

شكراً لتحميلك هذا الملف من موقع المناهج الإماراتية



حل الوحدة السادسة من كتاب النشاط الجزء الثاني

موقع المناهج ← المناهج الإماراتية ← الصف الحادي عشر ← علوم صحية ← الفصل الثاني ← الملف

تاريخ نشر الملف على موقع المناهج: 05:34:17 2024-02-15

التواصل الاجتماعي بحسب الصف الحادي عشر



روابط مواد الصف الحادي عشر على تلغرام

[الرياضيات](#)

[اللغة الانجليزية](#)

[اللغة العربية](#)

[التربية الاسلامية](#)

المزيد من الملفات بحسب الصف الحادي عشر والمادة علوم صحية في الفصل الثاني

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6.7 Healthy food choices and dietary guidelines



Discussion: Dietary guidelines

What is a guideline? Have you heard of dietary guidelines before? If so, what dietary guidelines do you already know? If not, write some dietary guidelines that you think should exist.

a guideline is... a general rule., dietary guidelines are guidelines that tells people the types of foods they should be eating in order to get the right nutrients. / Drinking enough water every day / Reducing the intake of sugary drinks.



Activity 24

Empty calories

Circle which of the foods below are considered to have empty calories and should not be eaten often.

 Empty		 Empty
	 Empty	
	 Empty	 Empty



Use the information given in the National Nutrition Guide to write down the colour used for each of the following food groups in the Burj Khalifa model.

Food	Colour
Fruit	Pink.....
Vegetables	Green.....
Milk and dairy foods	Baby blue.....
Meat, eggs and legumes	purple.....
Cereals and their products	Orange.....
Water	Blue.....

Notes:

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Read the following scenarios. Select a dietary guideline from the table below that is appropriate for each person to improve their diet or lifestyle.

Make physical activity part of your daily routine. Amal
Consume enough water every day. Hannah
Eat a variety of foods each day. Donia
Reduce your intake of foods and drinks that have a high sugar content. Abdulla
Make sure your diet contains enough milk and dairy products. Mohammed

Scenarios:

Donia does not like a lot of foods. Her diet each day is made up of bread, rice, pasta and French fries.

Eat a variety of foods each day.

Amal has a good diet, but she does not like sports and never does any exercise.

Make physical activity part of your daily routine.

Hannah moved to the UAE last week. She thinks that she has been feeling very tired and thirsty because of the heat.

Consume enough water every day.

Mohammed fell and broke his arm last week. The doctor said if he had more calcium in his diet, he would be less likely to break a bone.

Make sure your diet contains enough milk and dairy products.

Abdulla has a good diet, but he has a fizzy drink with every meal. His brother told him that he can get diabetes by doing that.

Reduce your intake of foods and drinks that have a high sugar content.

6.8 Food labels

STARTER Your understanding of food labels

What do you know about food labels? Look at the food label below. What information does the label tell you about this food?



Serving size: 1 package

160 calories per serving

The list of Ingredients in the product

where the food was made
the country of origin



Activity 27

Nutrition label

Watch the video about reading nutrition labels. Make notes below.

They are required on most packaged food in many countries, showing what and other ingredients are in the food, labels are usually based on official nutritional rating systems.

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Activity 28

Information

Tick four things from the list below that you will find on a food label.

The list of ingredients	<input checked="" type="checkbox"/>
The name of the person who packed the food	<input type="checkbox"/>
The number of calories in one serving or in a packet	<input checked="" type="checkbox"/>
The amount of micronutrients	<input checked="" type="checkbox"/>
The time the food was bought at	<input type="checkbox"/>
How much it cost the company to make the food	<input type="checkbox"/>
Where the food was made/country of origin	<input checked="" type="checkbox"/>



Serving sizes

Look at the food label below and answer the questions.

