

Health, Nutrition, Track and Field Review

CANADA FOOD GUIDE:

Benefits include: meeting the needs of various nutrients, vitamins, minerals

Reduce the risk of obesity, diabetes, heart disease, certain cancers, osteoporosis

Contributes to better health, vitality, energy levels, longer lifespan

How much food: For girls and boys between ages 11-16 the following chart shows approximate daily servings for each category.

❖ Fruits and Vegetables	6-7
❖ Grains	6
❖ Milk and Alternatives	3-4
❖ Meat and Alternatives	2-3

The more activity you do in a day, the more servings you can have. Energy input (food intake) must equal or balance energy output (calories burned through exercise) in order to maintain a healthy body weight. The average amount of calories for teenagers with average activity levels is 2000-2400 per day.

Serving Sizes: meat= palm of hand or deck of cards

Grains= half cup/ cupped handful/ size of a computer mouse

Fruit = one medium/half cup frozen or juice/vegetables= two cupped hands

Milk= 6 oz./ butter and oil= thumb tip/cheese two thumb tips

Wise Choices for healthy eating:

- Eat at least one dark green and one orange vegetable a day
- Enjoy fruit with no added sugar or fats
- Vegetables should be steamed or stir fried
- Enjoy real fruit instead of fruit juice
- Make grains whole grains that are low in fat and sugar
- Select low fat milk alternatives
- Choose lean meat, fish or meat alternatives
- Trim fat off meat
- Remove skin from poultry
- Choose low fat lunch meats

READING NUTRITION LABELS:

Three areas of a label will give you information on the nutritional value for the product

1. **Ingredients:** must be in order of highest to lowest so avoid product that has high sugar, fats, sodium, in the first three or four ingredients. If you cannot pronounce the words it is probably not a healthy choice. If it has a long list of ingredients it probably has a lot of additives. Be aware of other names for sugar (glucose, sucrose, honey, molasses, fructose, dextrose), trans fats (hydrogenated fats/oils, hard margarine), sodium (salts, baking soda, baking powder, onion salt, celery salt)
2. **Facts Table:** provides information on calories per item (and per serving which must be calculated into total calories), percentage daily values of nutrients , vitamins and minerals, and amounts of different types of fats (monounsaturated, polyunsaturated, saturated, and trans fats)
3. **Nutritional or health Claim:** provides a notice of a nutritional feature of the product but it is important to understand what each claim means and how they may be misleading.

“Sugar Free”/“Fat Free”/“No Trans Fats”/“Low in Sodium”/“Calorie reduced”/“Light”/“Reduced Fat”/“No Saturated Fats”/“No Sugar Added”

Each of the above claims may have other ingredients that are harmful to your health and make the item less of a healthy choice than what the claim is leading you to believe.

4. One other way to determine nutritional value from a label is by calculating the amount of calories from fats, carbohydrates and proteins and comparing it to the total amount of calories in the item.

1 gram of fat = 9 calories

1gram of carbohydrates = 4 calories

1 gram of protein = 4 calories

The number of calories from fat should not exceed 20-25% of the total calories for healthy choices.

BODY IMAGE

- Def'n: A person's perception of how they look
- Somatotypes: Ectomorph/Mesomorph/Endomorph
- Societal Influences on Body Image: family, friends, media, music videos, advertisements, magazine images
- Negative influences on body images by family, peers, others (sarcasm, jokes, name calling, harassment, scapegoating, weightism, gender roles, bullying, cyber bullying)
- Daily methods to create a Body Image: clothes, hair, hygiene, hats, make up,
- Potentially dangerous methods to create a Body Image: dieting (anorexia nervosa/bulimia), steroids, plastic surgery, tattoos, piercings,
- Strategies to maintain a positive body image (focus on your strengths, be comfortable with who you are, make realistic goals for image, choose positive and supportive friends, respond to others assertively)

TRACK AND FIELD

High Jump: Using a banana loop or letter C approach to the bar, jump with one foot take-off using a Western Roll, Scissor kick style or Fosbury flop. You will have 3 attempts to succeed at each height. Once you miss three jumps at a given height, you are eliminated and your last successful height will be recorded as your results.

Disqualified Jumps: Two foot take-off, knock bar down, touch the bar or crash mat, 2 attempts at the bar without jumping

Shot Put: Place shot at base of middle three fingers, tuck it against neck under chin, push up 45 degrees with a push, use a shuffle or kick for extra power

Discus: Grip discus with hand on top and first knuckle over the edge, swing arms 45 degrees to warm up, release at 45 degrees spinning the discus to the right off your index finger. (like slipping off a bar of soap). Use a shuffle for more power

Disqualified throws: If throw the shot put, if throws go out of bounds, if you step out the front of the throw circle

Triple Jump: hop, step, jump approach (right, right, left or left, left, right footwork). Measurement is from the first hop and taken in the sand at the point furthest to the take-off board. Three attempts will be given and the best results used.

Disqualified jump: using the incorrect footwork, going over the take-off line