101 of this manual.)

WHAT DO YOU KNOW? FOOD CATEGORIES; FOOD FACTS

Worksheet: *Pages 39 and 40*

Learner's Workbook: *Pages 6 and 7*

1. Have learners complete worksheet page 39 of this manual and page 6 of the Learner's Workbook. Then, check answers with the whole group. (Answers are on page 101 of this manual.) Assure them that this is not a test, just an interesting way to give them information many people don't have. They can refer to page 37 of this manual and page 4 of the Learner's Workbook for help.
2. Give everyone a copy of page 40 of this manual and page 7 of the Learner's Workbook. Then, read each of the statements to them. Have learners respond out loud as they mark their worksheets. (Answers are on page 101 of this manual.)
3. Ask learners to share information they learned today that they didn't know.

A BALANCED DIET

Narrator 1: When you eat healthy foods, you have more energy and fun. You may also have more money because fresh foods generally cost less than packaged ones, and you'll save on doctor bills.

Narrator 2: Your body converts food into energy just as an automobile engine converts gasoline into energy. Use only "clean-burning" fuels, such as fresh fruits, fresh or frozen vegetables, whole grains, low-fat dairy products, low-fat meats, and small amounts of fats and oils.

Narrator 3: Whole grains include natural brown rice and whole-wheat bread; vitamins are found in citrus fruits (vitamin C), spinach (vitamin A), black beans (vitamin B1), milk (vitamin D), and almonds (vitamin E). These foods give you nutrients needed for good health because they are rich in the following:

Group 1: Carbohydrates: These have been the basis of nutrition throughout history. The primary sources are wheat, rice, corn, beans, potatoes, fruits, vegetables, and grains.

Group 2: Protein: Protein provides important materials to build and maintain muscles and other body tissues. Although many foods include this, foods that provide the most protein are meat, poultry, fish, and some dairy products.

Group 3: Fats and Oils: Meat, cooking and salad oils, butter, mayonnaise, whole milk, and cream are all sources of fat. A certain amount in our diet is necessary, but too much fat can be harmful. Animal fat is high in cholesterol and saturated fats, which increase the risk of heart disease. Palm oil is high in saturated fat and can clog arteries. Eating green vegetables may help keep arteries from becoming clogged with fat.

Group 4: Vitamins and Minerals: Minerals help build your body's systems and keep them going; vitamins help change the food you eat into energy. You receive plenty of these if you eat a well-balanced diet of natural foods. Minerals in foods include calcium (in milk and cheese) and iron (in lean red meat, some breakfast cereals, raisins, dried peaches, and some fish and poultry).

Group 5: Fiber: Dietary fiber is necessary to keep your digestion running smoothly. Whole grains, green vegetables, and fruits are excellent sources.

A BALANCED DIET (CONT.)

Find the words in the word bank. Answers can be vertical, horizontal, or diagonal.

D	X	J	U	E	E	I	N	I	S	T	I	U	R	F
F	L	X	V	V	B	Q	C	H	Q	C	N	O	P	S
G	C	Y	G	V	V	S	O	H	E	A	L	T	H	Y
P	Z	H	Z	N	Y	N	Y	A	D	R	E	R	U	S
S	K	K	S	O	F	I	H	U	I	W	N	C	Y	N
N	N	M	Y	I	S	E	L	B	A	T	E	G	E	V
R	F	I	B	T	F	T	D	H	S	E	R	F	V	H
I	O	E	A	I	E	O	L	E	Y	N	G	U	E	F
O	R	D	E	R	R	R	L	K	Y	M	Y	H	M	B
T	F	N	A	T	G	P	I	L	T	Z	M	Z	D	V
Y	R	T	V	U	L	R	V	K	F	Y	C	F	T	X
I	E	O	E	N	G	W	R	C	J	D	D	Q	J	H
D	A	P	X	Z	M	F	L	D	U	Z	W	E	M	Q

WORD BANK

Energy	Healthy
Fiber	Nutrition
Fresh	Proteins
Fruits	Vegetables
Grains	

WHAT DO YOU KNOW?

FOOD CATEGORIES

Match the food in the left column with its label on the right. (Most have more than one.)

Carbohydrate
Protein
Fats/Oils
Vitamin E
Fiber

Calcium
Iron
Vitamin C
Vitamin A
Vitamin D



1. Brown Rice _____
2. Raisins _____
3. Spinach _____
4. Cheese _____
5. Milk _____
6. Almonds _____
7. Corn _____
8. Chicken _____
9. Beans _____
10. Oranges _____
11. Beef _____
12. Apple _____

WHAT DO YOU KNOW?

FOOD FACTS

Write “T” for true or “F” for false on the line before each statement.

- _____ 1. Too much salt in your diet can lead to high blood pressure.
- _____ 2. Refined sugars (found in such foods as soft drinks and candy) contain no vitamins, minerals or protein.
- _____ 3. Foods high in fat can make you gain too much weight and can lead to serious illnesses.
- _____ 4. Carbohydrates are found in foods like rice, corn, beans, potatoes, and pasta.
- _____ 5. The body needs protein as well as fat to function properly.
- _____ 6. Protein is needed to build muscles. Muscles burn fat. (Exercise builds muscles.)
- _____ 7. The best diet is one that has no fat, sugar, or salt in it.
- _____ 8. A diet low in fat and cholesterol helps keep the arteries (the tubes your heart pumps blood through) in your heart from becoming clogged with fat.
- _____ 9. The only good way to get vitamins is to take vitamin pills.
- _____ 10. Whole grains are a good source of fiber.