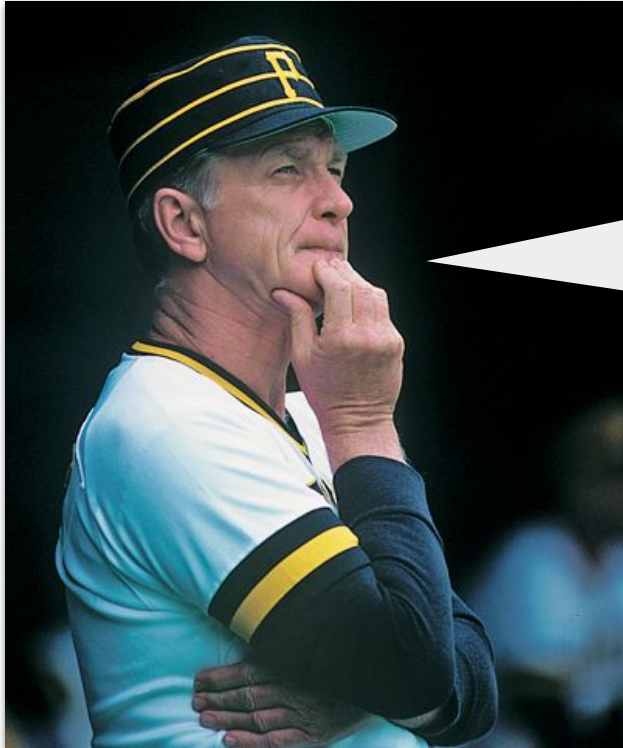


# Nutrition and Informed Choices

Activity	Time	Description
<b>Activity 1</b>	50 minutes	Youth are introduced to nutritional labels through a video about food labels. Youth then compare the nutritional labels and taste of different snack bars and develop a simple mathematical argument for which snack is the best choice.
<b>Activity 2</b>	10 minutes	Youth brainstorm and discuss how they can make better informed choices when choosing and consuming snacks.



# Nutrition and Informed Choices



“What you have to remember is that baseball isn’t a week or a month but a season—and a season is a long time.”  
– Chuck Tanner

What does this quote mean to you?  
What message is Chuck Tanner trying to send?

# Activity 1: Nutrition for Athletic Performance



- What are some of your favorite snacks to eat after school or before/after playing sports?
- Do you know what's in them (the ingredients or the nutrients)?

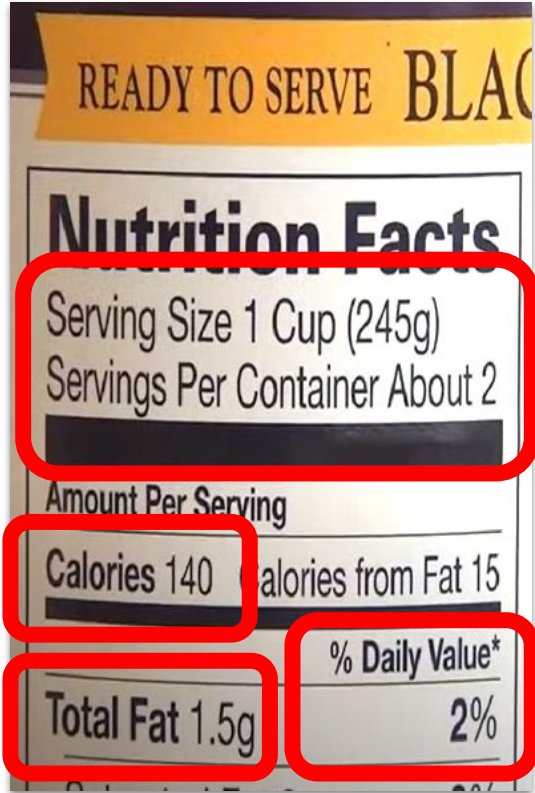


- Think (to yourself)
- Write (on the sticky note)
- Share (with a partner or small group)

# VIDEO: [How To Read Food Labels Nutrition Facts](#)



# Demonstrate Interpreting Nutrition Labels



- If the can contains 2 cups of soup, what portion of the can is one serving? How can this be represented as a fraction, decimal, and percent?
- How many calories are in the entire can?
- How many grams of fat are in the entire can?
- What percent daily value of fat is in the entire can?

