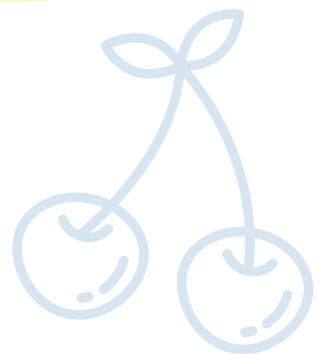
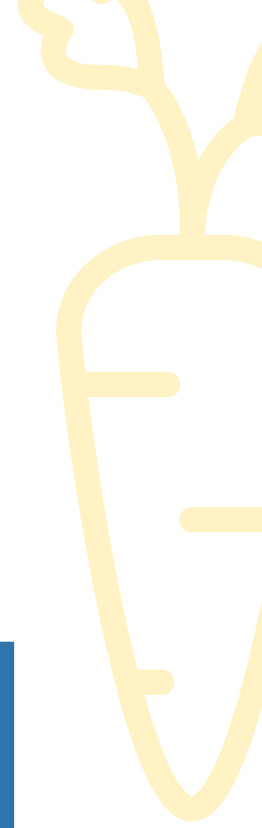


**SOUND BODY  
SOUND MIND**

# **NUTRITION SERIES**

**15 nutrition lessons and videos for  
middle school and high school students**



# INTRODUCTION

# NUTRITION SERIES

**Paige Foote is a registered dietician with UCLA Sports Performance powered by Exos. Throughout this 15-lesson series, she will provide the basics of nutrition and apply healthy principles to everyday life.**



## NUTRITION SERIES LESSON 1

# WHY NUTRITION MATTERS

## Nutrition Digest

with Dietitian Paige

UCLA

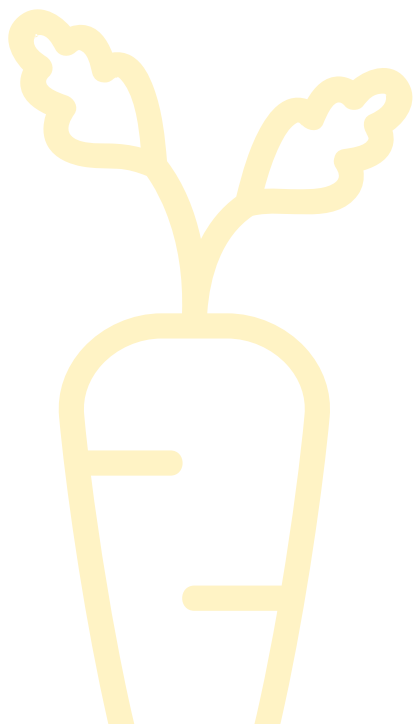
Health

Sound Body Sound Mind



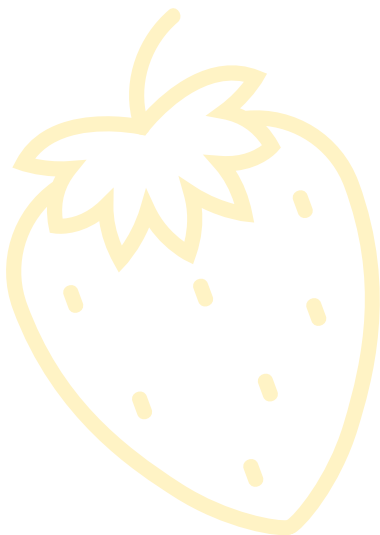
## COMPREHENSION QUESTIONS

1. How is what we eat similar to the gas we put in our cars?
2. List one way nutrition impacts our lives.



**NUTRITION  
SERIES  
LESSON 2**

# CARBOHYDRATES & PROTEIN



## COMPREHENSION QUESTIONS

1. List one function of carbohydrates in the diet
2. List one function of protein in the diet
3. Aim to make at least \_\_\_ your grains from whole grains.

