

# Body-Budget: Healthy Eating

Self-Management, Module 2



# AGENDA



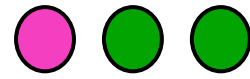
1. Discuss things that we need to help us stay physically, emotionally and mentally healthy.



2. Working in pairs - review each of the food groups and identify the number of recommended servings of each food group per day, examples of each food group, and examples of that food group from your own diet.



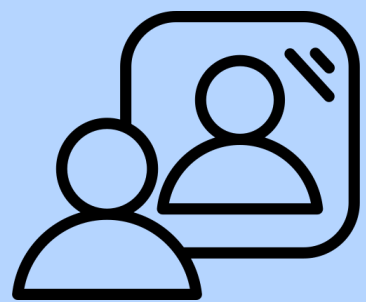
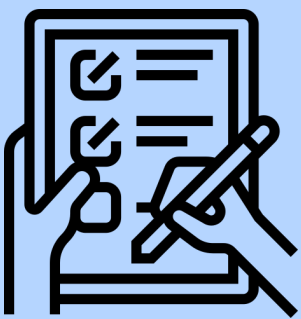
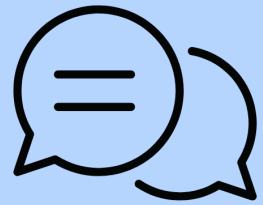
3. Reflect: Is eating healthier and drinking more water something you'd like to try to do? What can you do to achieve this goal?



# BRAINSTORM



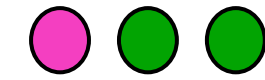
What are the things you need to stay healthy?



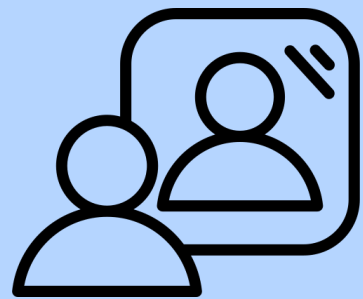
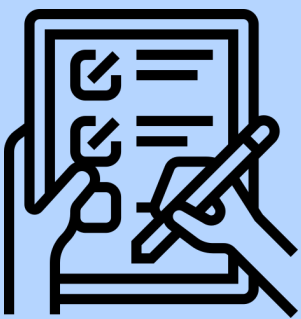
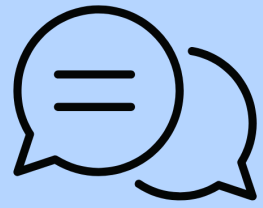
Healthy Eating

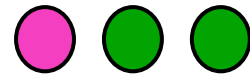
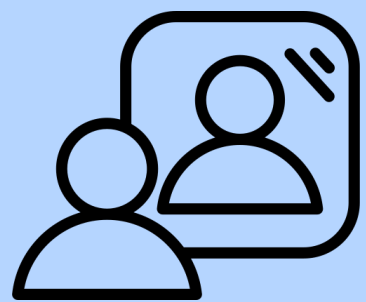
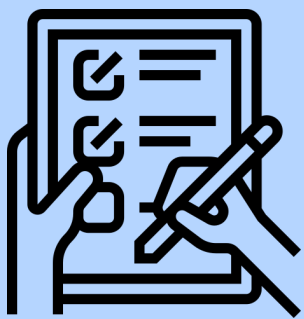
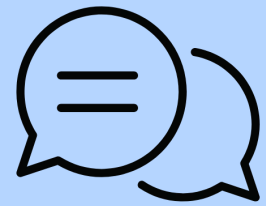


# DISCUSS



Those are some great ideas for what we need to stay physically healthy, but what can we do to stay emotionally and mentally healthy?





