

DIETARY GUIDELINES

Volume 20 / Middle School

Balance, Moderation and Variety as Part of a Healthy Diet



**NASAFACS 9**

**9.3** Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.

**NASAFACS 14**

**14.1** Analyze factors that influence nutrition and wellness practices across the life span.



**Introduction**

Show the PDF document explaining the Dietary Guidelines from the USDA website at [health.gov/dietaryguidelines/](http://health.gov/dietaryguidelines/)

**Objectives**

Students will...

- Understand and demonstrate their ability to determine the caloric intake for various age and activity levels
- Learn how much of each food group should be consumed for that calorie level

**Career Clusters (Pathways)**

- Education and Training
- Agriculture, Food, and Natural Resources
- Human Services

**Materials**

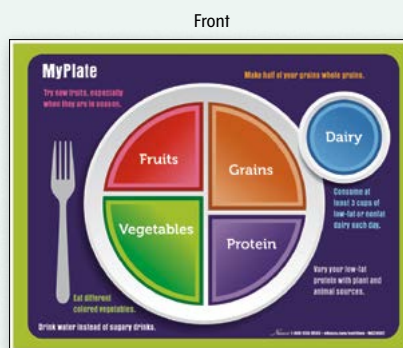
- Computer with projector and internet access for teacher to show parts of USDA Dietary Guidelines PDF. ([health.gov/dietaryguidelines/2015/guidelines](http://health.gov/dietaryguidelines/2015/guidelines))
- Nasco MyPlate Guidelines TearPad™ (WA29736)
- Nasco Dietary Guidelines TearPad™ (WA29125)
- Optional materials:
  - » Nasco My Daily Intake Wheel (WA27504)
  - » Portion Size MyPlate Bingo (WA24987)
  - » Smart Nutrition DVD (SB47218)
  - » The Label Says Game (WA26863)



## Day 1

The first class period is for viewing slides and discussing portions and daily intakes. Hand out sheets from the Nasco MyPlate Guidelines TearPad™ (WA29736) and Nasco Dietary Guidelines TearPad™ (WA29125). Have each student find their age and activity level and determine how many calories a day are recommended for them. Have the students go further and see how many cups of fruits and vegetables that includes. How much milk or dairy products? How many slices of bread or bowls of cereal?

Have the students record what they ate so far today on the guidelines sheet and then put it into the food groups on the right side of the sheet. Students should then evaluate their personal food intake. Are they half way through what they should have today, or are they lacking in a food group? Did they eat things that are not in any food group? List what they were. Are they empty calories — just fat and carbs without many nutrients?



Back

**Estimated Daily Calorie Needs**

To determine which food intake pattern to use for an individual, the following chart gives an estimate of individual calorie needs. The calorie ranges for each age group are based on physical activity level. From sedentary to very active, the calorie ranges are: 1,200-1,400, 1,400-1,600, 1,600-1,800, 1,800-2,000, 2,000-2,200, 2,200-2,400, 2,400-2,600, 2,600-2,800, 2,800-3,000, 3,000-3,200, 3,200-3,400, 3,400-3,600, 3,600-3,800, 3,800-4,000, 4,000-4,200, 4,200-4,400, 4,400-4,600, 4,600-4,800, 4,800-5,000, 5,000-5,200, 5,200-5,400, 5,400-5,600, 5,600-5,800, 5,800-6,000, 6,000-6,200, 6,200-6,400, 6,400-6,600, 6,600-6,800, 6,800-7,000, 7,000-7,200, 7,200-7,400, 7,400-7,600, 7,600-7,800, 7,800-8,000, 8,000-8,200, 8,200-8,400, 8,400-8,600, 8,600-8,800, 8,800-9,000, 9,000-9,200, 9,200-9,400, 9,400-9,600, 9,600-9,800, 9,800-10,000, 10,000-10,200, 10,200-10,400, 10,400-10,600, 10,600-10,800, 10,800-11,000, 11,000-11,200, 11,200-11,400, 11,400-11,600, 11,600-11,800, 11,800-12,000, 12,000-12,200, 12,200-12,400, 12,400-12,600, 12,600-12,800, 12,800-13,000, 13,000-13,200, 13,200-13,400, 13,400-13,600, 13,600-13,800, 13,800-14,000, 14,000-14,200, 14,200-14,400, 14,400-14,600, 14,600-14,800, 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Name: \_\_\_\_\_

The diagram is a mind map centered on a circle. The circle contains a horizontal line followed by the text "(Disease)". Six lines radiate from the circle to six rectangular boxes, each with a dark grey header and a white body containing a numbered list from 1 to 5.

- Symptoms/Characteristics** (top-left box)
- Causes** (top-right box)
- Who Gets It?** (middle-right box)
- Treatments** (bottom-right box)
- Possible Complications** (bottom box)
- Dietary Changes** (bottom-left box)
- Lifestyle Changes** (middle-left box)