

NAME: _____

Teen Nutrition: What's the big debate?

DIRECTIONS:

Answers the following questions after viewing *Teen Nutrition: What's the big debate?*

1. What are some benefits of healthy eating?
2. What are some components of a healthy diet?
3. What do you need to balance in order to maintain a healthy body weight?
4. What is important to look for on a nutrition label?
5. What does F-A-T-S stand for?
6. What does P-L-A-N stand for?

Teen Nutrition: What's the big debate?

DIRECTIONS:

Answers the following questions after viewing *Teen Nutrition: What's the big debate?*

1. What are some benefits of healthy eating?

Answers may vary.

- **Better for you**
- **Gives you more energy**
- **Helps you concentrate in school**

2. What are some components of a healthy diet?

Emphasis on vegetables, fruits, grains, low-fat/fat-free milk. Includes meat, poultry, fish, beans, eggs, and nuts. Low in fats, salt, and added sugars.

3. What do you need to balance in order to maintain a healthy body weight?

**Healthy eating and activity.
Calories taken in from eating vs calories out from being active.**

4. What is important to look for on a nutrition label?

**Answers vary
Calories, total fat, sugar content, fiber, sodium, ingredients**

5. What does F-A-T-S stand for?

**F- Find the nutrition values
A-Add high fiber food
Avoid high-fat, high-sugar foods
T- Take time for exercise
S-Substitute new habits**

6. What does P-L-A-N stand for?

**P- Pinpoint risky situations
L- List alternatives
A- Apply alternatives
N- New habit**