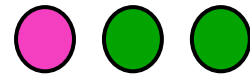
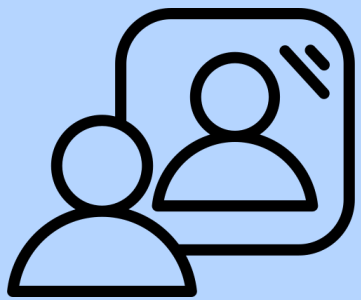
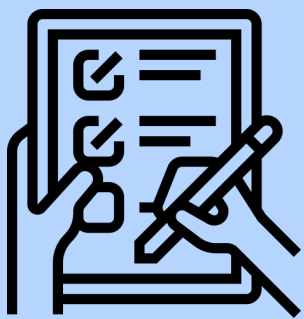
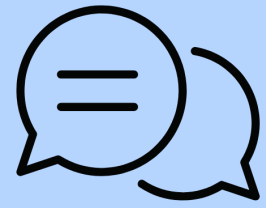
# DIVE IN



## Water Fun Facts

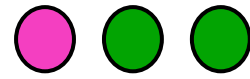
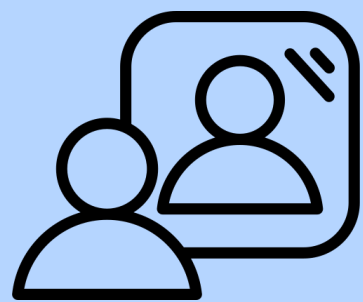
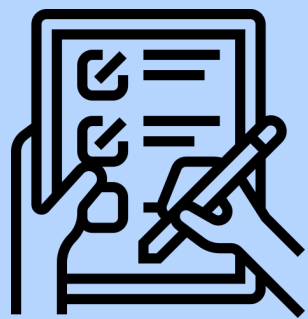
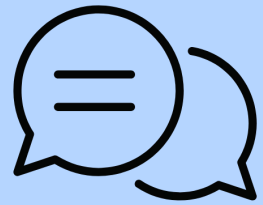


- As much as 60% of the human body is made up of water. If you don't replenish what you lose throughout the day, you can get dehydrated.
- Even a dehydration level of just 1% can cause negative physical and mental side effects
- Drink at least 6-8 eight-ounce glasses of water per day to avoid dehydration



# DIVE IN





# DIVE IN



## If you feel....

Thirsty  
Dizzy or lightheaded  
Excessive fatigue  
Headache

...you may be dehydrated. To help your body recover, you should restore your body's fluids, move to a dark and cool place, and discontinue any strenuous activity.

## If you feel...

Overly tired  
Forgetful  
Confused  
Dizzy  
Difficulty concentrating

...you may be experiencing exhaustion. To help your body recover you should ensure you are getting enough sleep at night, eating regularly, and including physical activity into your daily routine.

## If you feel....

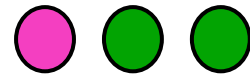
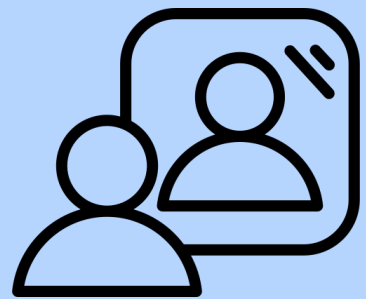
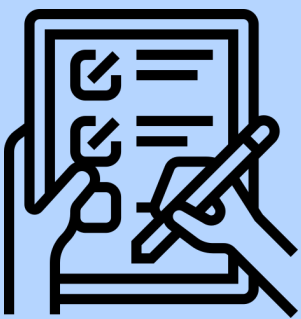
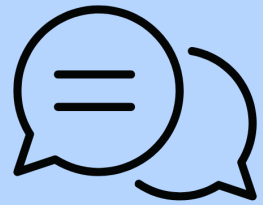
Shakiness  
Increased heart rate  
Headache  
Weakness and fatigue

...you may be hungry. To help your body recover, eat a small meal or snack and replenish your fluids. To avoid this in the future, ensure that you are eating small, well-balanced meals regularly throughout the day.

## If you feel...

Severe fatigue  
Difficulty getting out of bed  
Dizziness  
Trouble sleeping

...you may be experiencing lethargy. To help restore your body's energy, you want to ensure that you are eating often to keep your blood sugar up, getting daily physical activity, and spend some time focusing on how you can improve the quality of your sleep.



