**Foods and Nutrition**

**3.1 Wellness and Food Choices**

1. Wellness – reaching for your personal overall best level of health
2. Practicing wellness means:

A. Paying attention to your total health picture: physical, mental, emotional, and social health

B. Taking positive steps to improve your current health and help prevent future health problems

C. Recognizing and accepting the responsibility you have for your own health

III. Physical Health – normal function of your body systems

A. Having enough energy for daily living, normal growth rate, resistance to illness, ability to relax and sleep well

B. Maintaining and Improving Physical Health

1. eat a variety of foods

2. Drink 8 cups of water a day

3. get lots of physical activity

4. eat breakfast

5. get 8 hours of sleep each night

6. take safety precautions

7. get regular medical and dental checkups

8. avoid tobacco, alcohol, and drugs

9. keep informed about nutrition

IV. Mental, Emotional, and Social Health

A. Mental – how you deal with daily life and how you feel about yourself

B. Emotional – being able to function in society and meet the demands of normal life

1. helps you cope with change, face your problems, and handle anger, frustration, and disappointment in acceptable ways

C. Social – how you relate to other people

1. praise and accept others, enjoy friends, be helpful and considerate, accept rules and responsibility, handle conflict in constructive ways, communicate well, handle peer pressure without compromising your values

V. Nutrition and Active Living

A. Nutrition- how the food you eat affects your body

B. for health, energy, and growth you need to eat a variety of foods in appropriate amount

C. food provides nutrients – chemicals that nourish your body

VI. Why you eat what you do:

A. people are you

B. culture connection – shared beliefs, values, and behavior of a group of people

C. available food supply

D. schedule, energy, budget

E. food advertising

F. knowing about food, nutrition, and wellness

G. you – your age, attitudes, emotions, health, and goals

VII. Steps to Wellness

A. Use the Decision Making Process to help you maintain and improve wellness:

1. identify the decision to be made

2. Collect information and identify your resources

i. things such as time, money, people that help you reach a goal or complete a task

3. identify the possible choices

4. Weigh the possible choices – what are the good and bad of each choice

5. Choose the best option

6. Take action

7. Evaluate your decision – Was it good or bad? Hat would you do different next time?

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**3.2 Enjoying Food**

1. The appeal of food

A. appetite – psychological desire to eat

1. stimulated by sight, aroma, sound, or taste of food

B. hunger – physical need to eat

1. signs – stomach growling, light-headed, fatigued

2. after you eat, it takes 20 minutes for your stomach to tell your brain that it’s had enough to eat

II. Food and Emotions

A. may eat to relieve stress or boredom – which could lead to overeating

B. comfort foods = foods that made you feel good as a child and calm you

1. example: mom always made you chicken soup when you were sick

III. Sensing foods flavor

A. flavor – combines a foods taste, smell, and touch

B. papillae – tiny bumps on the tongue that contain the taste buds

1. tip of tongue detects sweet, back of tongue detects bitter, sides of tongue detect sour, salty is between sour and sweet

C. illness and medication can dull sensations and detract from the flavor of foods

III Eating together

A. eating with family – plan at least one meal a week to eat with your family, stay at table until everyone is finished, join in on family conversation, cook/clean-up together

B. when planning food for friends keep taste, appeal, and nutrition in mind

IV. Pleasant meals

A. surroundings – set a nice table, serve food in nice serving dishes, no TV, low music is ok, pleasant table talk

B. The table setting – set your table instead of herding people through a line, allow 20” for each table setting, utensils should be 1” from table’s edge

C. Proper Table setting

V. Table Manners

A. etiquette – polite conduct that shows respect and consideration for others

1. sit at table with good posture and keep your elbows off the table

2. use a serving fork or spoon to get your food, not your utensils

3. ask others to pass fodo you can’t reach

4. wait until everyone is served before starting to eat

5. lift food to your mouth instead of lowering your head toward the plate

6. small bites and eat slowly

7. chew with your mouth closed

8. don’t blow on hot food

9. eat everything on the fork or spoon at one time

10. use a piece of bread instead of your fingers to push food onto a spoon or fork

11. sip beverages rather than gulp them

12. drink your beverages when you’re done swallowing food

13. never blow your nose at the table

14. cover your mouth if you need to cough or burp

15. when you’re finished eating place our napkin neatly to the left of your plate, place your knife and fork parallel across the center of your plate

VI. Ways to serve meals

1. Family style – foods in serving dishes on table and people serve themselves
2. Plate style – food is placed on the plate and then the plate is brought out to each guest
3. Buffet style – food is lined up on a counter and people serve themselves

VII. Manners for Eating Out

1. Wait for host to lead you to a table
2. Be patient with server
3. Quietly get server’s attention with a hand motion, a nod, or a smile
4. If you receive the wrong food, politely let the server know
5. Take time to thank the server
6. Talk quietly so you don’t bother other guest
7. Tip your server – 15% is standard

VIII. How to figure a tip

1. The easiest method to do this is to round the total of your bill to the nearest dollar amount and then multiply by 15%
2. Example: If your total bill is $15.63, round this to $16.00 and multiply by 15%

$16.00 X 15% = 2.40

1. Note: if your total tip that you owe is not a whole, half, or quarter dollar, round this up to the nearest quarter dollar. For example, since the above tip amount should be $2.40, leave $2.50. If the tip amount you should leave is $4.02, leave $4.00. If the tip amount you should leave is $3.67, leave $3.75.