Nutrition Facts	
Servings Per Container 2	
Serving Size 1 cup (228g)	
Amount Per Serving	
Calories 250	
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

How many servings are in one container? 2

How many grams are in one serving? 228g

What is the total weight of this item of food? 2 x 228 = 456g

Nutrition Facts	
Serving Size 1 cup (300g)	
Servings per container 4	
Amount per serving	
Calories 328	Calories from fat 50
% Daily Value*	
Total Fat 10%	30%
Saturated Fat 2.1%	13%
Trans Fat	
Cholesterol 70mg	24%
Sodium 210mg	13%

How many servings are in one container? 4

How many grams are in one serving? 300g

What is the total weight of this item of food? 4 x 300 = 1200g



Activity 30

How many calories?

Look at the label below and calculate how many calories you would eat if you had 100g and 300g of the food. Write down your calculation in the space provided.

Nutrition Facts	
Serving Size 1 cup (200g)	
Servings per Container 4	
Amount Per Serving	
Calories 300	Calories from Fat 110
% Daily Value	
Total Fat 12g	20%
Saturated Fat 4g	22%
Cholesterol 0mg	0%
Sodium 70mg	6%
Total Carbohydrate 30g	10%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 5g	
Vitamin A 5%	Vitamin C 0%
Calcium 10%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

$$200 \div 2 = 100g$$

100g

~~Fats = 12 + 6 = 18 / 18 x 9 = 162 cal~~

~~Carbs = 30 + 15 = 45 / 45 x 4 = 180 cal~~

~~Protein = 5 + 2.5 = 7.5 / 7.5 x 4 = 30 cal~~

~~tot = 162 + 180 + 30 = 372 cal~~

$$\text{tot} = 54 + 60 + 10 = 124 \text{ cal}$$

$$200 + 100 = 300g$$

300g

Fats = 12 + 6 = 18 / 18 x 9 = 162 cal

Carbs = 30 + 15 = 45 / 45 x 4 = 180 cal

Protein = 5 + 2.5 = 7.5 / 7.5 x 4 = 30 cal

162 + 180 + 30 = 372 cal



Compare the food labels

Look at the two food labels below. Compare the information on both foods and decide which one is healthier.

Nutrition Facts	
Serving Size 1 oz (28g/About 31 chips)	
Amount per serving	
Calories	120
% Daily Value	
Total Fat 3.5 g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monosaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 22g	8%
Dietary Fibre 1g	5%
Total Sugars 2g	
Includes 2g Added Sugars	3%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 226mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Left

Nutrition Facts	
Serving Size 1 oz (28g/About 31 chips)	
Amount per serving	
Calories 160	Calories from Fat 90
% Daily Value	
Total Fat 10g	15%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monosaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 15g	5%
Dietary Fibre 1g	4%
Total Sugars 2g	
Includes 2g Added Sugars	3%
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 0%
Vitamin E 6%	Vitamin B6 2%

* Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	30mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total carbohydrate		300g	375g
Dietary fibre		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

right

Which food is healthier? Why?

The left table has less calories, total fats, sodium, total carbs and protein. The right one has more micro nutrients, the left table is healthier. Explain what you understand about the fat content for both foods.

The right table has more saturated fats which makes it unhealthy, and also the right label has a higher amount in fats.

