



Nutrition: Student Activity Sheet

Name: _____

Date: _____

Part 1: Plan Your Meal

1. You will be treated to lunch at a restaurant. Write down what you would like to order. _____

2. What does food do for our bodies? _____

3. How do you think food is important for our health? _____

Part 3: Balance the Equation

1. Which nutritional categories exceeded the daily requirement? _____

2. Calculate out 30% of the daily requirements and record below.

Calories	Total Fat	Sat. Fat	Protein	Carbs	Calcium	Sodium	Iron

3. Plan a meal that would not exceed the requirements calculated above. Plan a meal that you would eat.

4. How long would you need to walk to burn off 280 calories? _____
5. Record the number of breaths for 30 seconds as you sit still. _____
6. Record the number os breaths for 30 seconds immediately after doing 30 jumping jacks. _____
7. Prepare an entire day of meals and exercise that will not exceed the nutritional guidelines

Meals	Exercise