

# Nutrition and Physical Activity Unit

## Study Guide

How many food groups are there and give some examples of food in each group.

What are some benefits of healthy eating and daily physical activity?

What are the two types of goals and what are the four characteristics of a good goal?

What are some barriers to reaching your goals and how will you overcome them?

What are the levels of intensity for physical activity? How much exercise and at what level do teens need daily?

What is body image?

What information can you gain from [choosemyplate.gov](http://choosemyplate.gov)?

Describe how sedentary activities affect the amount calories burned.

State warning signs of injury.

What are the two types of injuries?

List several ways to avoid injury

Name some safety equipment and state negative consequences of not using it.

State the factors that determine body weight. Which of these can you control?

Define a power calorie. What is nutritionally dense?

Describe information on a food label. Which items should be high? Which items should be low?

What is the acronym RICE?

Why is water important?

Does it matter how a food is prepared? Does it change its nutritional value?