NUTRITION SERIES

15 nutrition lessons and videos for middle school and high school students
Paige Foote is a registered dietician with UCLA Sports Performance powered by Exos. Throughout this 15-lesson series, she will provide the basics of nutrition and apply healthy principles to everyday life.
COMPREHENSION QUESTIONS

1. How is what we eat similar to the gas we put in our cars?
2. List one way nutrition impacts our lives.
COMPREHENSION QUESTIONS

1. List one function of carbohydrates in the diet
2. List one function of protein in the diet
3. Aim to make at least ____ your grains from whole grains.
COMPREHENSION QUESTIONS

1. List one function of fat in the diet.
2. List one function of fruits and vegetables in the diet.
3. Why is one way you can add variety to your fruit and vegetable intake?
1. List one function of fluid in the diet.
2. What color should our urine be to indicate good hydration status?
3. What is one way people can drink more water during the day?
List one reason why too much added sugar in the diet can be a problem.

What is an example of a food or beverage that provides added sugar?

List one reason why too much sodium in the diet can be a problem.

What is an example of a food that is high in sodium?
COMPREHENSION QUESTIONS

1. What is one benefit of eating consistently throughout the day?
2. What are some negative effects of skipping meals and snacks?
3. How often should students aim to eat?
EATING OUT

COMPREHENSION QUESTIONS

1. How would you use the tips from today's lesson to order a meal from a sandwich shop?
2. How could you add a fruit or vegetable(s)?
3. What type of drink could you order?
4. What type of bread could you order?
COMPREHENSION QUESTIONS

1. What is one benefit of meal planning?
2. What are the 4 key nutrients you should try to include in each meal that you plan?
3. What is one way that you can save money while grocery shopping?
COMPREHENSION QUESTIONS

1. List the 3 things you want to include in a pre-workout meal (2-3 hours before).
2. What should you eat/drink if exercising for 30 minutes?
3. List the 3 things you want to include in a post-workout meal or snack.
COMPREHENSION QUESTIONS

1. What is one potential benefit of following a plant-based diet?
2. What is one potential risk of following a plant-based diet?
3. List one source of plant-based protein.
COMPREHENSION QUESTIONS

1. What type of cholesterol is considered "bad" and why?
2. List two sources of omega-3s
3. List a source of saturated/trans fats.
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LESSON 12

B VITAMINS

COMPREHENSION QUESTIONS

1. What is the difference between a micro and macronutrient?
2. What is a good source of Vitamin B2?
3. What is a good source of Vitamin B6?
What is the difference between a vitamin and a mineral?

List one source of magnesium.

List one type of person who may be at risk for not getting enough magnesium in their diet.
List two sources of caffeine.

List two negative side effects of caffeine.

Teens should try to consume less than how many mg of caffeine each day?
COMPREHENSION QUESTIONS

1. List one other reason why we need calcium besides strong bones and teeth.
2. What happens when we don't get enough calcium?
3. List two sources of calcium.