

Table of Contents

	Curriculum Page	Student Workbook Page
Unit 1: Self Assessment (Green Divider)		
1. Class Inventory Questions.....	1	1
2. Sport and Food Survey.....	2	2
3. The National Nutrition Quiz	3	3
4. Compute Your Nutrition Condition	4	4
5. Student Interview Group	5	5
6. Why We Eat	6-7	6-7
7. Food Record Chart	8	8
8. Activity Chart.....	9	9
9. How Long Will You Live	10	10
10. Taste Adventure – Beverages (Freezing fruits or liquid before mixing creates a thicker shake texture)	11	
Unit 2: Leader Nutrients (Grey Divider)		
A. Introduction		
1. It's An Inside Job.....	12	
2. It's An Inside Job Worksheet	13	11
3. Dietary Guidelines for Americans 2005.....	14-15	
4. Dietary Guidelines for Americans 2005 (overhead)	16	
5. MyPyramid – Educational Framework.....	17-20	
6. Anatomy of MyPyramid	21	
7. MyPyramid Handout	22	
8. MyPyramid Food Intake Patterns	23	
9. Give Yourself Five: Five Fruits & Vegetables a Day.....	24	
10. Running in High Gear – Food for Sports	25	
11. Training Diet for Athletes	26	
12. Eating for Energy.....	27	
13. Food & Fitness.....	28	
B. Water		
1. Focus on Water.....	29-32	12-13
2. Focus on Water Worksheet.....	33-34	14-15
3. What's in this Beverage?	35	16
4. Beverage Sampling Lab.....	36	
5. Sampling Lab Evaluation Form.....	37	
6. Taste Adventure – Beverage Recipes	38	