## NUTRITION SERIES LESSON 3

# FAT, FRUITS & VEGETABLES



Nutrition Digest  
with Dietitian Paige

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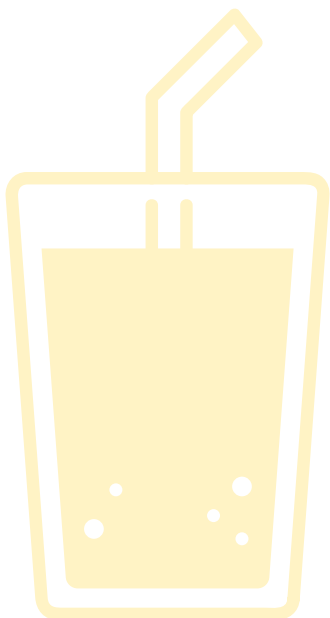
0:00 / 6:20

## COMPREHENSION QUESTIONS

1. List one function of fat in the diet.
2. List one function of fruits and vegetables in the diet.
3. Why is one way you can add variety to your fruit and vegetable intake?

# NUTRITION SERIES LESSON 4

# BEVERAGES



## COMPREHENSION QUESTIONS

1. List one function of fluid in the diet.
2. What color should our urine be to indicate good hydration status?
3. What is one way people can drink more water during the day?

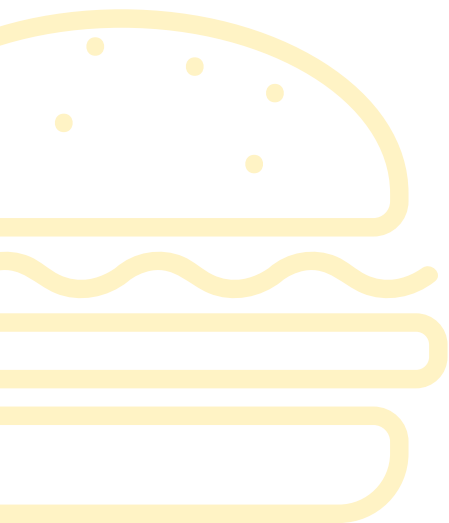
## NUTRITION SERIES LESSON 5

# SMARTER CHOICES



## COMPREHENSION QUESTIONS

1. List one reason why too much added sugar in the diet can be a problem.
2. What is an example of a food or beverage that provides added sugar?
3. List one reason why too much sodium in the diet can be a problem.
4. What is an example of a food that is high in sodium?



## NUTRITION SERIES LESSON 6

# NUTRITION SCHEDULE



## COMPREHENSION QUESTIONS

1. What is one benefit of eating consistently throughout the day?
2. What are some negative effects of skipping meals and snacks?
3. How often should students aim to eat?



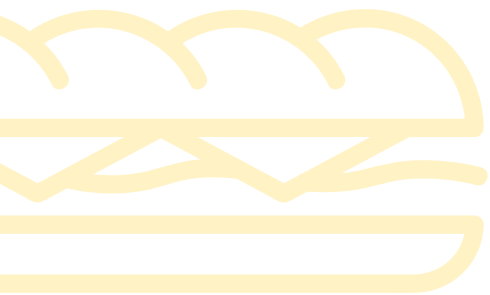
# NUTRITION SERIES LESSON 7

# EATING OUT



## COMPREHENSION QUESTIONS

1. How would you use the tips from today's lesson to order a meal from a sandwich shop?
2. How could you add a fruit or vegetable(s)?
3. What type of drink could you order?
4. What type of bread could you order?



# NUTRITION SERIES LESSON 8

# MEAL PLANNING



Nutrition Digest  
with Dietitian Paige

**UCLA Health** | Sound Body Sound Mind

Slide 1 | 0:01 / 10:39

## COMPREHENSION QUESTIONS

1. What is one benefit of meal planning?
2. What are the 4 key nutrients you should try to include in each meal that you plan?
3. What is one way that you can save money while grocery shopping?

## NUTRITION SERIES LESSON 9

# SPORTS NUTRITION



## COMPREHENSION QUESTIONS

1. List the 3 things you want to include in a pre-workout meal (2-3 hours before).
2. What should you eat/drink if exercising for 30 minutes?
3. List the 3 things you want to include in a post-workout meal or snack.

