Healthy Lifestyle for the Win!

By: Samantha Paros

A HEALTHY diet has many benefits, including maintaining your DESIRED (wanted, wished) weight. It also can lower your CHOLESTEROL (a waxy, fat-like substance that's found in all the cells in your body) and prevent certain health conditions. A healthy diet fuels your body and gives you ENERGY. The choices you make about what you eat and drink matter. They should add up to a balanced, NUTRITIOUS diet. We all have different calorie needs based on gender, age, and activity level. Health CONDITIONS can play a role too.

Spell: BALANCED SUBSTANCE CALORIE

What kind of diet are we talking about today? HEALTHY

_____, a waxy, fat-like substance that's found in all cells in your body. CHOLESTEROL

Health _____ can play a role too. CONDITIONS

Name one synonym for the word "desired" used in the text. WANTED, WISHED

Name one benefit of a healthy diet. MAINTAINING DESIRED WEIGHT, LOWER CHOLESTEROL, PREVENT CERTAIN HEALTH CONDITIONS, FUELS YOUR BODY, GIVES YOU ENERGY

Calorie needs are based on what? Name one. GENDER, AGE, ACTIVITY LEVEL

Fruits and vegetables are rich in FIBER, VITAMINS, and MINERALS. They should be the basis of your diet. Try to get many different colors of fruits and vegetables each day to add flavor and variety. Fruits and vegetables should cover half of your plate at each meal. Try not to add SATURATED fats and sugar to them. This means avoiding MARGARINE, butter, mayonnaise, and sour cream. You can use yogurt, healthy oils (such as CANOLA or olive oil), or herbs instead. Potatoes and corn are not considered vegetables. Your body processes them more like grains.

Spell: GRAINS DIET CONSIDERED

Fruits and _____ are rich in fiber, vitamins, and minerals. VEGETABLES

Fruits and vegetables should cover half of your _____ at each meal. PLATE

Name one thing fruits and vegetables are rich in. FIBER, VITAMINS, MINERALS

Why should someone try to get many different colors of fruits and vegetables each day? ADD FLAVOR, VARIETY

What should you not add to them? Name one. SATURATED FATS, SUGAR

Name two things you should avoid according to the text. MARGARINE, BUTTER, MAYONNAISE, SOUR CREAM

Name one food that is not considered a vegetable. POTATOES, CORN

What is your favorite fruit/vegetable?

To maintain a healthy diet, choose products that list whole grains as the first ingredient. Whole grains are high in fiber, PROTEIN (large, complex molecules that play many important roles in the body), and vitamins. They are DIGESTED slowly, which helps you feel full longer and keeps you from overeating. Avoid products that say ENRICHED (enhanced, improved). Hot cereals like oatmeal are usually low in saturated fat. However, INSTANT cereals with cream may contain processed oils and can be high in sugar. Granola cereals usually contain a lot of sugar. Cold cereals are generally made with REFINED (purified, clarified) grains and are high in sugars. Look for whole-grain, low-sugar options instead. Try not to eat rich sweets, such as DOUGHNUTS, rolls, and muffins. Consider fruit or a piece of dark chocolate instead to satisfy your sweet tooth.

Spell: INGREDIENT OVEREATING SATISFY

Choose products that list _____ _____ as the first ingredient. WHOLE GRAINS

Which word means large, complex molecules that play many important roles in the body? PROTEIN

_____ cereals with cream may contain processed oils and can be high in sugar. INSTANT

Name one thing whole grains are high in. FIBER, PROTEIN, VITAMINS

They are digested slowly, which helps you what? Name one. FEEL FULL LONGER, KEEPS YOU FROM OVEREATING

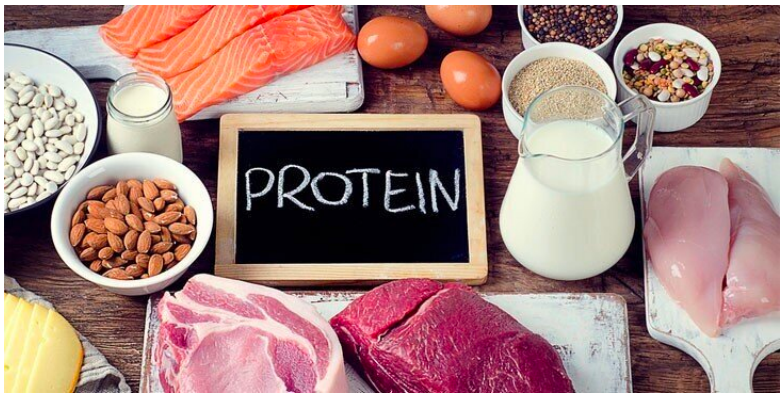
What is a synonym for the word enriched? ENHANCED, IMPROVED

What is a synonym for the word refined? PURIFIED, CLARIFIED

Name a rich sweet mentioned. DOUGHNUTS, ROLLS, MUFFINS

Name a brand of cereal you know of.

