

METABOLISM MAGIC

POWERING A STRONG, LEAN & ENERGIZED YOU!

GRADES 11-12 & YOUR DISTRICT STAFF

Location: Classroom - PowerPoint presentation
GOALS OF THE ACTIVITY: STUDENTS WILL...

- ◆ Learn the hormones influencing metabolism.
- ◆ Understand your set-point and how it influences your weight and metabolism.
- ◆ Understand how different foods are stored more readily body while others reduce blood sugar spikes.
- ◆ Learn the roles of fat, protein, carbohydrate, vitamins & minerals and water in the body.
- ◆ Understand the effect of yo-yo dieting on metabolism and weight control.
- ◆ Categorizing foods using the SANE acronym to determine how they will react in the body.
- ◆ Plan your meals with a balanced meal planning guide.

METABOLISM MAGIC

POWERING A STRONG, FIT & ENERGIZED YOU!

By Kristine Mueller, MS-CD, RD
Nutri-Serve Corporate Registered Dietitian

Healthy Metabolism - Balancing Saturated Fat

Here is what happens when you eat a high carbohydrate item...

1. Blood sugar spikes (all 11 minutes hormones)
2. Insulin increases insulin (all 11 minutes hormones)
3. Liver and high cholesterol
4. Liver and high cholesterol
5. Liver and high cholesterol

So how can we reduce this, avoid blood sugar spikes and avoid fat storage?

PORTIONS - no counting necessary!

Protein 3-5 EGG, 4-6 oz protein (chicken, beef, fish)

Fat 1 TBSP nut butter, 1 oz peanut, can, bacon, nuts (1-2 walnuts)

Carbohydrate Focus on non-starchy veggie, limit starchy veggie/fruit to 1/2 cup, limit processed grains

1/2 cup 1 TBSP nut butter, 1 oz peanut, can, bacon, nuts (1-2 walnuts)

4 Steps to Energizing your Metabolism!

GOALS: To eat in a way that doesn't spike blood sugar levels. Reduced blood sugar = consistent energy levels, stable mood, no cravings

1. Balance macronutrients
2. Think of eating as a meal
3. Eat often
4. Hydrate

When you achieve numbers 1-4 this leads to...

GLUCAGON is essential for fat loss & maintenance.

GLUCAGON is good!

THE FAT BURNING HORMONE

www.nutri-serve.com

Interested in a nutrition activity at your district?

Contact your Food Service Director or Kristen Mueller, RD (Nutri-Serve Corporate Registered Dietitian) directly - kristenn@nsfm.com or 609-500-7525. We can schedule a meeting to plan your event!

Information to include:

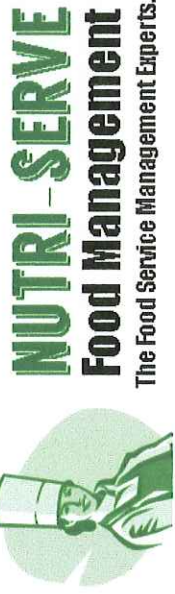
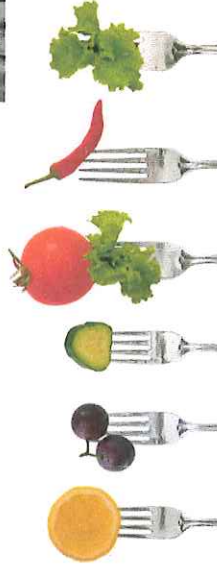
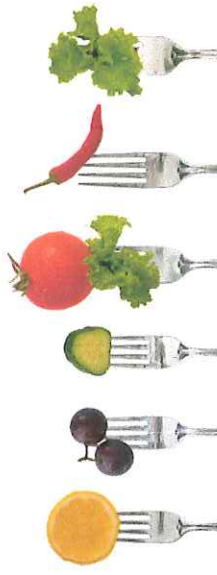
- ◆ Chosen Activity
- ◆ Location for activity
- ◆ # of students
- ◆ Approximate date
- ◆ Grade Level(s)