End of unit summary

1. Name the five food groups and give examples of food from each one.

* Fruits and vegetables: Mango - coconuts - tomatoes

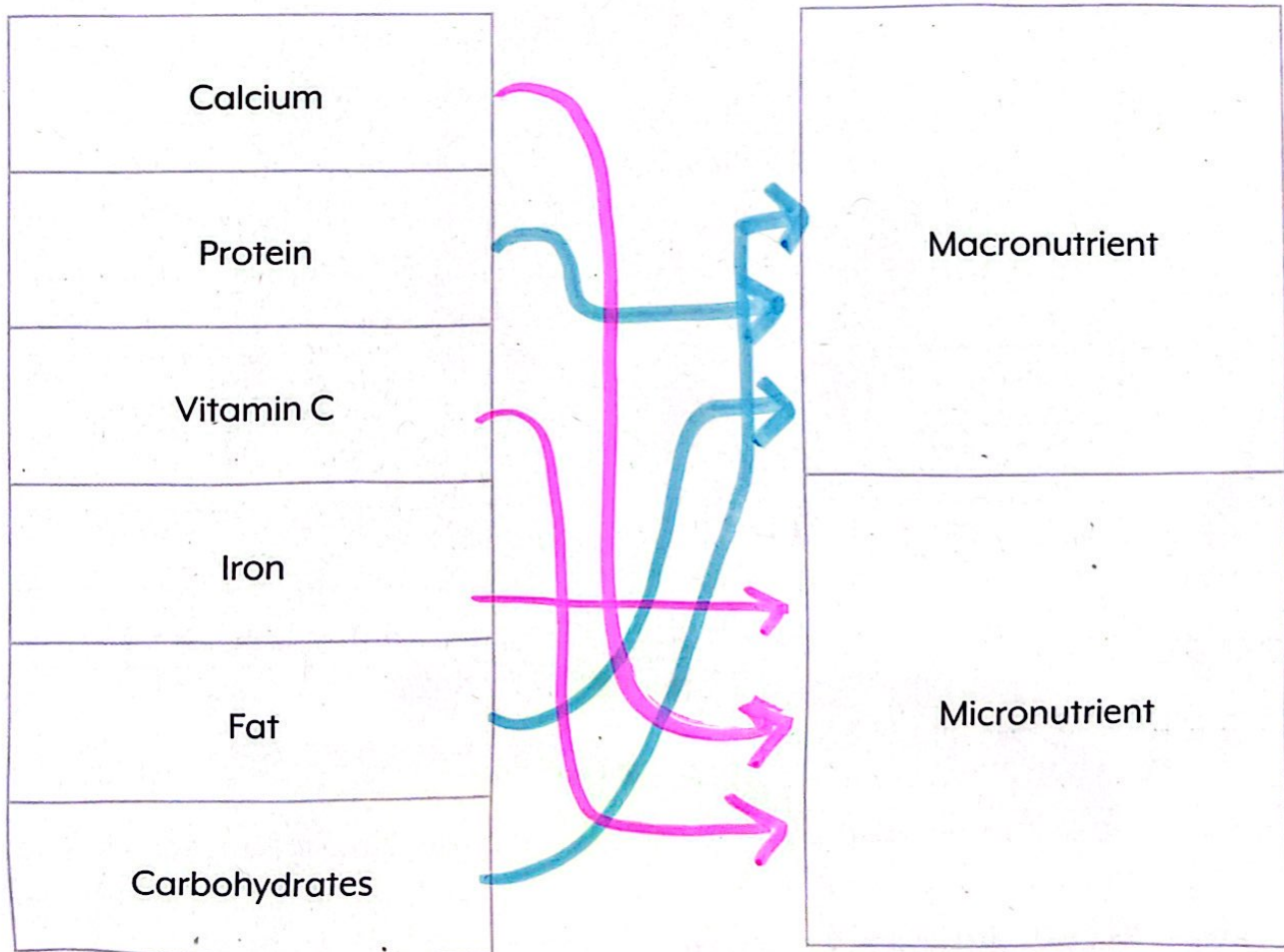
* cereals and their products: Bread - rice - pasta

* Meat, eggs, legumes: Beef - chicken - Beans

* Milk, and dairy products: Milk - yoghurt - cheese

* Fats and oils: sunflower oil - olive oil

2. Match the nutrients on the left with the correct description.



3. Write down the meaning of the following:

RDA The amount of nutrients that meet the nutrient requirements of up to 98% of the population

EAR The intake level that will meet the nutrient requirements of 50% of the population

UL The highest level of nutrient intake that is likely to cause no health effects in almost all individuals in that age group

AI the average amount of that nutrient that is taken by healthy people in that age group

4. Calculate how many calories you would get from fat, protein and carbohydrates if you ate a pizza that had 80g of fat, 180g of carbohydrates and 73g of protein.



$$80\text{g} \times 9 = 720 \text{ calories from fat}$$

$$180\text{g} \times 4 = ~~1620~~ 720 \text{ calories from carbohydrates}$$

$$73\text{g} \times 4 = 292 \text{ calories from protein}$$

5. Name three ways to measure portion size without using weighing scales.

A hand full

A fist

Two thumbs