



PLANIT
TEACHERS

Creating a Balanced Nutrition Plan: A Homework Sheet for 14-Year-Old Students

Student Name: _____

Class: _____

Due Date: _____

Welcome to this homework sheet on creating a balanced nutrition plan! By the end of this activity, you will be able to:

- Understand the importance of nutrition for your health and well-being
- Identify the main food groups and their roles in a balanced diet
- Create a simple meal plan that meets your nutritional needs

Foundation Level: Read the introduction and objectives carefully. Can you think of why nutrition is important for your health?

Core Level: Write a short paragraph explaining why nutrition is crucial for your health and well-being.

Extension Level: Research and write about a specific nutrition-related topic, such as the impact of sugar on health.

Activity 1: Food Groups Sorting

Sort the following foods into their respective groups:

- Carbohydrates: bread, pasta, rice
- Proteins: chicken, fish, beans
- Fats: oils, nuts, avocados
- Fruits: apples, bananas, oranges
- Vegetables: broccoli, carrots, spinach
- Dairy: milk, cheese, yogurt

Foundation Level: Use the provided list to sort the foods into their groups.

Core Level: Add more foods to each group and explain why they belong there.

Extension Level: Research and add more complex foods, such as whole grains and lean proteins.

Activity 2: Calculating Daily Nutritional Needs

Calculate your daily nutritional needs based on your activity level:

- Sedentary: 1,600-2,000 calories
- Moderately active: 1,800-2,200 calories
- Very active: 2,000-2,400 calories

Foundation Level: Choose your activity level and calculate your daily calorie needs.

Core Level: Calculate your daily protein, carbohydrate, and fat needs based on your activity level.

Extension Level: Research and calculate your daily vitamin and mineral needs.

Activity 3: Meal Planning

Create a simple meal plan for one day, including breakfast, lunch, dinner, and snacks. Make sure to include a variety of foods from all food groups.

Foundation Level: Use a template to plan your meals.

Core Level: Plan your meals based on your daily nutritional needs.

Extension Level: Create a meal plan for a specific dietary need, such as vegetarian or gluten-free.

Activity 4: Hydration and Snacking

Why is hydration important for your health?

What are some healthy snack options?

Foundation Level: Answer the questions in short sentences.

Core Level: Write a short paragraph explaining the importance of hydration and healthy snacking.

Extension Level: Research and write about the benefits of different types of hydration and snacks.

Activity 5: Case Study

Read the following case study:

"Emily is a 14-year-old student who is moderately active. She wants to create a balanced nutrition plan to support her health and well-being."

Foundation Level: Answer the following questions:

- What are Emily's daily nutritional needs?
- What foods should Emily include in her meal plan?

Core Level: Create a meal plan for Emily based on her nutritional needs.

Extension Level: Research and write about the benefits of a balanced nutrition plan for Emily's specific needs.

Activity 6: Reflection and Goal Setting

Reflect on what you have learned about creating a balanced nutrition plan. Set a goal to make one change to your diet or lifestyle to support your health and well-being.

Foundation Level: Write a short paragraph reflecting on what you have learned.

Core Level: Set a specific goal and create a plan to achieve it.

Extension Level: Research and write about the benefits of setting goals and making lifestyle changes.

Activity 7: Nutrition and Performance

Research and write about the importance of nutrition for physical performance and recovery.

Foundation Level: Answer the following questions:

- Why is nutrition important for physical performance?
- What foods support recovery after exercise?

Core Level: Write a short paragraph explaining the importance of nutrition for physical performance and recovery.

Extension Level: Research and write about the benefits of specific nutrients for physical performance and recovery.

Activity 8: Sustainable Eating

Research and write about the importance of sustainable eating and reducing food waste.

Foundation Level: Answer the following questions:

- What is sustainable eating?
- Why is reducing food waste important?

Core Level: Write a short paragraph explaining the importance of sustainable eating and reducing food waste.

Extension Level: Research and write about the benefits of sustainable eating and reducing food waste for the environment and health.

Conclusion

Congratulations on completing this homework sheet! Remember to apply what you have learned to create a balanced nutrition plan that supports your health and well-being.

Foundation Level: Reflect on what you have learned and set a goal to make one change to your diet or lifestyle.

Core Level: Create a plan to achieve your goal and reflect on what you have learned.