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**3.3 supermarket decisions, day 1**

1. Places to shop
   1. Supermarkets – large variety
   2. Specialty stores – sell foods you can’t find elsewhere, ingredients you need for ethnic dishes
   3. Convenience stores – prices are much higher, very few items available
   4. Food cooperatives – buying food at wholesale prices and share in the work of running the co-op
   5. Farmers market – sell locally grown foods
   6. Warehouse stores – food sold in bigger quantities, bag your own groceries, bring your own bags or boxes
2. Planning Before You Shop
   1. Decide on your food budget – amount you plan to spend on food
   2. Plan menus that match your budget
   3. Use store ads to help plan your menus – saves money
   4. Make a shopping list
      1. Check your supply of staples – foods you keep on hand such as milk, eggs, flour, sugar
      2. Check your menu plan – list items you don’t have on hand, include amount
      3. If you have coupons match them to the foods on your list

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**3.3 Supermarket Decisions, Day 2 notes**

1. Reading Food Labels
   1. Freshness date – how long it is good for
   2. Preparation directions – instructions for conventional and microwave preparation
   3. Ingredient list – ingredients are listed in order by weight, from greatest to least
   4. Description – identifies food and how it’s prepared
   5. Universal Product Code (UPC) – bar code that is read by a scanner when you check out
      1. Contains information about price and is used by stores to track inventory
   6. Amount – quantity listed by volume or by net weight – weight of food without the container
   7. Food exchanges – information that helps diabetics make careful food choices
   8. Nutrition Facts Panel – shows the calories, nutrients, cholesterol, and fiber ***in one serving***
      1. Appropriate amounts for a DAY:
         1. Fat = 60 grams
         2. Fiber = 30 grams
         3. Calories = 2,000
         4. Protein = 45-60 grams
         5. Vitamins = higher percentages are better
      2. Serving size and servings per container
      3. % daily values are listed (based on 2,000 calorie diet)
2. Label Terms
   1. If you want:
      1. Plenty or more – look for words like added, contains, enriched, fortified, good source, high, more, provides, rich
      2. Less – look for words like lean, extra lean, fewer, less, low, lower, light, reduced
      3. None – free, insignificant, no, without
3. Checking for Nutrition
   1. Foods must meet government criteria to be labeled with certain food claims, such as ‘low-fat’
   2. Always check the nutrition facts panel
   3. Look for health claims – describe benefits that the food provides
      1. Example – consuming calcium lowers the chance of osteoporosis
      2. Health claims must be based on scientific evidence

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**3.3 Supermarket Decisions, Day 3 notes**

1. Getting Your Money’s Worth
   1. Comparing prices
      1. Unit price – located on the shelf and it tells how much an item costs per unit of measurement
         1. Example: how much 1 ounce or one diaper costs
         2. Used to compare prices of different brand of items
         3. Useful to know which item is the better bargain
         4. Units can be measured in ounces, pounds, or “per 1 item”
         5. Example: Ragu spaghetti sauce is $1.65 for 16 ounces and Prego spaghetti sauce is $2.00 for 20 ounces. Which is the better bargain?
            1. Solution – divide the dollar amount by the total in the proct

$1.65 /16 = $.103 per ounce

$2.00/20 = $.10 per ounce

The Prego sauce is the better deal, as it’s slightly cheaper

* + 1. Coupons – use only for items you would buy anyway (some stores offer double coupons)
    2. Store brands – usually cost less than national brands
       1. Example: Great Value (Walmart brand) vs. Kraft
    3. Frequent Customer Card – discount card you receive from a store that gives you a better discount or coupons if you buy certain items
    4. How much do you need?
       1. Sometimes buying larger quantities is a better deal – if you can use that much
       2. Buy only amount you can use of perishable foods – foods that are good for a short time and may spoil quickly
          1. Fruits, vegetables, dairy
    5. Choosing the form
       1. What type of a particular food do you wish to purchase
          1. Example – fresh, frozen, or canned peas
          2. Example – whole, slice, chunks, or crushed pineapple

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**3.3 Supermarket Decisions, Day 4 notes**

1. Food Safety and Quality
   1. While you shop
      1. Handle fresh fruits and veggies gently
      2. Look for dates on package
         1. Open dating – means packages are marked with freshness dates that consumer can understand
         2. Sell-by – can buy food by this date and still store it for a reasonable time
         3. Best if used by – tells when food is at its peak quality
      3. Look for undamaged containers – don’t purchase bulging, rusted, dented or broken containers
      4. Look for frozen foods that don’t have ice crystals or discoloration
      5. Put meat, poultry, and fish in plastic bags to prevent juices from leaking onto other foods
      6. Fill your cart and grocery bags carefully so fruits, veggies, and bread aren’t smashed
   2. After your shop
      1. Take food home and store it right away
      2. Follow safety information found on meat and poultry packages
2. Customer Courtesy
   1. As you shop
      1. Return food you don’t want to its proper place
      2. Don’t open packages in the store!
   2. At the checkout counter
      1. Use express checkout lane only if you have the number of items allowed
      2. If you forgot something take your cart out of line and go get it, don’t make others wait for you
      3. Have your coupons ready
      4. Consider using cloth bags to help the environment
   3. In the parking lot
      1. Take your shopping cart to the cart return so it won’t damage cars