# Calories in action!

**Fun Fact: 9-13 year olds with an active lifestyle will need 1800-2600 calories a day.**

SOURCE: [https://www.kidsandnutrition.co.uk/fun-facts-how-many-calories-does-child-burn.html#google\\_vignette](https://www.kidsandnutrition.co.uk/fun-facts-how-many-calories-does-child-burn.html#google_vignette)

## Which team sport do you think burns most calories per hour?

- |                         |        |
|-------------------------|--------|
| 1. Football?            | 1. 580 |
| 2. Baseball/Softball?   | 2. 290 |
| 3. Soccer?              | 3. 652 |
| 4. Basketball?          | 4. 507 |
| 5. Ice Hockey?          | 5. 507 |
| 6. An other sport? Why? |        |



### Turn and talk!

With your partner, make a prediction about which sport burns the most calories.

Get ready to vote with a thumbs up for your choice!

# VIDEO Macronutrients 101 [What Macros Are and Why They're Important] [8:23]

<https://www.youtube.com/watch?v=UgZi2nDglmA>



**What did you learn from the video?**

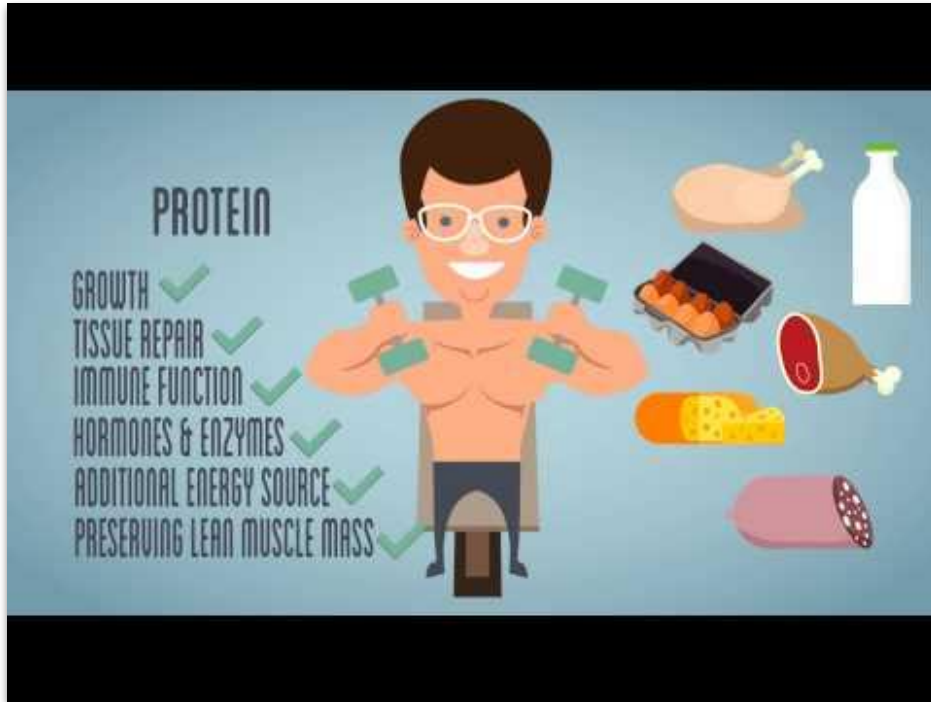
Turn and tell your partner one thing you learned.

**[STOP VIDEO AT 1:08. Video embedded in slideshow is set to stop at this time]**



## VIDEO: Macro Nutrients Explainer Video[1:30]

<https://www.youtube.com/watch?v=724AXGqQj6k>



**What did you learn from the video?**

Turn and tell your partner one thing you learned.



# Takis Nutrition Inquiry

- What do you notice about the nutritional label? What questions do you have?
- What is a serving size? How many servings are in the container?
- Which nutrients listed on the label are sources of energy?



