

# PHYSICAL HEALTH



In what ways will we be working on this during the semester?

# BONES & MUSCLES OF THE BODY

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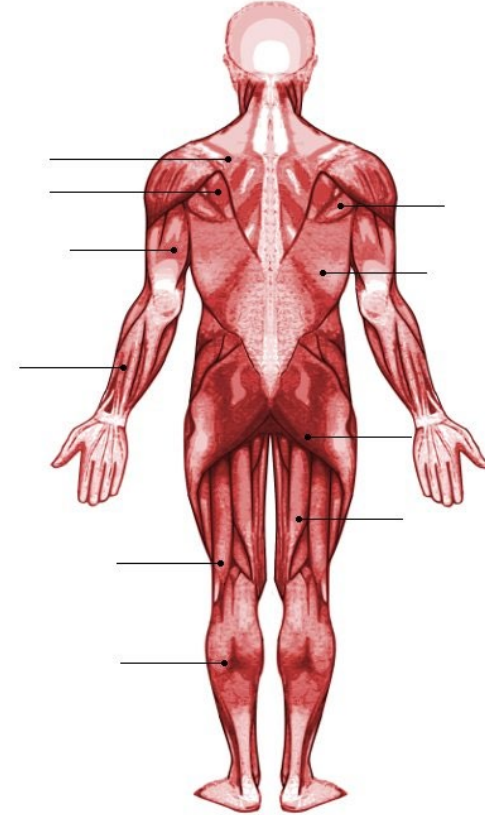
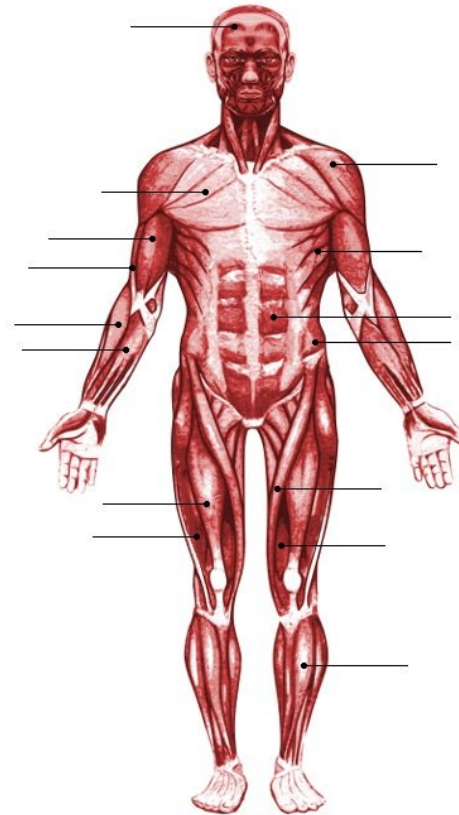
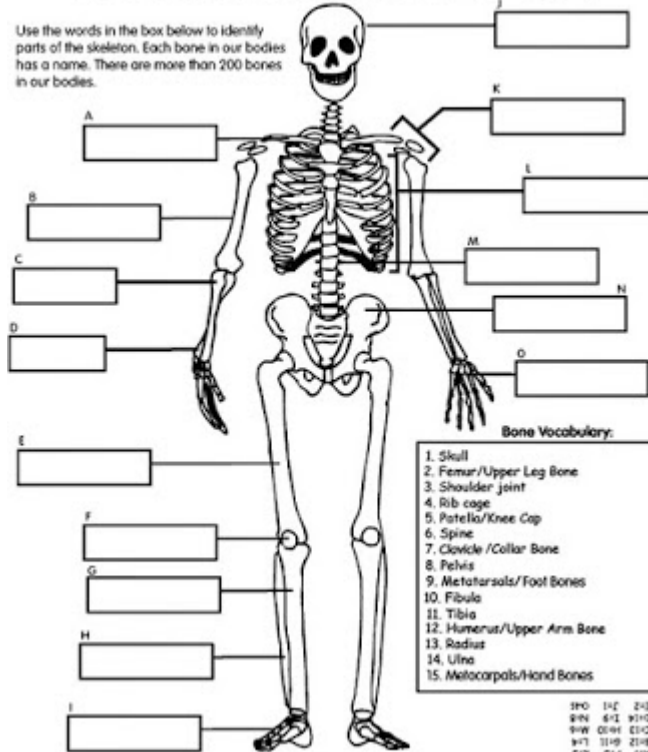
Bill Nye!



