

NTI Day 1

PE/Health

As part of your first NTI day, PE and Health has been designated as your special for today. For today's lesson, students will be performing various physical activities and a health activity that is related to nutrition.

For the PE side, students will perform various physical activities and record their data on the attached physical activity log. Students are required to perform at least 30 minutes of moderate to vigorous activity. This 30 minutes does not have to be completed all at once. It can be broken down into 5-10 minute intervals, but must total 30+ minutes of activity, for the day. Students will write down the type of activity they participated in, how long they did it, and how intense the activity was.

For the nutrition part of the lesson, students will learn about nutrition and the importance of making healthy food choices through Grade Level appropriate worksheets/assignments. Please see the break down of assignments below and have your child complete the assignments for his or her grade level:

Kindergarten and 1st Grade -

Students will complete the attached worksheets "Healthful Foods I Like" and "A Smile or Frown", and "Healthful Food Choices"

2nd and 3rd Grade -

Students will read the handout titled "Too Much of a Good Thing" and use that information to help them answer the Open Response question about Sam's Health, on the Test Your Knowledge handout.

4th and 5th Grade -

Students will read the handout titled "Reading Nutrition Labels" and use this information to complete the Open Response question about Why it is important to read nutrition labels.

Reading Nutrition Labels

Do you know what's in the food you're eating? Most cereals, juices, and other packaged foods have a Nutrition Facts label like the one on this page. Reading the label can help you understand how the food fits into a healthy diet.

The first item listed is *Serving Size* ^(A)—how much to eat or drink in one meal or snack. All the numbers on this food label apply to 1/4 cup (30g) of Trek Mix. Under *Amount Per Serving*, ^(B) you'll find the calories in one serving as well as how many are from fat. One serving of Trek Mix contains 150 calories, 80 of which come from fat. If you eat two servings of a food, you get *twice* the calories and nutrients.

Next is a section between two dark lines. ^(C) The bold print lists five main categories of information: *Total Fat*, *Cholesterol*, *Sodium* (salt), *Total Carbohydrate*, and *Protein*. Check the types of fats; research has linked trans fat and saturated fat to heart disease and other illnesses. Now look at the types of carbohydrates, keeping in mind that dietary fiber has many health benefits, while sugars are less healthy.

The Nutrition Facts label also lists the amount of vitamins and minerals ^(D) in one serving. (Trek Mix contains small amounts of iron, calcium, and vitamin C.) Below this information, the ingredients are listed in order from highest proportion to least. (Trek Mix has more almonds than cashews.)

Compare this label with labels on your favorite foods. Food labels can help you make wise choices about what you eat.



Nutrition Facts

^(A) Serving Size 1/4 cup (30g)
Servings per Container about 15

^(B) Amount Per Serving
Calories 150 Calories from Fat 80

	% Daily Value*	
Total Fat 9g	14%	
Saturated Fat 1g	6%	
Trans Fat 0g		
Polyunsaturated Fat 6g		
Monounsaturated Fat 2g		
Cholesterol 0mg	0%	
Sodium 15mg	1%	
Total Carbohydrate 13g	4%	
Dietary Fiber 2g	9%	
Sugars 6g		
Protein 5g		
Vitamin A 0%	Vitamin C 2%	
Calcium 4%	Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	
	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: Almonds (Almonds, Canola Oil, Salt), Cranberries (Cranberries, Sugar, Sunflower Oil), Cashews (Cashews, Canola Oil, Salt).

Our vendors follow Good Manufacturing Practices to segregate ingredients to avoid cross contact with allergens. Made on equipment shared with wheat, milk, peanuts, other tree nuts and soy.

^(D)

Brain Check

- What is the main purpose of a Nutrition Facts food label?
- What kinds of fats are better and worse for you?
- What kinds of carbohydrates are better and worse for you?

NTI Day Activity Log:

Type of Activity:	Length of Activity:	Intensity: (Low, Moderate, High)	Parent/Guardian Signature:

Examples of Activities:

Running or jogging, walking, sledding, snowboarding, yard work, shoveling the driveway, stretching, push-ups, crunches, dancing, sport activities or practice, or any other physical activity that you may do during the day.