# DIVE IN

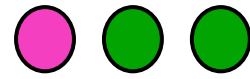
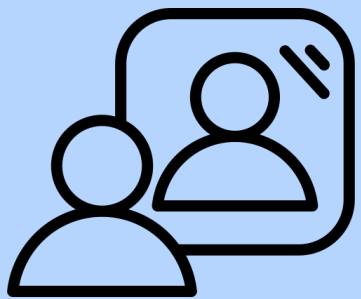
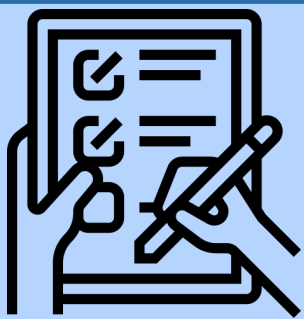
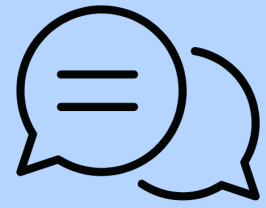


## Pro Tip



The best way to help keep your body in the best overall shape is to ensure that our body budget is balanced by doing what you can to impact your body in a positive way - including eating healthy foods, drinking enough water, exercise each day, and getting about 8 hours of sleep per night. Our brain exists to regulate our body - to ensure that everything that our body needs to survive is working the best it can. This is called allostasis or our body budget. The things that we can do to affect our body budget include our diet, exercise, sleep, and water intake.





# ACTIVITY



Working independently, in pairs or teams, research the 5 major food groups, the # of servings recommended daily and example of each.



High School

Worksheet

Name: \_\_\_\_\_

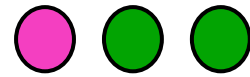
Date: \_\_\_\_\_

Balancing Your Body Budget

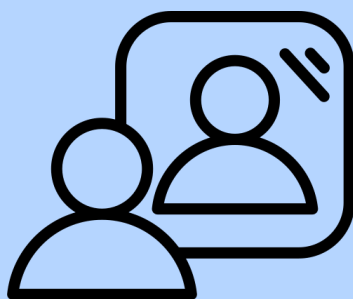
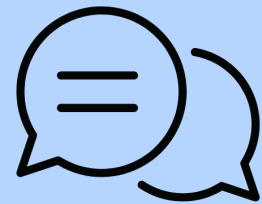
| Food Group | # of Servings Recommended Daily | Examples | How You he Meet the Suggested Goal |
|------------|---------------------------------|----------|------------------------------------|
| Fruits     |                                 |          |                                    |
| Vegetables |                                 |          |                                    |
| Grains     |                                 |          |                                    |
| Proteins   |                                 |          |                                    |
| Dairy      |                                 |          |                                    |

**Reflect**

Is eating healthier and drinking more water something you'd like to try to do? What can you do to achieve this goal?