Extension Level: Research and write about the benefits of creating a balanced nutrition plan and making lifestyle changes to support health and well-being.

Nutrition and Lifestyle

A balanced nutrition plan is not just about the food we eat, but also about our lifestyle choices. Regular physical activity, adequate sleep, and stress management are all important factors to consider when creating a healthy lifestyle. In this section, we will explore the importance of nutrition and lifestyle and how they impact our overall health and well-being.

Example: Healthy Lifestyle Choices

For example, a person who eats a balanced diet but does not get enough sleep may still be at risk for chronic diseases such as diabetes and heart disease. On the other hand, a person who exercises regularly but has a poor diet may also be at risk for health problems.

Key Concepts: nutrition, lifestyle, physical activity, sleep, stress management

- Nutrition: the process of taking in and utilizing nutrients from food
- Lifestyle: the way in which a person lives, including their habits, behaviors, and environment
- Physical activity: any movement of the body that requires energy expenditure
- Sleep: the state of rest or inactivity, typically occurring at night
- Stress management: the process of coping with and reducing stress

Meal Planning and Grocery Shopping

Meal planning and grocery shopping are essential skills for creating a balanced nutrition plan. In this section, we will explore the importance of meal planning and grocery shopping and provide tips and strategies for making healthy choices.

Case Study: Meal Planning and Grocery Shopping

For example, a person who plans their meals in advance and makes a grocery list can avoid last-minute takeout or fast food and instead choose healthy, whole foods. Additionally, shopping the perimeter of the grocery store, where fresh produce, meats, and dairy products are typically located, can help individuals avoid processed and packaged foods.

Practice Questions:

1. What are the benefits of meal planning and grocery shopping?
2. How can you make healthy choices when grocery shopping?
3. What are some tips for planning healthy meals in advance?

Food Safety and Handling

Food safety and handling are critical components of a balanced nutrition plan. In this section, we will explore the importance of food safety and handling and provide tips and strategies for handling and preparing food safely.

Research Task: Food Safety and Handling

Research and write about the importance of food safety and handling, including proper food storage, handling, and preparation techniques. Be sure to include information on foodborne illnesses and how to prevent them.

Extension: Create a public service announcement or poster about the importance of food safety and handling.

Nutrition and Disease Prevention

A balanced nutrition plan can help prevent chronic diseases such as heart disease, diabetes, and certain types of cancer. In this section, we will explore the relationship between nutrition and disease prevention and provide tips and strategies for making healthy choices to reduce the risk of chronic diseases.

Example: Nutrition and Disease Prevention

For example, a person who eats a diet high in fruits, vegetables, and whole grains can reduce their risk of heart disease and certain types of cancer. Additionally, a person who is physically active and maintains a healthy weight can reduce their risk of developing type 2 diabetes.

Key Concepts: nutrition, disease prevention, chronic diseases, risk reduction

- Nutrition: the process of taking in and utilizing nutrients from food
- Disease prevention: the process of preventing or reducing the risk of disease
- Chronic diseases: diseases that are long-term and often require ongoing management, such as heart disease and diabetes
- Risk reduction: the process of reducing the risk of disease or injury

Nutrition and Mental Health

There is a complex relationship between nutrition and mental health. In this section, we will explore the importance of nutrition for mental health and provide tips and strategies for making healthy choices to support mental well-being.

Case Study: Nutrition and Mental Health

For example, a person who eats a diet high in omega-3 fatty acids, such as those found in fatty fish, may have a reduced risk of depression. Additionally, a person who is physically active and gets enough sleep may have improved mental health and well-being.

Practice Questions:

1. What is the relationship between nutrition and mental health?
2. How can nutrition support mental well-being?
3. What are some tips for making healthy choices to support mental health?

Nutrition and Sustainability

The food system has a significant impact on the environment, and nutrition plays a critical role in sustainability. In this section, we will explore the importance of sustainable nutrition and provide tips and strategies for making environmentally-friendly food choices.

Research Task: Nutrition and Sustainability

Research and write about the impact of the food system on the environment and the importance of sustainable nutrition. Be sure to include information on sustainable agriculture, food waste, and environmentally-friendly food choices.

Extension: Create a public service announcement or poster about the importance of sustainable nutrition and environmentally-friendly food choices.