# LETS LABEL MAJOR BONES & MUSCLES

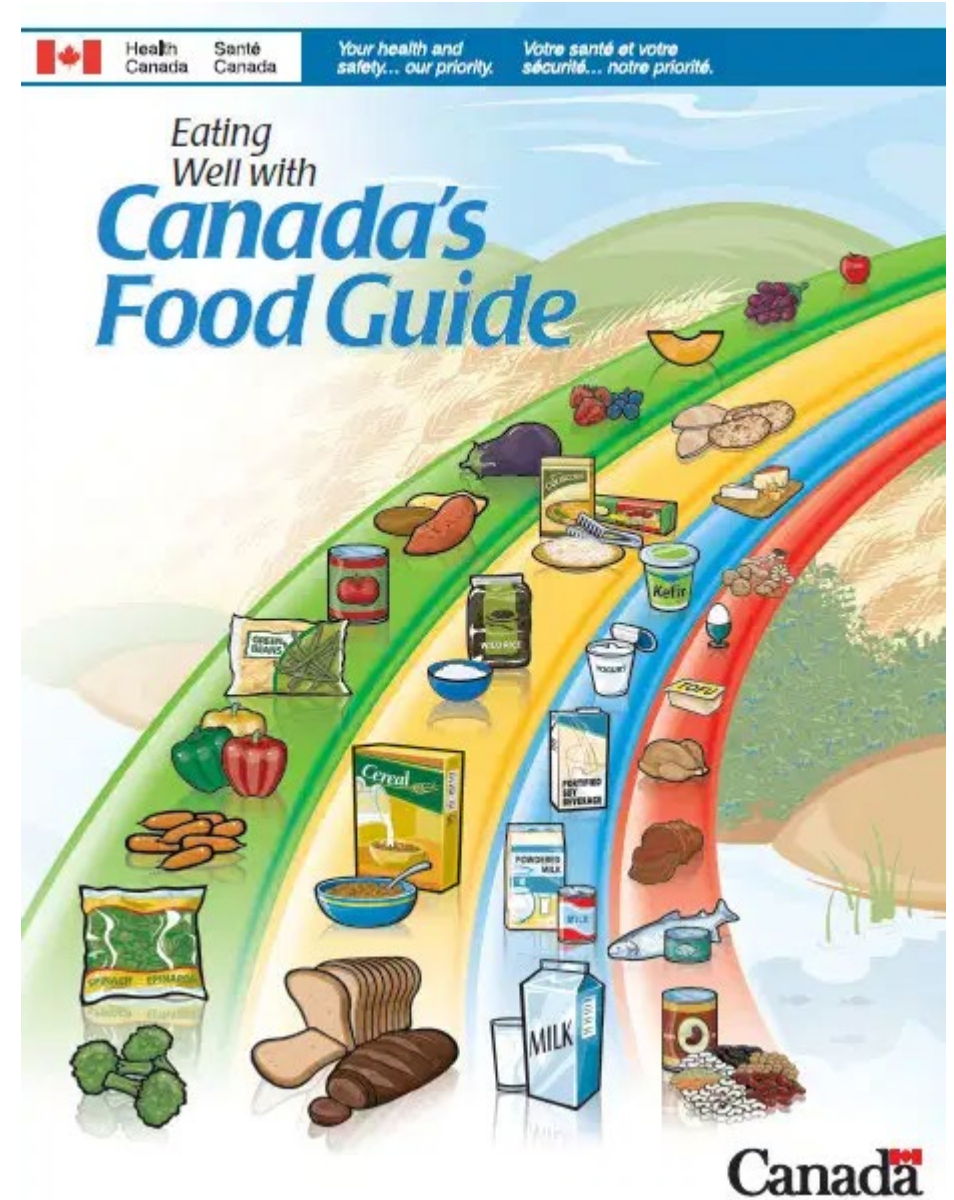
## HUMAN SKELETON

Use the words in the box below to identify parts of the skeleton. Each bone in our bodies has a name. There are more than 200 bones in our bodies.



# NUTRITION

- Canada Food Guide
- How to read a food Label



# WHY CARE?

Eating patterns have been related to **FOUR** of the **SEVEN** leading causes of **DEATH**

Poor nutrition increases the risks for numerous diseases including heart disease, obesity, stroke, diabetes, hypertension, osteoporosis, and **MANY** cancers





# NEW CANADA FOOD GUIDE

<https://food-guide.canada.ca/en/>

- Make it a habit to eat a variety of healthy foods each day.
- Eat plenty of vegetables and fruits, whole grain foods and protein foods.



