







Feeding instructions

  Cans only 	
8.8 lb	2 + 3/4
11.0 lb	3 + 1/4
13.2 lb	3 + 3/4

Guide d'alimentation

  Boîtes seulement 	
4 kg	2 + 3/4
5 kg	3 + 1/4
6 kg	3 + 3/4

MadLab03

Health Science: Nutrition_1

Research Project

Mad Researcher:

Research Date:



What is food?

No, seriously... What is food for you? Think about it and write:

For me food is _____.

Food is important in my life, because _____
_____.

If I could eat anything in the world right now, I would eat _____
_____, because _____
_____.

The food I eat most often is: _____,
because _____.

The food I almost never eat is: _____,
because _____.

In my fridge you can always find:

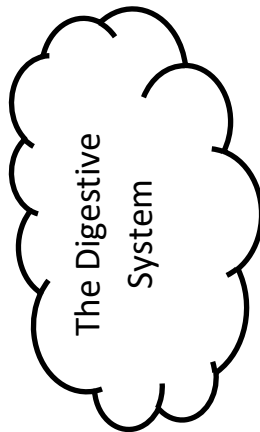
- _____
- _____
- _____

I am what I eat, so that means that today I am: _____
_____.



How your digestive system works

Get ready for the presentation! You need to make a Mind Map while watching...





The digestive system contains _____ organs.

- a) 12
- b) 9
- c) 10
- d) 7

Food is pushed into your stomach by _____.

- a) Muscular contractions called peristalsis
- b) Digestive juices
- c) Voluntary control
- d) Gravity

After several hours inside the stomach, the food becomes _____.

- a) A bolus
- b) A liquid
- c) Chyme
- d) A solid lump

The role of the pancreas, liver, and gallbladder is to _____.

- a) Use enzymes and bile to break down food and extract its nutrients
- b) Break food into small chunks
- c) Clear the system of any toxins
- d) Remove liquid from the stomach

The digestive process begins before you put food in your mouth.

- a) True
- b) False



What makes the pancreas, liver, and gallbladder so important in digestion?

The pancreas, liver, and gallbladder are important in digestion, because

Why do you think the digestive process takes so long?

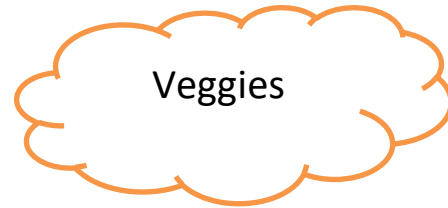
The digestive

Pick one organ from the system and explain its role in the digestive process.

The organ I choose is the

Food Groups

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____



Sugar effects

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

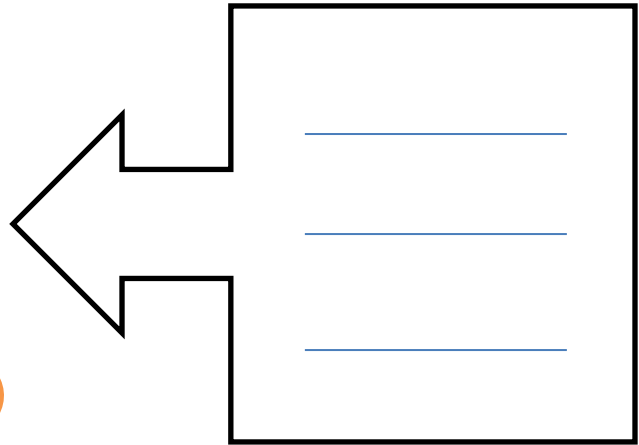
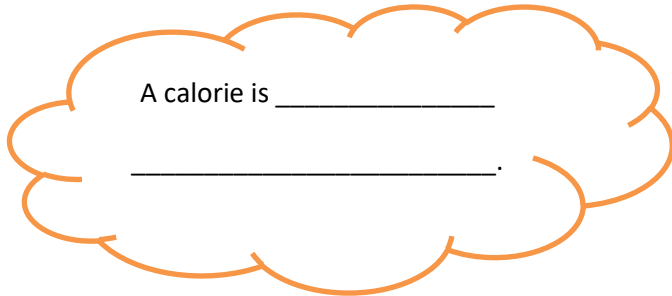
I eat sugar in:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Basic Nutrition

Calories = _____

Energy = Macro - _____



Protein Function:

Protein Sources:

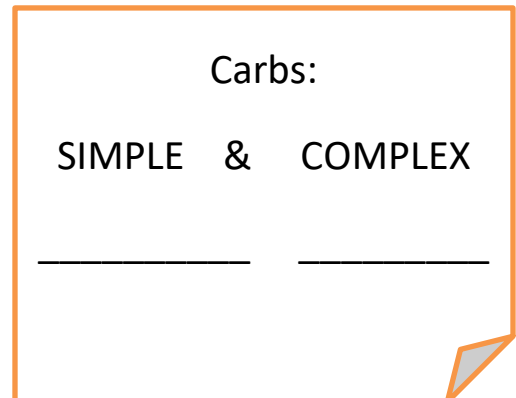
Carbs Function:

Simple Carbs Sources:

Complex Carbs Sources:

Fat Function:

Fat Sources:



Carbs:

SIMPLE & COMPLEX



Food effects
on the brain

Diet Plan

Breakfast = the moment when you break the fast

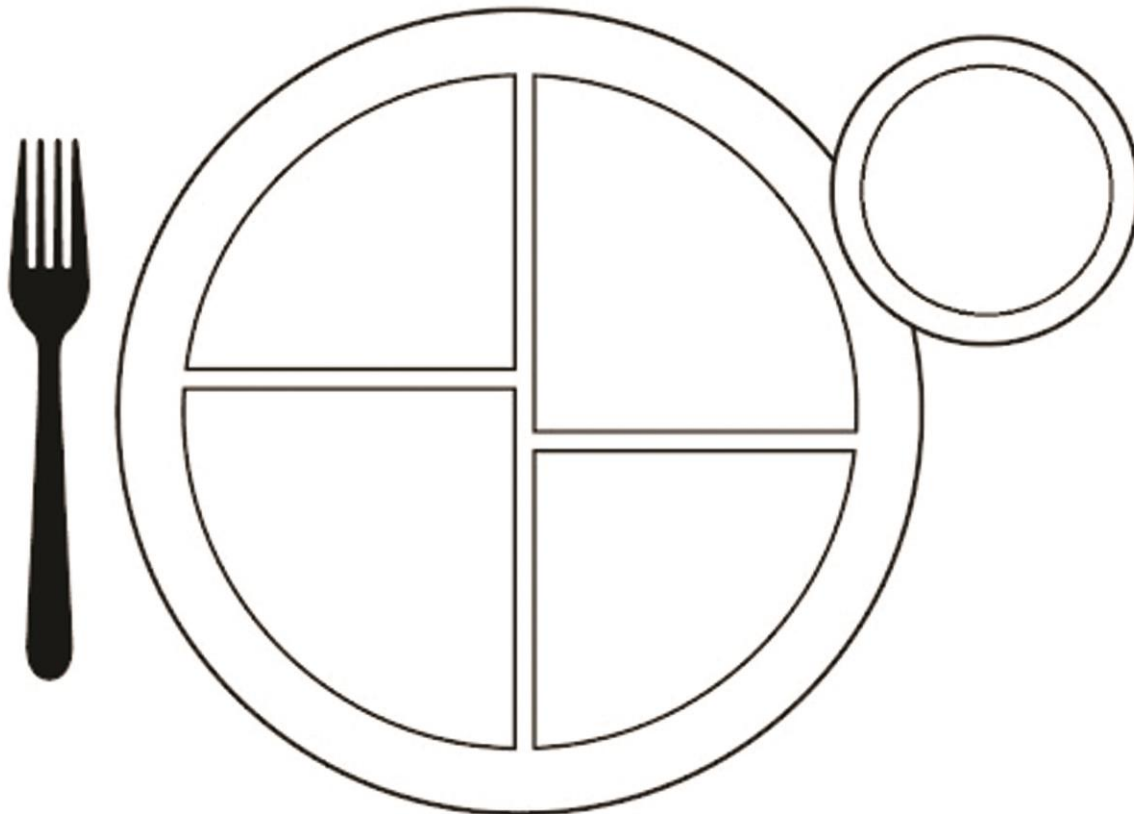
Fast = abstain from all or some kinds of food or drink

Do you eat while you sleep? Yes No I don't know

Do you drink while you sleep? Yes No I don't know

Best breakfast for me is: _____

I will research www.choosemyplate.gov Yes No I don't know



Meal Planner

Monday

Breakfast
Lunch
Dinner

Tuesday

Breakfast
Lunch
Dinner

Wednesday

Breakfast
Lunch
Dinner

Thursday

Breakfast
Lunch
Dinner

Friday

Breakfast
Lunch
Dinner

Saturday

Breakfast
Lunch
Dinner

Sunday

Breakfast
Lunch
Dinner

Notes:

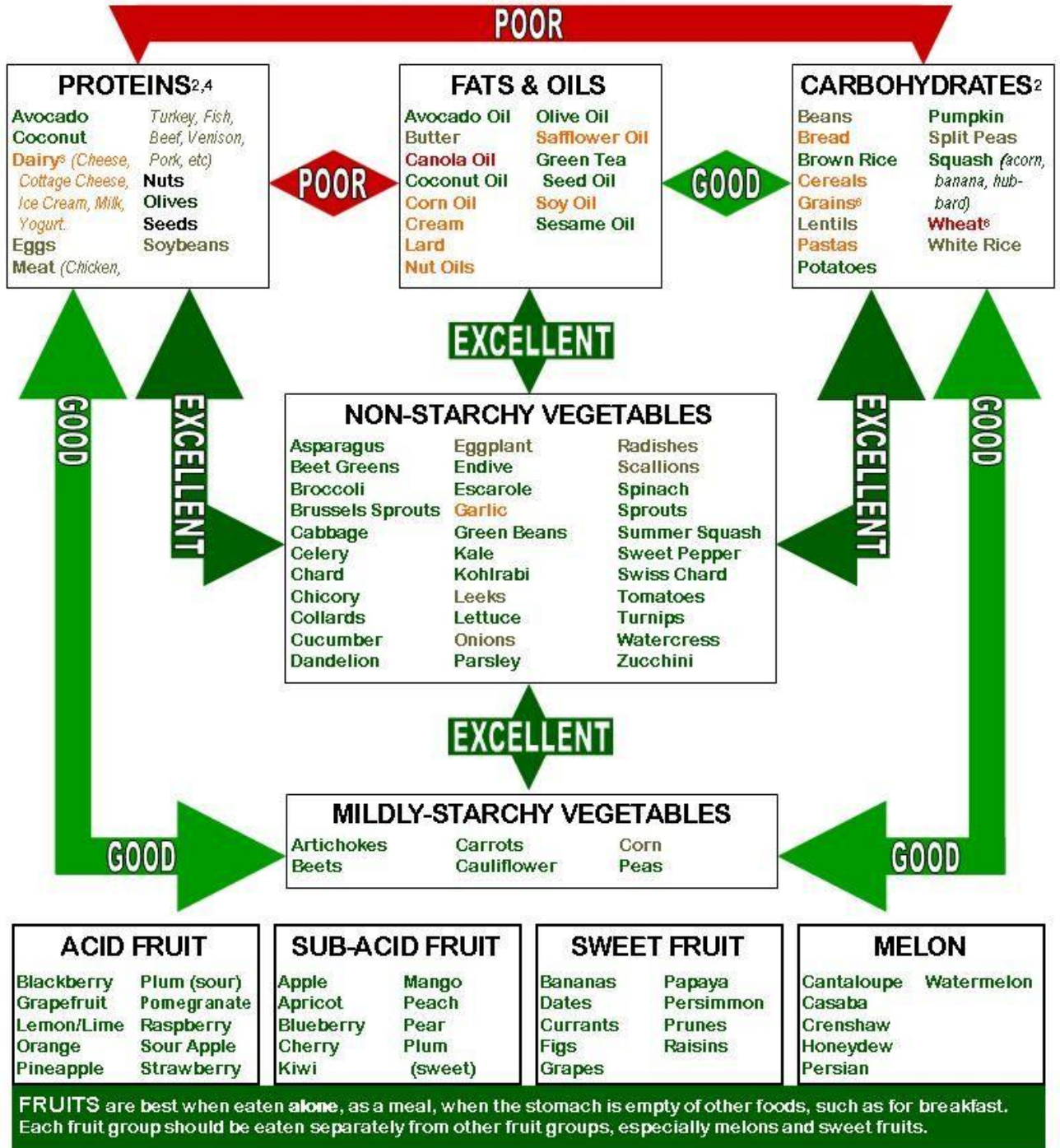
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Eating Habits – Health Hacks

- 1) We always want to fill our plate. It's a human thing. Hack! Use smaller plates to help you better control your food portions, while also giving your brain the visual satisfaction. 😊 It actually works!
- 2) When cravings hit, instead of running for that Milka or Kinder or Snickers chocolate, drink a glass of water! Cravings are only in your mind, not a necessity of your body.
- 3) Working out in the morning is glorious for your body. It helps stretch your muscles after not moving in a horizontal position for hours on end, it gets your circulatory system going, hence all your other systems as well, but most importantly:
respiratory – so you breath better => nervous => so you think better
Prepare everything you need for a quick morning workout the night before!
- 4) Curb your carbs. Weigh your food and always know exactly what and how much you are eating. Install myfitnesspal on your phone to help you.
- 5) So you decided to give up on 1 bad sugary thing. Each time you would have eaten that, put some money away in a jar. See how much you can get in a month of -1 sugary snack. Ask your parents to help you figure out the cost. After 1 month of successfully doing this, go spend that money on something you really want! Mind over matter baby, mind over matter!
- 6) Try to replace bad food with healthy food. That is the point of all of this, right? And don't forget to look in the mirror and congratulate yourself out loud for the choices you make. You deserve it. Plus, this helps your brain adapt faster to the new healthy lifestyle. Everything worth fighting for needs fighting for. You can do it!
- 7) Make a fancy smoothie instead of a sugary drink. Enjoy the process of cooking it! You are now a Chef with all the knowledge you need to feed your body exactly what it needs so that you are the best version of yourself. Be proud of your work and show off the amazing products you make!

Food Combinations & Choices

Color-coding: **Green** means recommended, **red** means discouraged. Shades between indicate points on sliding scale.



NOTES

1. ALSO REFER TO ALKALINE/ACID FOODS CHART
2. Carbohydrates and Proteins should never be eaten together, or during the same meal period.
3. Milk and other dairy products are discouraged for human consumption (Exception: mother's breast milk is highly recommended for babies of the same species!)

4. Concentrated proteins are unnecessary. Use as a condiment, not as main course. In any case, eat **no more than** one each meal.
5. Garlic has been reported to produce adverse side effects, and should be considered for medicinal use only.
6. **Good** when sprouted to vegetable state before consumption.
7. "All things in moderation, including moderation." Socrates
8. This information may be copied and distributed freely.