# ACTIVITY



## Food Groups and Recommended Serving Sizes

### Vegetables



Broccoli, carrots, lettuce, peppers, tomatoes, peas, corn, cassava

#### Recommended Daily Serving

Females: 2.5-3 servings per day  
Males: 2.5-4 servings per day

### Dairy



Milk, cheese, yogurt

#### Recommended Daily Serving

Females: 3 servings per day  
Males: 3 servings per day

### Fruits



Bananas, apples, mangoes, oranges

#### Recommended Daily Serving

Females: 1.5-2 servings per day  
Males: 2-2.5 servings per day

### Grains



Bread, pasta, rice, cereal

#### Recommended Daily Serving

Females: 6-8 servings per day\*  
Males: 6-10 servings per day\*

\*at least half should be whole grains for both groups

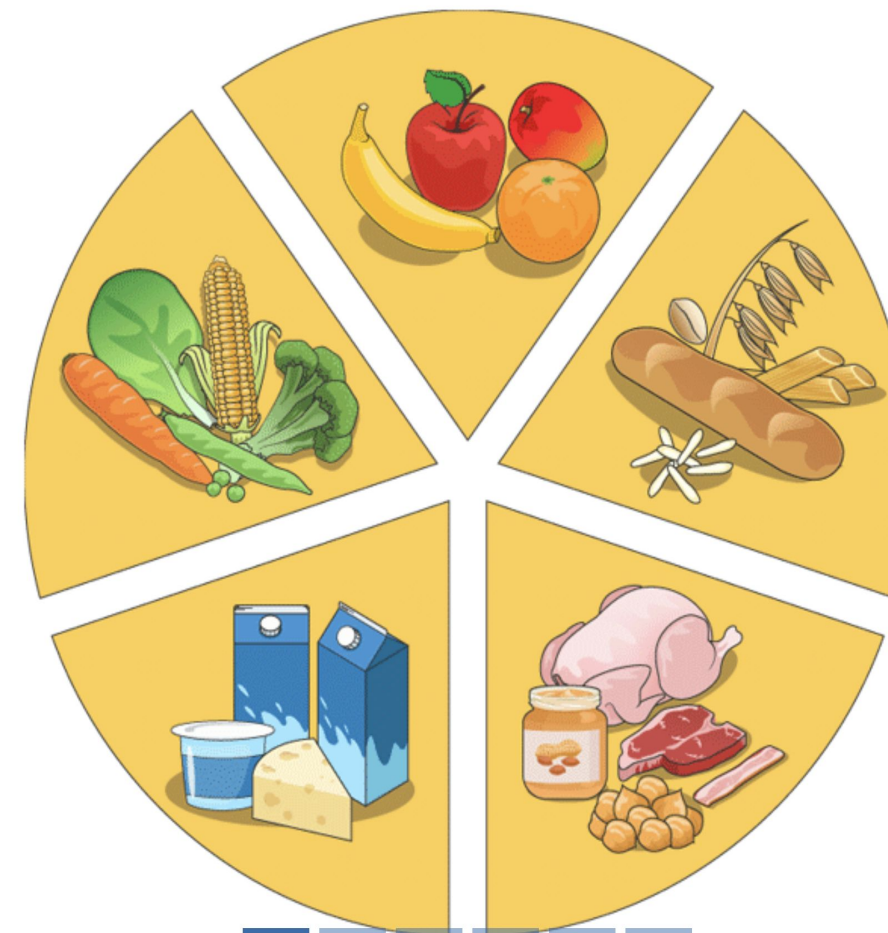
### Protein

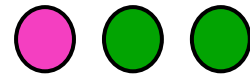
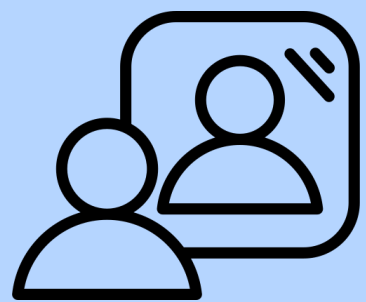
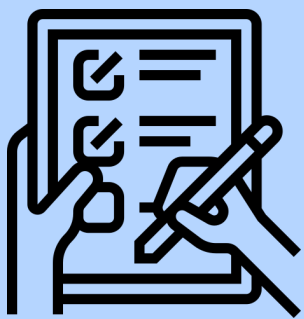
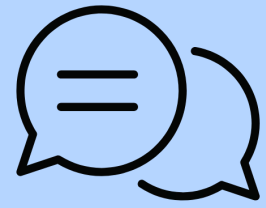


Beef, pork, lamb, chicken, turkey, goat, peanut butter

#### Recommended Daily Serving

Females: 5-6.5 servings per day  
Males: 5.5-7 servings per day





# REFLECT



- Is eating healthier and drinking more water something you'd like to try to do?
- What can you do to achieve this goal?
- Share class results from the Independent reflection.

# Home Connection



## Home Connection

### Balancing Your Body Budget

Dear \_\_\_\_\_,

Today in class, we learned how to keep our bodies healthy, focusing on eating healthy and nutritious meals and drinking water instead of soda or juice.

To help your student understand their eating habits, we're asking them to keep track of their meals and water consumption for a week and see if there are any changes they need to make.

There are free resources available from the US Department of Agriculture, including recipes and a free app which you can download at: <https://www.myplate.gov/> to help track meals.

Please do not hesitate to reach out with any questions or concerns.

