

# Nutrition

## *Unit Learning Objectives*

At the end of this unit, you should know...

- ✓ why we eat.
- ✓ how to define **macronutrient** and name the 3 types of macronutrients.
- ✓ characteristics unique to each of the 3 macronutrients (i.e. percent of daily calories, energy provided, roles/functions in the body).
- ✓ how to define **micronutrient** and name the 2 types of micronutrients.
- ✓ why **water** is neither a macro- nor micro- nutrient and what some of its functions are in the body.
- ✓ how to differentiate between vitamins and minerals (remember, if it's on the periodic table, it's a mineral) and identify why they're important for good health
- ✓ what factors influence our **food choices** and, more importantly, WHY they have that impact.
- ✓ how we might change our **eating behaviors** for the sake of better nutrition and avoiding over eating.
- ✓ why the USDA has gone from MyPyramid to **MyPlate** and why the **Healthy Eating Plate** from Harvard's School of Public Health may be a better choice in terms of dietary guidelines.
- ✓ what various **food label claims** are supposed to mean and how they influence consumer choices.
- ✓ how to calculate/determine (and know the recommendations for):
  - a. % calories from carbohydrates, fats and proteins
  - b. Complex carbohydrates
  - c. % Daily Values for a given nutrient
  - d. Calories from CHO, fat and/or protein
- ✓ some pro's and cons to **genetically modifying organisms** (GMO's) and how to tell whether or not a food product contains GMO's.
- ✓ reasons why the **ingredients list** can be more helpful (and less confusing) than the nutrition facts label in determining whether or not a food product is something you should eat or not.
- ✓ ways we, as consumers, can improve our **food system** in the United States and why we need to.
- ✓ what **other implications, outside of nutrition**, poor management of the food system has on our community and on our world.
- ✓ why we need to **consider where our food comes from**.
- ✓ what are **good measures of health/fitness**.
- ✓ why **fad diets** are not a healthy means of losing fat weight and often do not work.
- ✓ some guidelines for **healthfully losing FAT weight** to reduce the risk of future health risks and/or as advised by a medical professional.