

Student Handout: Developing Healthy Eating Habits

Objective:

By the end of this lesson, you will understand the different types of nutrients, their functions, and the importance of developing healthy eating habits for your overall health and well-being.

Key Points from the Video

1. **Nutrients:**
 - Essential substances found in food that provide energy, support growth, and maintain overall health.
 2. **Carbohydrates:**
 - Primary source of energy.
 - Examples: bread, beans, milk, potatoes, popcorn, cookies, corn.
 3. **Proteins:**
 - Crucial for growth, repair, and maintenance of body tissues.
 - Examples: chicken, turkey, fish, cheese, lean beef.
 4. **Fats:**
 - **Healthy Fats:** Provide energy, protect organs, and help absorb vitamins.
 - Examples: avocados, almonds, walnuts, chia seeds, fatty fish (salmon, tuna), olive oil, eggs.
 - **Unhealthy Fats:** Can lead to weight gain and health problems.
 - Examples: saturated fats (fatty meats, full-fat dairy, processed meats) and trans fats (fried foods, baked goods, margarine).
 5. **Health Risks of Being Overweight:**
 - Cardiovascular diseases, type 2 diabetes, respiratory issues, joint problems, certain cancers, mental health issues.
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Discussion Points

- Why is it important to develop healthy eating habits?
 - How do different nutrients benefit your body?
 - What are the risks associated with consuming unhealthy fats?
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Research Activity

In your groups, research one of the following nutrients:

- Carbohydrates
- Proteins
- Healthy Fats
- Unhealthy Fats

Prepare a brief presentation covering:

- What it is and its role in the body.
 - Examples of foods containing the nutrient.
 - Health benefits or risks associated with the nutrient.
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Visualization Exercise

- Imagine consuming a balanced meal with healthy nutrients.
 - Visualize how these nutrients support bodily functions and overall well-being.
 - Reflect on the long-term benefits of healthy eating habits.
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Questions

Answer the following questions based on the video and our discussion:

1. What are the different types of nutrients and their functions?
 2. Give examples of foods rich in carbohydrates, proteins, and healthy fats.
 3. What are the potential health risks of consuming unhealthy fats?
 4. How can you maintain a balanced diet?
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Making Healthy Choices

- It's important to make healthy dietary choices and consume foods in moderation.
 - Occasional indulgence in unhealthy foods is acceptable, but balance is key.
 - Think critically about your daily food choices and their impact on your long-term health.
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Optional Homework Assignment

Choose one of the following:

- Write a brief essay on the topic: "The Importance of Healthy Eating Habits" or "How to Maintain a Balanced Diet."
 - Create an informational poster about the benefits of healthy eating to display in the school.
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Resources for Further Research

- Visit reliable health websites such as the Centers for Disease Control and Prevention (CDC) or the National Institutes of Health (NIH).
 - Use search engines to look up more information about different nutrients and their health benefits.
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Remember:

Developing healthy eating habits now will give you a lifelong advantage for your future health and well-being. Make informed choices that promote your overall health and happiness.

Thank you for participating in today's lesson. Stay informed and stay healthy!