

Face Your Life 2011
Week: 1 January 10 – January 16
Nutrition/ Food Labels

Name: _____
Team Name: _____ Team #: _____

Your Body is a Temple, Treat it that way!

Exercise is important for your body (obviously), but what you “fuel” your body with is just as important. This week, take a look at the food labels on some of the foods you eat most often. *Many Americans consume more calories than they need without meeting recommended intakes of daily nutrients. How about you? If you want to really challenge yourself this week, try writing down everything you eat for at least 3 days straight. How are you matching up with the U.S. Department of Health and Human Services Guideline?*

I. Read the article from the FDA U.S. Food and Drug Administration on Food Labeling.

For Points, take the attached quizzes (2).

II. Want to make sure you are using the equipment the right way/ the safe way?

Join us for group machine orientations on the following dates/times and learn how to use ALL the fitness equipment, including the cardiovascular and strength equipment. This is a great opportunity for you to learn something new:

Monday, January 10 (11am – 12pm) w/ Erika
Thursday, January 13 (5:30pm-6:15pm) w/ Nancy
Friday, January 14 (10am – 11am) w/ Erika

Please register at the Front Desk

One-on-One Machine Orientations can be scheduled w/ Erika Monday-Saturday. These are FREE.

III. Start Moving! Make it to the Sports Complex at least 3 times this week. _____ 400 points

IV. Exercise Points: 15 minutes = 25 points/limit 2-hours a day = 200 points

Please list your activity followed by the amount of time for each activity, see example below

Monday, Jan. 10: 30 minutes of walking/ 15 minutes of strength training/ 1 – 45 minute class = 150 points

Monday, January 10: _____	total _____
Tuesday, January 11: _____	total _____
Wednesday, January 12: _____	total _____
Thursday, January 13: _____	total _____
Friday, January 14: _____	total _____
Saturday, January 15: _____	total _____
Sunday, January 16: _____	total _____

Reminder: A maximum of 4 hours of home workouts can be counted per week. Please be specific when recording your exercise points.

Week #1 Workout Points: _____

V. Post A Team Name, Team Captain, Team Quote/ Theme on your board space _____ 300 points (each team member receives 300 points if this is accomplished)

Week #1

Understanding Nutrition Labels

1. List one reason why you should read the nutrition labels on food items? (100 points)?

2. Calories provide a measure of how much energy you get from a serving of food. Complete the following. Based on a 2,000 Calorie Diet, General Guide to Calories:
- _____ Calories is low (100 points)
 - _____ Calories is moderate (100 points)
 - _____ Calories or more is high (100 points)
3. DV stand for? (100 points)
- Diet Value
 - Daily Value
 - Decreased Value
 - Daily Volume
4. Experts advise adult consumers to consume adequate amounts of calcium. Based on a 2,000 calorie diet, How much calcium should an adult get daily? _____(100pts)
5. The Footnote on a nutrition label (circle all that apply): (100 points)
- changes from Product to product
 - Is usually provided on smaller packages
 - Provides recommended dietary information for important nutrients including fats, sodium and fiber
 - Provides information for a 2,000 and 2,500 calorie diet.
6. Listed on Nutrition Labels are “Get enough of these Nutrients”, which are usually listed in blue. These nutrients include: (100 points)
- dietary fiber
 - Vitamin A and C
 - Vitamin Calcium
 - Iron
 - All of the above except for d
 - All of the above
7. % DV ... (100 points)
- are based on the daily value recommendations for key nutrients but only for a 2,000 calorie daily diet – not 2,500 calorie diet.
 - Helps you determine if a serving of food is high or low in a nutrient.
 - All of the above
8. The nutrients that have “upper daily values” are listed first on the footnote of larger labels. Upper limits means it is recommended that you stay below - “eat less than” the daily value nutrients amounts listed per day. List the “eat –less than” nutrients and the recommended DV based on a 2,000 calorie diet
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