Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period: \_\_\_\_\_\_\_\_\_\_\_\_\_

Eating For Success

*Over the past three decades, childhood obesity rates in America have tripled, and today, nearly one in three children in America are overweight or obese.*

**Eat Breakfast-** WHY?

1. - Improve memory and concentration
   * + 1. - Boost your creativity and problem-solving
2. - Lift your mood
3. - Raise test scores and work performance
4. - Build overall health

- Help you reach and keep a healthy weight

**Stay Hydrated**-

* Don’t become dehydrated
  + Risk
    - Early Fatigue
    - Cardiovascular (Heart) Stress
    - Increased risk of heat illness
    - Decreased overall performance
* Replace fluids early and often during and after activity, particularly in hot environments.
* For short duration (<60 min), low to moderate intensity activity, water is a good choice to drink before, during and after the activity
* Re-hydrate following activity by drinking enough fluid to replace fluid lost during activity. Replace fluid and sodium losses with watery foods that contain salt. Replace fluid and potassium losses by consuming fruits and vegetables.

**Know the Facts-**

**-** The same amount of ENERGY IN (calories consumed) and ENERGY OUT  (calories burned) over time = weight stays the same

- More IN than OUT over time = weight gain

- More OUT than IN over time = weight loss

- Eating a diet rich in veggies and fruit will help prevent some cancers

- Eating nutrient dense food will increase your mood.

- Sugar can be addictive and promotes fatigue

**Answer the following questions. Use the information above.**

Why is good nutrition important? Write at least 2 complete sentences.

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Write 2 detailed goals you have for yourself about improving your nutrition:

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How does having good nutrition benefit you as a dancer? Write at least 2 complete sentences.

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Write something about nutrition that you are going to KEEP, QUIT, and START. Explain the reason as to why you chose each one.

KEEP: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

REASON: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

QUIT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

REASON: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

START: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

REASON: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Share with a parent your thoughts about nutrition and your two goals. Have them sign below.

Parent signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_