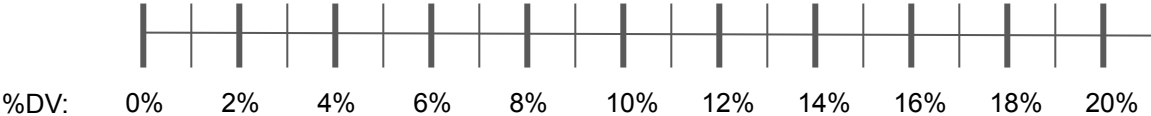
<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	1 oz (28g/about 12 pieces)
Amount per serving	
<b>Calories</b>	<b>150</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	4%
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 0mg	0%
Potassium 173mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Takis Nutrients Line Plot (blank)

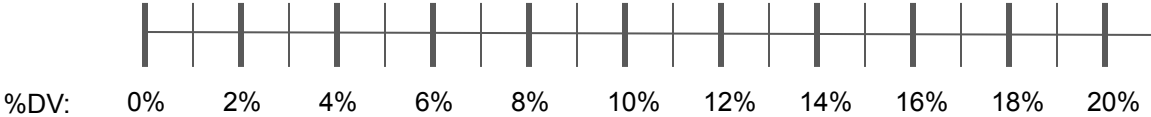
X = Takis

Macronutrient: **Fats**

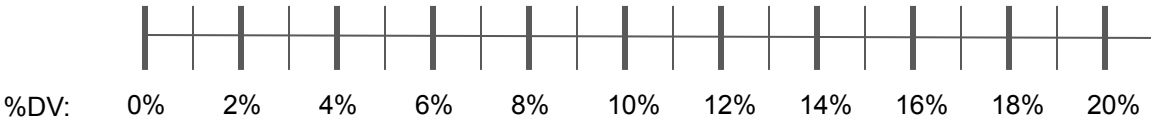


Macronutrient: **Carbohydrate**

(or "Carbs" or "Total Carb")



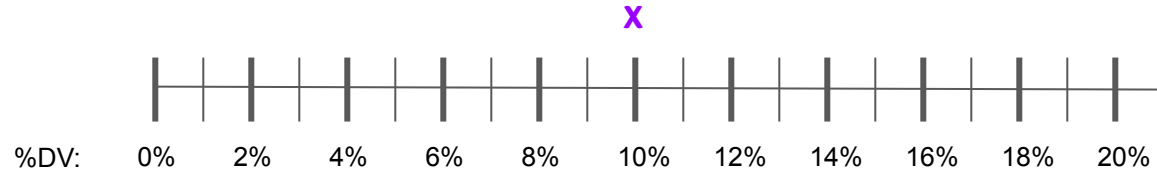
Macronutrient: **Protein**



# Takis Nutrients Line Plot (with data)

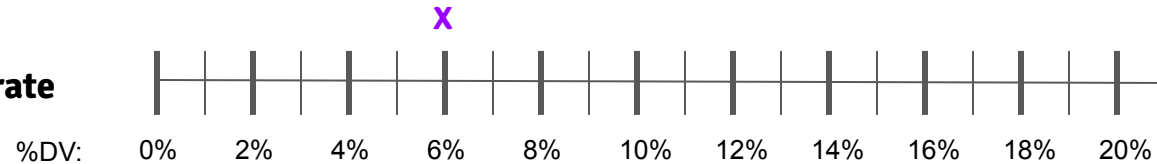
X = Takis

Macronutrient: **Fats**

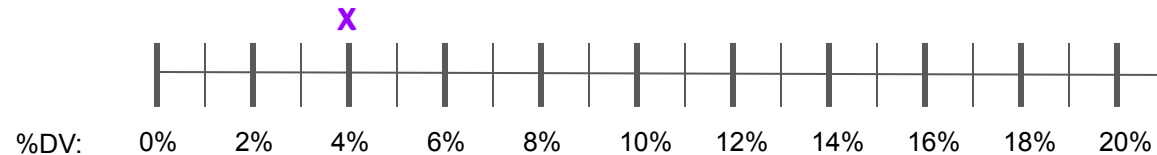


Macronutrient: **Carbohydrate**

(or "Carbs" or "Total Carb")



