

# Personal Care Series

# NUTRITION

REM 1145A

WRITTEN BY: Martha C. Reith

EDITED BY: Marcella Hines, Becky Majewski,  
& Sara Korn

LAYOUT BY: Christina Farris

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# INTRODUCTION

Nutrition is important for everyone. Now that there are hundreds of fast-food restaurants, it is especially important that students become aware of what they eat, the quality and quantity of food they eat, and why they eat. What people eat affects health and well-being. The purpose of this book is to provide students with up-to-date information on the principles of good nutrition.

Each lesson is followed by questions to check student understanding. A glossary and several interesting charts and graphs provide opportunities for the development of many important reading skills.

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Name \_\_\_\_\_

# Fat: Public Enemy Number 1



Americans eat too many saturated, hydrogenated, and processed fats. These harmful fats, along with too much sugar in the diet, have been linked to health problems such as obesity, heart disease, diabetes, and cancer.

What harmful fatty foods do we eat? You might be surprised! Some harmful high-fat foods are hot dogs, french fries, potato chips, and fried foods in general. Chocolate, ice cream, pies, doughnuts, cakes, and cookies are loaded with the wrong kinds of fat as well. They are also very high in sugar.

There are three kinds of fat. They are saturated, monounsaturated, and polyunsaturated. Most saturated fats raise the blood cholesterol levels. Monounsaturated fats are actually good for you. Olive oil, fish oil, and flax oil are good sources of healthy fats. Monounsaturated and polyunsaturated fats either lower or have no effect on blood cholesterol.

It is important for you to know what kinds of fats and sugars are in the foods you eat.

1. In one paragraph, summarize the main idea of this article. \_\_\_\_\_

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2. List five of your favorite foods. \_\_\_\_\_

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3. List three high-fat/high-carbohydrate food snacks, and next to each, name a low-fat/low-carbohydrate food that you could eat instead.

\_\_\_\_\_/\_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_

4. Name the three types of fats. Which is the most harmful? \_\_\_\_\_

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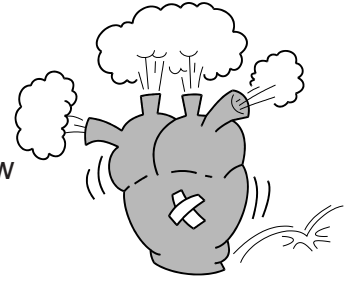
5. What diseases are caused by too much of the wrong kind of fat in the diet? \_\_\_\_\_

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Name \_\_\_\_\_

## Cholesterol: The Silent Killer



Doctors warn us that eating foods high in cholesterol can be harmful. How do we know which foods are high in cholesterol? What is cholesterol?

Usually, most food that comes from animals is high in a fatty substance called cholesterol. This type of fat is bad, because when the levels become high, they leave fatty deposits in the arteries. These obstructions narrow the arteries and make it hard for the blood to flow through them. This is very dangerous because blood must flow freely to reach the tissues of the body.

This build-up can take time. It might start in childhood. Nothing may happen for 20 or even 40 years. Then, suddenly, a person may suffer a stroke, a heart attack, or sudden death, because the blood cannot flow to the brain or heart.