What is your favorite rich sweet? What makes it your favorite?



Protein can come from animal and vegetable SOURCES. People who get more of their protein from animal sources tend to have more health problems that can lead to ILLNESS and early death. It is healthier to eat meat less often and get most of your protein from plant sources. When you eat meat, choose LEANER (having no SUPERFLUOUS fat) cuts. There are many ways to get protein in your diet even if you do not eat meat. Most vegetables have some protein. When you eat these vegetables with whole grains, seeds, nuts, and especially beans, you can get a good amount of protein. You can SWAP (exchange, switch) beans for meat in recipes like lasagna or chili. Soy foods such as TOFU, TEMPEH, and EDAMAME are also good sources of protein.

Spell: PROBLEMS AMOUNT LASAGNA

Protein can come from animal and vegetable _____. SOURCES

It is healthier to eat _____ less often. MEAT

What is the definition of leaner? HAVING NO SUPERFLUOUS FAT

People who get more of their protein from animal sources tend to have more health problems that can lead to what? Name one. ILLNESS, EARLY DEATH

Name two vegetables mentioned that have whole grains. SEEDS, NUTS, BEANS

What is a synonym for the word swap? EXCHANGE, SWITCH

Name a soy food that is a good source of protein. TOFU, TEMPEH, EDAMAME

It is best to TRIM (cut, clip) off the outside fat before cooking any meat. Trim any inside fat before eating it. Many people use herbs, spices, and low-sodium MARINADES to season meat. The healthiest ways to cook meat are by baking, BROILING, grilling, and roasting. Use a NONSTICK pan, canola oil, or olive oil instead of butter or margarine. Don't serve meat with high-fat sauces and GRAVIES.

Spell: HERBS SODIUM SEASON

It is best to trim off the _____ fat before cooking any meat. OUTSIDE

Trim any _____ fat before eating it. INSIDE

What is a synonym for the word trim? CUT, CLIP

What do many people use to season meat? Name one. HERBS, SPICES, LOW-SODIUM MARINADES

Name two of the healthiest ways to cook meat. BAKING, BROILING, GRILLING, ROASTING

What is one thing you could use instead of butter or margarine? NONSTICK PAN, CANOLA OIL, OLIVE OIL

Name one thing you should not serve meat with. HIGH-FAT SAUCES, GRAVIES

What is another synonym for the word trim?

If you were going to cook meat, which way would you choose to cook it?

Being healthy is more than a diet – it's a LIFESTYLE. Combine healthy food choices with regular EXERCISE and smart HABITS. Adults should get at least 150 minutes of MODERATE exercise each week. Children and teens should get at least 60 minutes of exercise every day. When you COMMIT (execute, carry out) to a healthy lifestyle, you can reduce your risk of certain conditions. These include OBESITY, diabetes, heart disease, and cancer. If you're worried, try making small changes to your diet over time. Talk with your family doctor or a DIETITIAN (an expert on diet and nutrition) if you have questions.

Spell: REDUCE RISK COMMIT

Being healthy is more than a diet – it's a _____. LIFESTYLE

Adults should get at least 150 minutes of _____ exercise each week. MODERATE

What is a synonym for the word commit? EXECUTE, CARRY OUT

You should combine healthy food choices with what? Name one. REGULAR EXERCISE, SMART HABITS

Name two conditions mentioned. OBESITY, DIABETES, HEART DISEASE, CANCER

Who should you talk to if you have questions? Name one. FAMILY DOCTOR, DIETITIAN

How many minutes of moderate exercise should adults get per week? 150 MINUTES

How many minutes of exercise should children and teens get each day? 60 MINUTES

What are your thoughts on maintaining a healthy diet? Explain!