CHOOSE PROTEIN FOODS  
THAT COME FROM PLANTS  
MORE OFTEN.

# TOP VEGETARIAN PROTEIN SOURCES



Greek Yogurt  
23 grams of protein  
per cup



Lentils  
4 grams of protein  
per 1/4 cup (cooked)



Beans  
(chickpeas, black  
beans, etc.) 4 grams  
of protein per 1/4 cup



Cottage Cheese  
14 grams of protein  
per 1/2 cup



Hemp Seeds  
4 grams of protein  
per 1 tablespoon



Chia Seeds  
3 grams of protein  
per 1 tablespoon



Edamame  
5 grams of protein  
per 1/4 cup (shelled)



Green Peas  
8 grams of  
protein per cup



Quinoa  
8 grams of protein  
per cup (cooked)



Peanut Butter  
3.5 grams of protein  
per 1 tablespoon



Almonds  
3 grams per 1/2  
ounce



Eggs  
6 grams of protein  
per large egg

# PROTEIN

- Made up of amino acids
- 9 essential amino acids
  - Must be obtained through the diet
- Complete proteins (Contain all 9)
  - meat, fish
- Incomplete proteins (Missing 1 or more)
  - Nuts, beans and rice





# FATS

- There are several types of fats
- We need fat because it contains Vitamins A, D, E and K
- Saturated Fat come primarily from animals (red meat, eggs, dairy)
- Unsaturated Fats (vegetable sources)
- Trans fat (liquid to solid via hydrogenation)

# FATS- CANADA FOOD GUIDE

- Choose foods with healthy fats (Unsaturated) instead of saturated fat
- Limit highly processed food.
- If you choose these foods, eat them less often and in small amounts.
- Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- Choose healthier menu options when eating out.





## saturated fats

- Derived largely from animal products like meat, dairy and eggs, but also plant-based sources
- Divided opinions on whether harmful or beneficial



## trans fats

- Used to extend the shelf life of processed foods
- No longer recognized as safe by the FDA



## unsaturated fats

- Derived from vegetables and plants
- Comprised of monosaturated fats (like in avocados, olives and nuts) and polyunsaturated fats (like in sesame oil)
- Omega-3 Fatty Acids

# TYPES OF FAT

from  the spruce



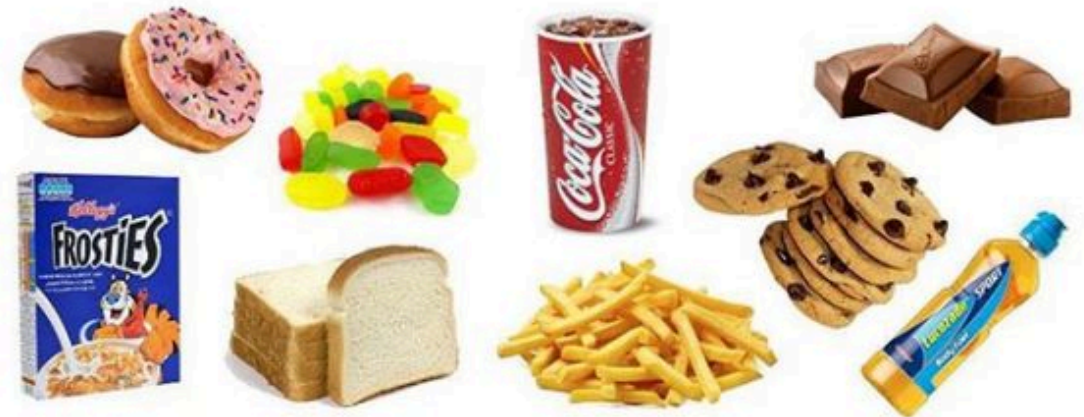
# CARBOHYDRATES

- Simple sugars-sucrose ( candy)
- Quick increase in blood sugar
- Complex sugars- whole grain bread, pasta, and rice
- Difference is breakdown process

## ✓ COMPLEX CARBS



## ✗ SIMPLE CARBS







## WHAT ABOUT WATER?

- Water is a critical component of a healthy diet!
- Make water your drink of choice
- Replace sugary drinks with water.
- Water is the major component of most of the foods you eat and more than half of all body tissues are composed of it

