

Your Energy Bank: Saving and Spending

Lesson 7, Article.

R: 3.8

Eating for Energy

Are you energy rich, or energy poor? When you eat foods with high **nutrition**, your energy bank will be rich. Low nutrition foods (you know which ones!) will empty your account. The **consumption** of food, or the act of eating and drinking, is vital for your good **health**.

A Great Idea!

Start a food **journal**, or daily log of everything you eat and drink. After

a few days, do you see any missing **nutrients**? If so, select foods to fill the gap! Your body needs to **intake**, or absorb, enough **calories** so you can use them for the **expenditure** of **energy** in activities.

Healthy Foods

"**MyPyramid**" is a guideline for healthy eating using six food groups. Each **food group** represents a different nutritional category. MyPyramid offers **dietary guidelines**, or recommended food choices for health. You'll find information about the best **serving size**, or recommended quantity for each food. (See P. 109.)

Every **culture**, or group of people with certain beliefs and behaviors, has different kinds of foods. It would be fun to try some of them!

Kids, read P. 110, and then record your food diary on P. 111.

Calories In = Energy Out

A **diet**, or the usual food and drink eaten by a person in **moderation**, provides **calories**, the energy found in food. When you intake more calories than you use, you become **overweight** and in poor shape.

Less than you need, and you become **underweight** without much

energy. Intake just what you need, and there will be many good results:

- Your weight stays the same.
- Your body has a healthy pattern of nutrition.
- You feel good about yourself and how you look.
- You have the power to **influence**, or affect other people, to eat well.
- You'll be less likely to have a **disease** when you're older.

How does good nutrition affect your **metabolism**?

Good Nutrition Means High Performance

Many factors affect your growth, including how you feel about yourself, and what your family

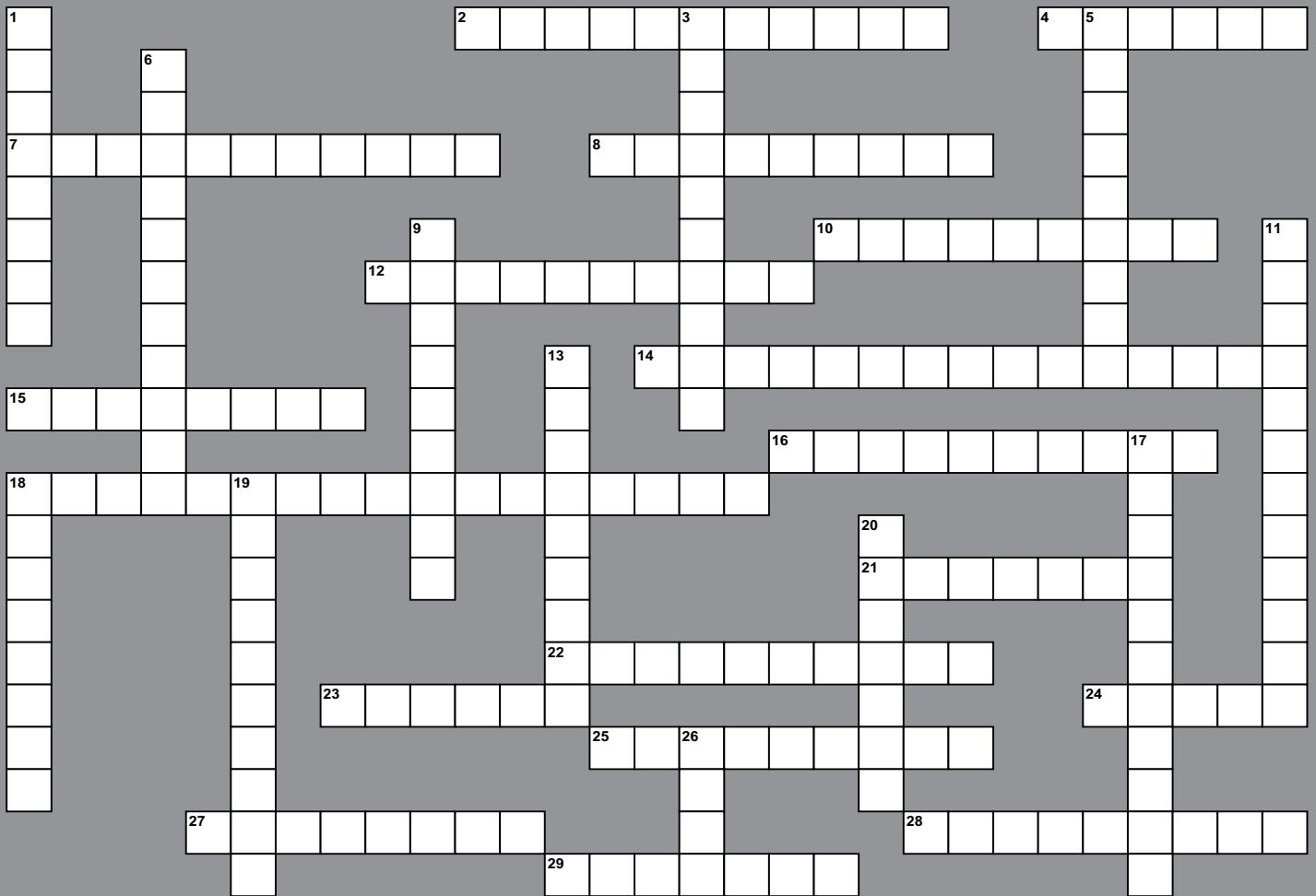
believes about food and **exercise**. Remember: sugary foods lead to low energy and poor work at school. The wrong foods pull you down, and the right foods lift you up. Fill your energy bank by eating right and exercising!