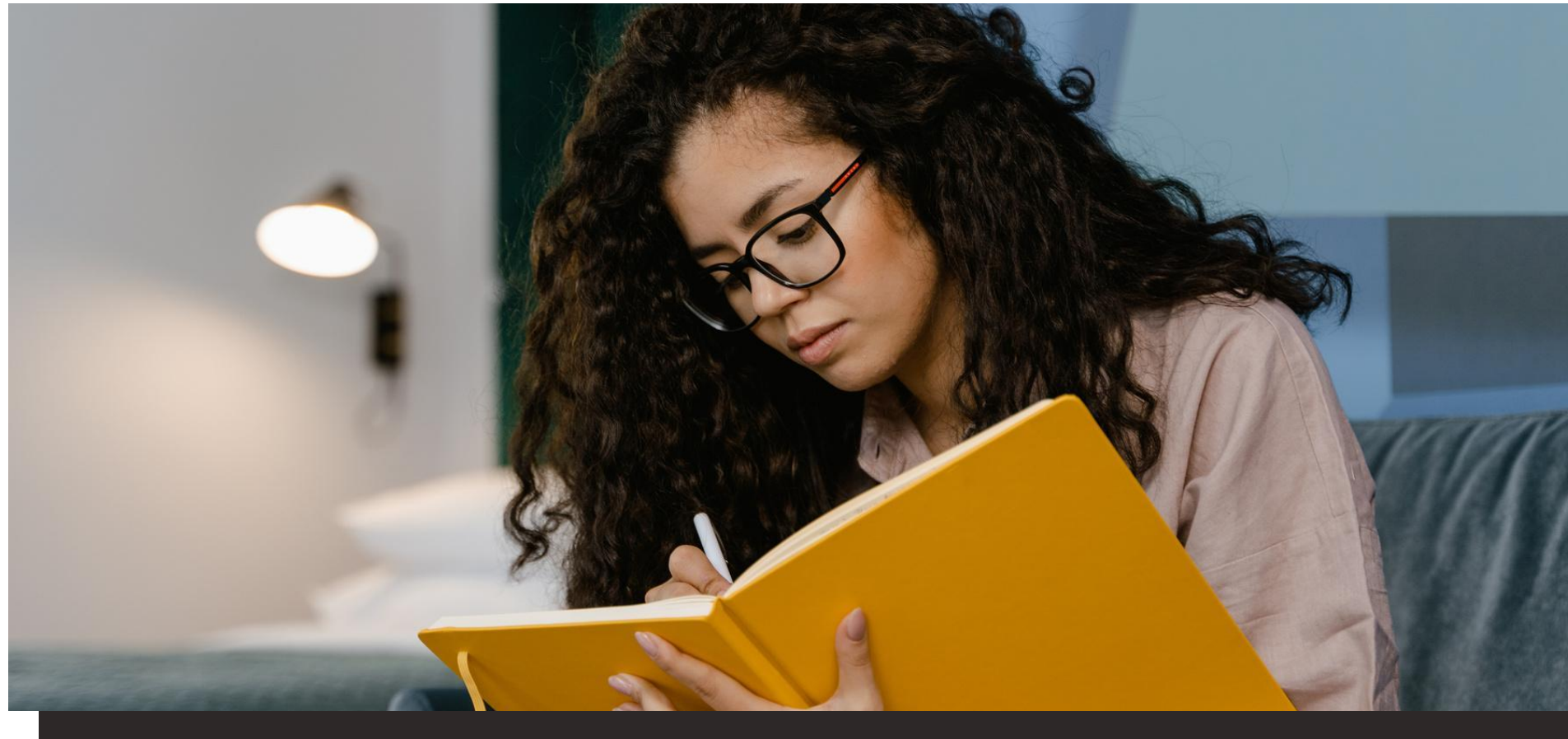
Best,

\_\_\_\_\_

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## Professional Development



Be sure to complete the weekly food log yourself and see if there are any changes you need to make to balance your body budget!





# Further Study

## For Further Study:

- British Nutrition Foundation's *Healthy Hydration Guide for Adults and Teenagers*:  
<https://www.nutrition.org.uk/healthyliving/hydration/adults-teens.html>
- National PTA's *Healthy Lifestyles Programs*:  
<https://www.pta.org/home/programs/Healthy-Lifestyles>
- US Department of Agriculture's *My Plate*: <https://www.myplate.gov/>





**Lesson Complete!**