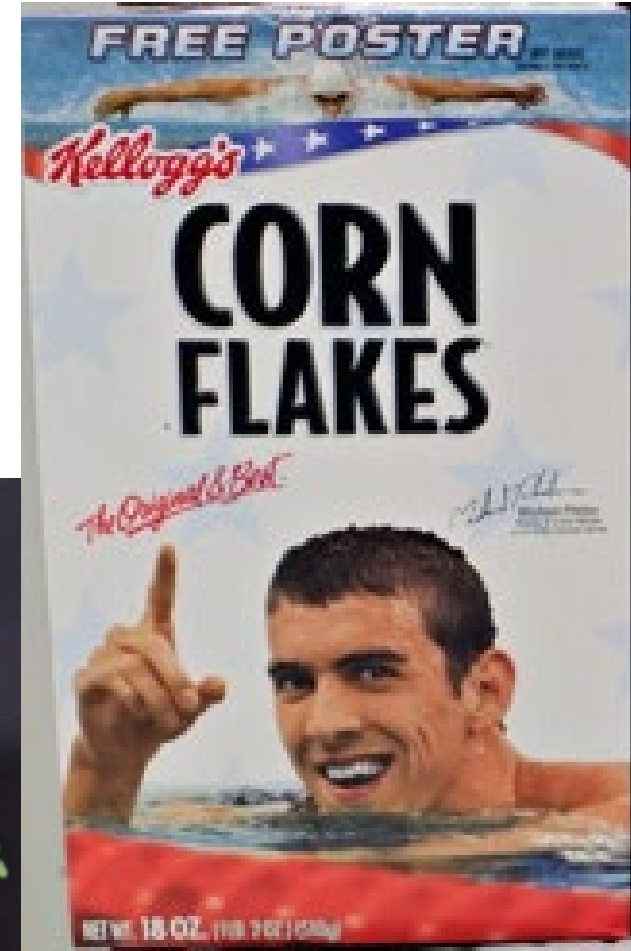
# HOW FOOD MARKETING INFLUENCES YOUR CHOICES



