**NUTRITION & FITNESS 2022 January 18, 2022**

**Today’s Agenda (Day 89)**

1. HOMEWORK CHECK

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1. CLASS ACTIVITY

🡪 CONT’D: Unit 1: Health, Nutrition, and Wellness – Day 6

🡪 BEGIN: Unit 1: Personal Fitness

HOMEWORK:

* COMPLETE:

REMINDERS:

**NUTRITION & FITNESS 2022 Questions**

**Unit 1: Health, Nutrition, and Wellness**

**Critical Thinking Questions**

DIRECTIONS: In PAIRS, read the following questions, respond and submit.

1. Even though we all know that junk food is not healthy, it can be difficult to resist it, especially when we are busy. Do you think a person should never eat junk food? How might a person’s health be affected by the amount of junk food they eat? What is the relationship between nutrition and wellness?
2. Having grown up in a home where he did not exercise and ate lots of snacks, Nicholai has spent many years overweight. He does not like the way he looks and feels, so he decides to go on an extreme diet where he only eats one can of tuna per day and exercises for three hours every morning. Explain the principles of energy balance to Nicholai. How did they apply to his former lifestyle and how do they apply with his current diet plan? How might Nicholai make changes in a balanced way?
3. Amari is careful to eat only vegetarian dishes, and she goes to sleep at the same time every night. Still, she feels sluggish in the afternoon. Amari sometimes grabs an espresso to help keep her awake, but her mother says caffeine is not the healthy way to deal with her afternoon slump. How might Amari feel if she incorporated some exercise into her daily routine? Give Amari a suggestion and explain why it might help.
4. When thinking about the concept of wellness, which of the seven dimensions of wellness do you believe is the most important? How might a person’s overall wellness be affected if one of the dimensions is unfulfilled? Explain your answer.
5. Childhood obesity is a serious issue in the United States. What factors do you believe lead to childhood obesity? Is a child who is obese destined to grow into an obese adult? Provide some suggestions that could help an obese child grow to live a healthier lifestyle as an adult. What effect could your suggestions have on their overall wellness?

**Discussion Questions**

Please post detailed answers to the following questions. **Please use complete sentences.**

1. How are the nutritional needs of athletes different than those of the average person? How are they similar? Research an athlete to find out what their diet consists of and explain why they plan their diet the way they do. What would happen if an average person ate the same diet that your athlete did?
2. How are the nutritional needs of people different with each life stage? How are they similar? Research at least three different life stages to find out what their diet consists of and explain why they plan their diet the way they do. What would happen to a person if the same diet is followed for all life stages?