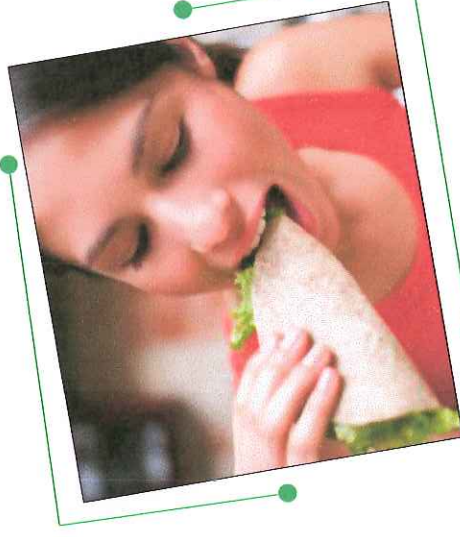
www.nsfm.com



"The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition." - Thomas Edison



NUTRITION EDUCATION



*Knowledge & Skills
For a Lifetime*

NUTRI-SERVE'S
Nutrition Education Options
For Students Grades 6-12

Choose a...

5 STAR LUNCH

TASTE TESTING & NUTRITION ACTIVITY

This activity is paired with a food tasting. Each school lunch food group is represented with a different color star.

Location: Cafeteria

GRADES 6-8:

LEARNING IS GUIDED THROUGH A WORKSHEET: STUDENTS...

1. Compare USDA's MyPlate to the current school lunch regulations.
2. Learn the school lunch food groups. The groups are represented by the different star colors, and foods that fall into each group.
3. Learn the USDA vegetable sub-groups. Over the course of the week the student must offer a vegetable from each of the following subgroups: **dark green, yellow/starchy, red/orange, bean and other** vegetable.
4. Review the basic school lunch rules and make a week's lunch menu. This should include a food from each food group and vegetable from each vegetable sub-group to be in compliance with current USDA regulations.

A TASTING & EVALUATION INSPIRES STUDENT MENUS: STUDENTS...

1. Taste a variety of food options from each food group.
2. Rate foods according to categories such as *flavor, texture, would you choose this?*, and *additional comments*.

GOALS OF THE ACTIVITY:

- ◆ Acceptance of USDA changes to lunch program.
- ◆ Understanding & Ownership in food choice.
- ◆ Guidance in choosing a reimbursable meal.
- ◆ Involvement in menu-making process.

*School Nutrition Association (SNA) National Finalist
Best Practices in Child Nutrition



An Introduction to...

NUTRITION ED

GRADES 6-8

Location: Classroom- PowerPoint presentation GOALS OF THE ACTIVITY: STUDENTS WILL...

- ◆ Learn the meal components of the school breakfast and lunch. Students are aware of what is included with the lunch and that they can take 2 fruits and 2 vegetables.
- ◆ Learn how to read a food label and adjust the nutritional for their serving size.
- ◆ Recognize proper portion sizes of different food groups and how to make a visibly balanced tray.
- ◆ Identify the roles of protein, carbohydrate and fat in our body.
- ◆ Learn to build balanced meals and snacks including the foods that should make up the majority of your diet.
- ◆ Place food choices and the amount of exercise required to burn these calories in perspective.

Taking Ownership in Food Choice

NUTRITION ED

GRADES 9-10

Location: Classroom-PowerPoint Presentation Perfect for a Freshman Seminar Class GOALS OF THE ACTIVITY: STUDENTS WILL...

- ◆ Reminder of the components of the school lunch. Students are aware of what is included with the lunch and that they can take 2 fruits and 2 vegetables.
- ◆ Learn how to read a food label and adjust the nutritional for their serving size.
- ◆ Introduction to the differences in the way protein, carbohydrate and fat are metabolized in the body.
- ◆ Learn to build balanced meals and snacks including the foods that should make up the majority of your diet.
- ◆ Place food choices and the amount of exercise required to burn these calories in perspective.
- ◆ Plan your meals with a balanced meal planning guide.