**REAL**



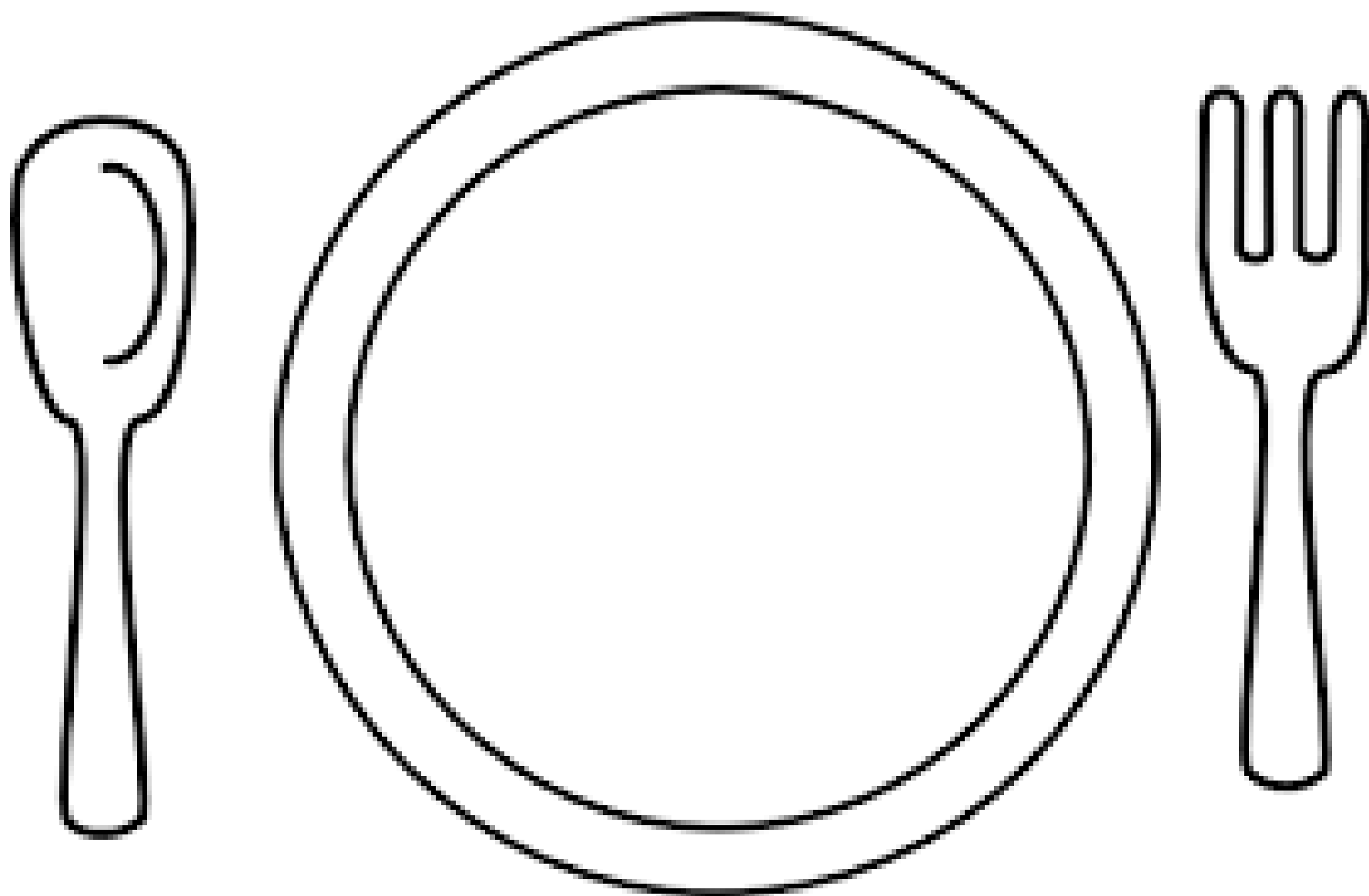
**COMMERCIAL**



# NUTRITION ANALYSIS

Lets Draw what a  
typical Plate of ours  
looks like and  
compare to the  
Canada Food  
guide







# FOODS THAT ADVERSELY AFFECT MOOD

- Caffeine
- Alcohol
- Trans fats or anything with “partially hydrogenated” oil
- Foods with high levels of chemical preservatives or hormones
- Sugary snacks
- Refined carbs (such as white rice or white flour)
- Fried food

# READING FOOD LABELS

It is important to know how to read and understand food labels to understand what is in the food you eat



# NUTRITION FACTS

Look at the serving size

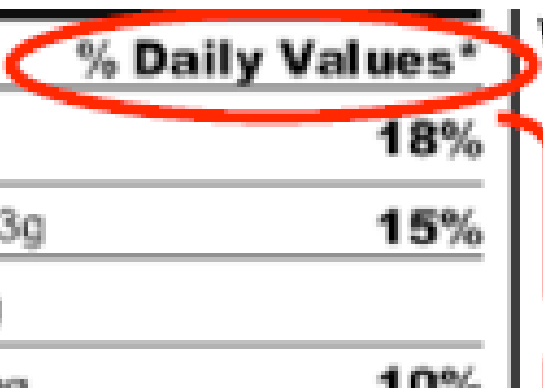
- Often there is more than one “serving” per packet so values must be multiplied if consuming the entire packet

Nutrition Facts	
Serving Size 1 cup (228g)	
Serving Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110

# PERCENT DAILY VALUES

This gives you the dietary allotment of a specific nutrient based on how much you should have in day

This is based on an adult 2000 calorie a day diet



% Daily Values*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 1.5g	
Cholesterol 30mg	<b>40%</b>



1 serving per container

**Serving size 1 bar**

Amount per serving

**Calories 360**

% Daily Value\*

<b>Total Fat</b> 21g	<b>32%</b>
Saturated Fat 13g	<b>65%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 60mg	3%
<b>Total Carbohydrate</b> 44g	15%
Dietary Fiber 2g	8%
Total Sugars 41g	
Includes 38g Added Sugars	44%

Always look at  
the serving size

This product is HIGH  
in total fat and  
saturated fat. For  
each day, try to  
consume NO MORE  
than a total of 100%  
of these.



Foods that  
are high in:

- Saturated Fat
- Trans fat
- Sugar
- Sodium (In a lot  
of canned  
foods)

WHAT TO WATCH FOR

# NUTRITION LABELS WORKSHEET



% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 4%
*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	

Nutrition Facts	
Serving Size 1/4 cup (49g dry)	
(About 1 cup cooked)	
Servings Per Container About 9	
Amount Per Serving	
Calories 170. Calories from Fat 0	
% Daily Value**	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 75mg	2%
Total Carbohydrate 38g	13%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 4g	

Nutrition Facts	
Serving Size 1/4 cup (40g)	
Servings Per Container About 10	
Amount Per Serving	
Calories 130. Calories from Fat 10	
% Daily Value**	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium 310mg	6%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	4%
Sugars 29g	58%
Protein 1g	2%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	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.	



# APPS TO TRACK FOOD