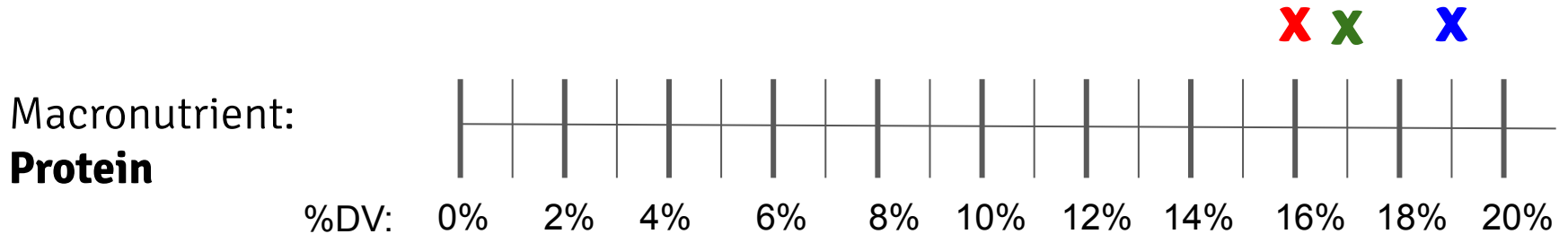
Macronutrient: **Protein**



# Creating Line Plots to Compare Percent Daily Value

Use different colors to represent different nutrition bars.

**EXAMPLE BARS:** x = Peanut Power Crunch Bar x = Strawberry Protein Bar x = Hard Core Energy Bar



Create three line plots to compare the %DV of each macronutrient.

# Mathematical Argument

**Question**: Which sports snack is the best for an athlete to consume to support their performance?

**Claim**: An **answer** to the question, for example, “The best nutrition bar is \_\_\_\_\_.”

**Evidence**: Information used to **support** the claim, such as from *nutrition labels*, *line plots* made to compare snacks, and any *other* information, such as taste.

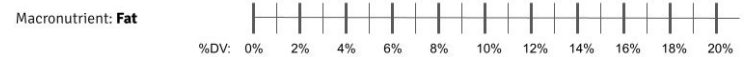
In your group of 3-4 youth:

1. Compare the percent daily value of macronutrients in each nutrition bar by creating line plots.
2. Create three line plots, with data from each snack represented by a different color.
3. Use these line plots to decide which nutrition bar is the best (develop your claim).
4. List 3 reasons that support your claim. Use information from the line plots and nutrition labels.

## Worksheet 1 - Which snack bar is the best for athletic performance?

1. Use the nutrition labels of your snack bars to create three line plots, one for each macronutrient (fat, carbohydrate, and protein). The number line shows the percent daily value (%DV) of the macronutrient in one bar. Use a different color to plot the nutrients for each bar and list the color in the key.

**KEY:** Bar #1 \_\_\_\_\_      Bar #2 \_\_\_\_\_      Bar #3 \_\_\_\_\_  
Color \_\_\_\_\_      Color \_\_\_\_\_      Color \_\_\_\_\_



2. Taste each bar rate its "tastiness" on a scale of 1 to 5: 1 is not tasty at all, and 5 is extremely tasty.

Bar #1 \_\_\_\_\_ Tastiness Rating (circle your rating): 1 2 3 4 5  
Bar #2 \_\_\_\_\_ Tastiness Rating (circle your rating): 1 2 3 4 5  
Bar #3 \_\_\_\_\_ Tastiness Rating (circle your rating): 1 2 3 4 5

### CLAIM:

The best snack bar is \_\_\_\_\_.

### EVIDENCE:

List 3 reasons this is the best snack bar. Use information from the line plots, the nutrition labels, and your "tastiness" ratings.

- 1)
- 2)
- 3)



- What evidence did you use to support your claim?
- What other information could the group use to support their claim?







- Which snack bar would you select for yourself next game day? Why?
- Is there a single right answer when choosing a nutrition bar or other sports snack? Why or why not?

# Activity 2: Informed Choices, Effort & Persistence

Brainstorm how what you learned in Activity 1 can influence your snack choices in the future.

**Write on a Post-it:**

What is one NEW THING you will consider or look for when picking out snacks for after school or sports?

What kind of snacks we chose	New things we will consider
	

**Post your ideas!**



- How has your thinking about snacks changed?
- How could effort and persistence be helpful as you make choices for healthy snacks?