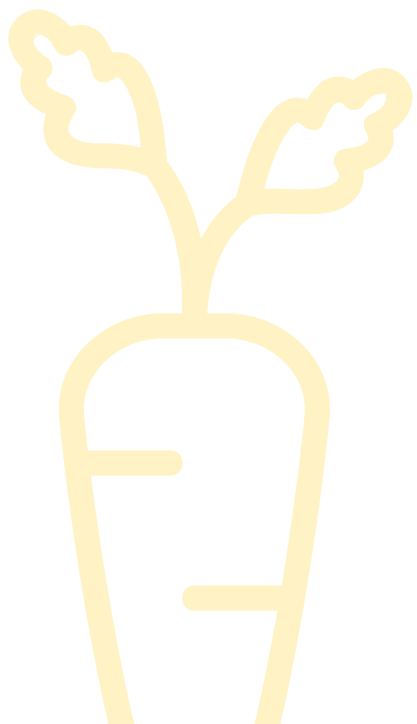
**NUTRITION  
SERIES  
LESSON 10**

# PLANT-BASED DIETS



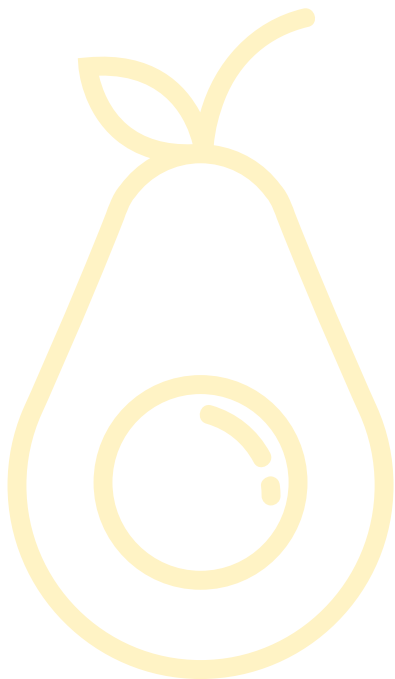
## COMPREHENSION QUESTIONS

1. What is one potential benefit of following a plant-based diet?
2. What is one potential risk of following a plant-based diet?
3. List one source of plant-based protein.



**NUTRITION  
SERIES  
LESSON 11**

# HEART-HEALTHY FOODS



## COMPREHENSION QUESTIONS

1. What type of cholesterol is considered "bad" and why?
2. List two sources of omega-3s
3. List a source of saturated/trans fats.

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SERIES  
LESSON 12**

# B VITAMINS



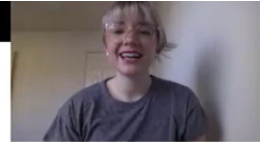
## COMPREHENSION QUESTIONS

1. What is the difference between a micro and macronutrient?
2. What is a good source of Vitamin B2?
3. What is a good source of Vitamin B6?



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SERIES  
LESSON 13**

# MAGNESIUM



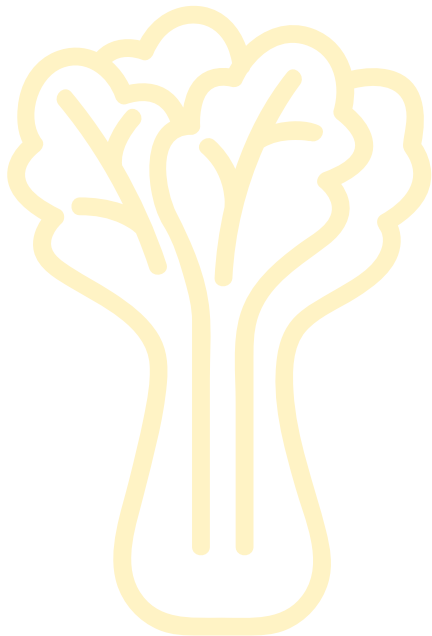
## Nutrition Digest with Dietitian Paige

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0:00 / 5:26



## COMPREHENSION QUESTIONS

1. What is the difference between a vitamin and a mineral?
2. List one source of magnesium.
3. List one type of person who may be at risk for not getting enough magnesium in their diet.

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SERIES  
LESSON 14**

# CAFFINE CONSUMPTION



## COMPREHENSION QUESTIONS

1. List two sources of caffeine.
2. List two negative side effects of caffeine.
3. Teens should try to consume less than how many mg of caffeine each day?





**NUTRITION  
SERIES  
LESSON 15**

# CALCIUM



## COMPREHENSION QUESTIONS

1. List one other reason why we need calcium besides strong bones and teeth.
2. What happens when we don't get enough calcium?
3. List two sources of calcium.