MyPyramid.gov
STEPS TO A HEALTHIER YOU
See P. 109.



Be wise! Reading non-fiction is a smart idea. Suggested readings: P. 55, P. 88.

**ACROSS**

- 2** The act of eating and drinking.
4 The body system that fights illness. P. 55.
7 The recommended quantity. (2 words.)
8 Rules for polite behavior. P. 65.
10 Work together toward a goal. P. 65.
12 A set of parts working together to help the body grow and stay healthy. (2 words.) P. 39.
14 Cigarettes, cigars, and smokeless tobacco. (2 words.) P. 88.
15 Searching for facts about a subject. P. 88.
16 Steps followed to reach a goal. P. 65.
18 Recommended food choices for health. (2 words.)

- 21** The practice of being clean. P. 52.

- 22** Easily spread from one person to another. P. 52.
23 Absorb.
24 Germs that cause illness. P. 55.
25 A discussion that helps people agree. P. 68.
27 Tighten. P. 39.
28 Foods in the same nutritional category. (2 words.)
29 The behaviors and beliefs of a group.

DOWN

- 1** Speaking your truth, with respect for others. (2 words.) P. 68.
3 A reason to do well. P. 121.

- 5** A guideline for the healthy eating of the six food groups. (2 words.)
6 A person's surrounding space. P. 76.
9 A group of people in the same location or having the same interest. P. 76.
11 The results of choices. ★
13 The power to affect people or events.
17 The act of using calories through physical activity.
18 A disease caused by too much sugar in the bloodstream. P. 52.
19 The solution to a problem. P. 68.
20 Lasting a long time. P. 55.
26 The usual food and drink eaten by a person.



1. When you burn more calories than you consume, you will:
 - ☐ A. Lose weight
 - ☐ B. Gain weight
 - ☐ C. Stay the same weight
 - ☐ D. Run faster
2. A food journal will help you develop a diet that is:
 - ☐ A. High in calories
 - ☐ B. Low in calories
 - ☐ C. High in nutrients
 - ☐ D. Low in nutrients

3. Discuss how your family's eating habits are either high in nutrition, or low in nutrition.

The Healthy Habits Weekly Challenge
(See P. 106 – 107.)

- A.** Drink 5 – 7 glasses of water at least five days a week. (1 point for each day. I earned ____)
Write in the number of glasses of water you drank each day:

M	T	W	Th	F	S	Su
---	---	---	----	---	---	----

- B.** Eat a fruit **and** vegetable at least once a day, five days a week. (1 point for each day. I earned ____)
Write in the number of fresh fruits and vegetables eaten each day:

M	T	W	Th	F	S	Su
---	---	---	----	---	---	----

- C.** Have a healthy breakfast at least five days a week. (1 point for each day. I earned ____)

M	T	W	Th	F	S	Su
---	---	---	----	---	---	----

- D.** Do 60 minutes of aerobic activity at least five days a week. (1 point for each day. I earned ____)

M	T	W	Th	F	S	Su
---	---	---	----	---	---	----

Total points earned this week: ____