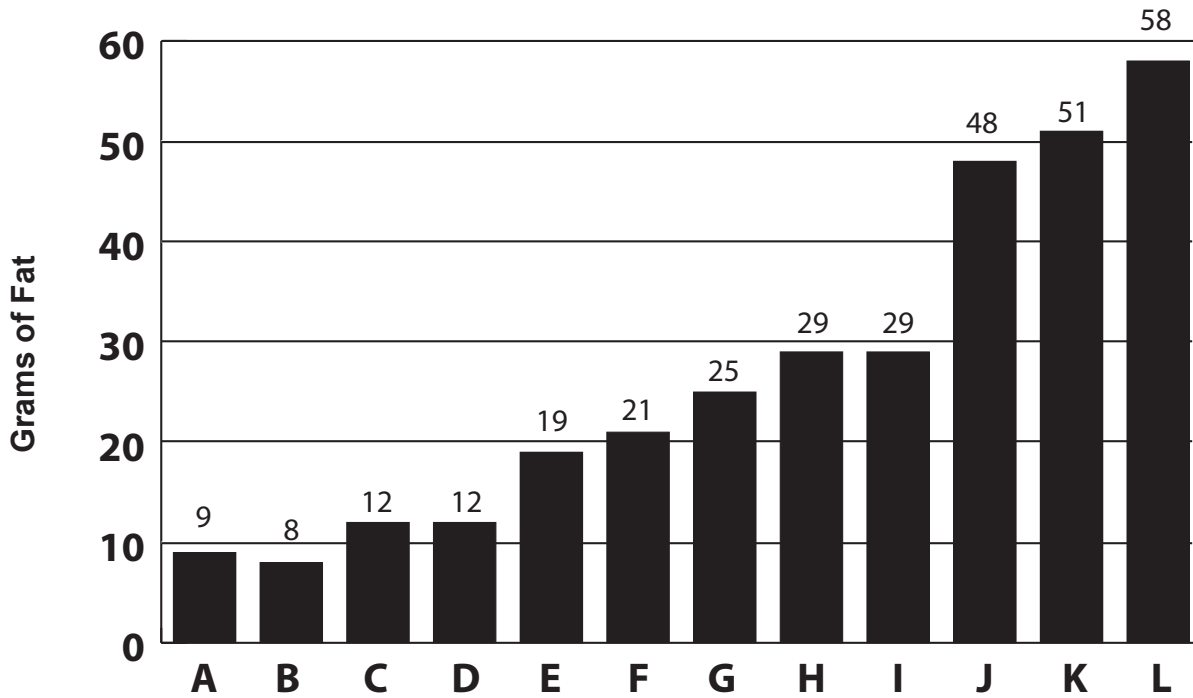
Researchers have discovered that children as young as seven years old have fatty streaks on the walls of their blood vessels. These streaks are the first stages of heart disease.

It is important to remember that by eating food high in cholesterol now, you may be setting up your body for harm later. Taking care of your body now will help you stay healthier as you grow older.

1. Why is cholesterol the silent killer? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. What is cholesterol? Where is it found? \_\_\_\_\_  
\_\_\_\_\_
3. Why is it dangerous to eat foods high in cholesterol? \_\_\_\_\_  
\_\_\_\_\_
4. What can you do to keep your cholesterol levels down? \_\_\_\_\_  
\_\_\_\_\_
5. Why is it important to be aware of the food you eat? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name \_\_\_\_\_

## Fat in Fast Foods



### FAST-FOOD LEGEND

<b>A</b> = McDonald's hamburger	<b>G</b> = Jack in the Box Hamburger Deluxe with cheese
<b>B</b> = Wendy's Jr. hamburger	<b>H</b> = McDonald's Big Mac
<b>C</b> = Jack in the Box hamburger	<b>I</b> = Burger King double cheeseburger
<b>D</b> = McDonald's cheeseburger	<b>J</b> = Burger King Whopper with cheese
<b>E</b> = McDonald's Quarter Pounder	<b>K</b> = Wendy's Baconator
<b>F</b> = Burger King Whopper Jr.	<b>L</b> = Burger King Double Whopper

Use the letters from the legend to answer the questions.

1. What is represented on the vertical lines of the graph? \_\_\_\_\_
2. Which fast food is highest in fat? \_\_\_\_\_
3. Which two fast foods have the least fat? \_\_\_\_\_
4. How many grams of fat are in "J"? \_\_\_\_\_
5. Which fast food contains 51 grams of fat? \_\_\_\_\_
6. What is letter "C" on the chart? \_\_\_\_\_
7. How many grams of fat are in "E"? \_\_\_\_\_
8. Which fast foods contain 12 grams of fat? \_\_\_\_\_  
\_\_\_\_\_
9. What is the difference between the amount of fat in "A" and "L"? \_\_\_\_\_