PLANIT
TEACHERS

**Creating a Balanced Nutrition Plan: A Homework Sheet
for 14-Year-Old Students**

Student Name: _____

Class: _____

Due Date: _____

Welcome to this homework sheet on creating a balanced nutrition plan! By the end of this activity, you will be able to:

- Understand the importance of nutrition for your health and well-being
- Identify the main food groups and their roles in a balanced diet
- Create a simple meal plan that meets your nutritional needs

Foundation Level: Read the introduction and objectives carefully. Can you think of why nutrition is important for your health?

Core Level: Write a short paragraph explaining why nutrition is crucial for your health and well-being.

Extension Level: Research and write about a specific nutrition-related topic, such as the impact of sugar on health.

Activity 1: Food Groups Sorting

Sort the following foods into their respective groups:

- Carbohydrates: bread, pasta, rice
- Proteins: chicken, fish, beans
- Fats: oils, nuts, avocados
- Fruits: apples, bananas, oranges
- Vegetables: broccoli, carrots, spinach
- Dairy: milk, cheese, yogurt

Foundation Level: Use the provided list to sort the foods into their groups.

Core Level: Add more foods to each group and explain why they belong there.

Extension Level: Research and add more complex foods, such as whole grains and lean proteins.

Activity 2: Calculating Daily Nutritional Needs

Calculate your daily nutritional needs based on your activity level:

- Sedentary: 1,600-2,000 calories
- Moderately active: 1,800-2,200 calories
- Very active: 2,000-2,400 calories

Foundation Level: Choose your activity level and calculate your daily calorie needs.

Core Level: Calculate your daily protein, carbohydrate, and fat needs based on your activity level.

Extension Level: Research and calculate your daily vitamin and mineral needs.

Activity 3: Meal Planning

Create a simple meal plan for one day, including breakfast, lunch, dinner, and snacks. Make sure to include a variety of foods from all food groups.

Foundation Level: Use a template to plan your meals.

Core Level: Plan your meals based on your daily nutritional needs.

Extension Level: Create a meal plan for a specific dietary need, such as vegetarian or gluten-free.

Activity 4: Hydration and Snacking

Why is hydration important for your health?

What are some healthy snack options?

Foundation Level: Answer the questions in short sentences.

Core Level: Write a short paragraph explaining the importance of hydration and healthy snacking.

Extension Level: Research and write about the benefits of different types of hydration and snacks.

Activity 5: Case Study

Read the following case study:

"Emily is a 14-year-old student who is moderately active. She wants to create a balanced nutrition plan to support her health and well-being."

Foundation Level: Answer the following questions:

- What are Emily's daily nutritional needs?
- What foods should Emily include in her meal plan?

Core Level: Create a meal plan for Emily based on her nutritional needs.

Extension Level: Research and write about the benefits of a balanced nutrition plan for Emily's specific needs.

Activity 6: Reflection and Goal Setting

Reflect on what you have learned about creating a balanced nutrition plan. Set a goal to make one change to your diet or lifestyle to support your health and well-being.

Foundation Level: Write a short paragraph reflecting on what you have learned.

Core Level: Set a specific goal and create a plan to achieve it.

Extension Level: Research and write about the benefits of setting goals and making lifestyle changes.

Activity 7: Nutrition and Performance

Research and write about the importance of nutrition for physical performance and recovery.

Foundation Level: Answer the following questions:

- Why is nutrition important for physical performance?
- What foods support recovery after exercise?

Core Level: Write a short paragraph explaining the importance of nutrition for physical performance and recovery.

Extension Level: Research and write about the benefits of specific nutrients for physical performance and recovery.

Activity 8: Sustainable Eating

Research and write about the importance of sustainable eating and reducing food waste.

Foundation Level: Answer the following questions:

- What is sustainable eating?
- Why is reducing food waste important?

Core Level: Write a short paragraph explaining the importance of sustainable eating and reducing food waste.

Extension Level: Research and write about the benefits of sustainable eating and reducing food waste for the environment and health.

Conclusion

Congratulations on completing this homework sheet! Remember to apply what you have learned to create a balanced nutrition plan that supports your health and well-being.

Foundation Level: Reflect on what you have learned and set a goal to make one change to your diet or lifestyle.

Core Level: Create a plan to achieve your goal and reflect on what you have learned.

Extension Level: Research and write about the benefits of creating a balanced nutrition plan and making lifestyle changes to support health and well-being.

Well done on completing your homework children!