

# Module 1: The Perfect Machine


## Topic 3 Content: Choosing the Right Fuel

### Introduction

#### Choosing the Right Fuel: Introduction to Good Nutrition

**Introduction**

In this interactivity, click the vertical tabs to view an introduction to good nutrition.



- Food Categories
- Balanced Diet
- Servings
- Grains
- Vegetables
- Fruit
- Dairy
- Meat and Beans

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## Topic 3 Content: Choosing the Right Fuel

### Food Categories

#### Choosing the Right Fuel: Introduction to Good Nutrition

**Food Categories**



Because no food or food group can supply the body with all the essential nutrients needed for good health, a variety of foods should be eaten each day from each of the five food groups. For example, breads and cereals provide the body with carbohydrates and complex B vitamins. Breads and cereals, however, are very low in protein and calcium. Eating a lot of

Balanced Diet  
Servings  
Grains  
Vegetables  
Fruit  
Dairy  
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Because no food or food group can supply the body with all the essential nutrients needed for good health, a variety of foods should be eaten each day from each of the five food groups. For example, breads and cereals provide the body with carbohydrates and complex B vitamins. Breads and cereals, however, are very low in protein and calcium. Eating a lot of bread might boost your energy level, but it will do little to help you build strong bones and muscles. It is essential to your health that a variety of foods be eaten from each of the five food groups.

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### Balanced Diet

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Food Categories

Balanced Diet

Balanced Diet



A balanced diet is one in which the various food groups are consumed in the right portions. Depending on your age, specific nutritional status, and physical activity level, the recommended daily servings that are best for you may vary.

Servings

Grains

Vegetables

Fruit

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### Servings


**Choosing the Right Fuel: Introduction to Good Nutrition**

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**Servings**

Servings



Most people do not realize that food portions served at restaurants and in homes tend to be much larger than the “servings” suggested. Knowing what a serving is can be very important. Eating too many servings or not enough servings of a food group can cause a person to be unhealthy. A serving is defined by the Food and Drug Administration (FDA) as the

Grains

Vegetables

Fruit

Dairy

Meat and Beans

Most people do not realize that food portions served at restaurants and in homes tend to be much larger than the “servings” suggested. Knowing what a serving is can be very important. Eating too many servings or not enough servings of a food group can cause a person to be unhealthy. A serving is defined by the Food and Drug Administration (FDA) as the “suggested and usually consumed portions necessary to achieve adequate nutrient intake.” A serving of the bread and grains group, therefore, might differ in size from that of the meat and beans group.

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### Grains

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**Grains**

#### Grains



Foods included in the grain product group contain high amounts of carbohydrates. In addition to being a good source of energy, grain products also provide the body with essential vitamins, minerals, protein, and fiber. Vitamin B complex is found in abundance in foods, such as whole-grain breads and cereals. Because much of the nutrients within a grain product

Vegetables

Fruit

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Meat and Beans

Foods included in the grain product group contain high amounts of carbohydrates. In addition to being a good source of energy, grain products also provide the body with essential vitamins, minerals, protein, and fiber. Vitamin B complex is found in abundance in foods, such as whole-grain breads and cereals. Because much of the nutrients within a grain product are found in the germ or the bran, whole-grain products are better for your health than refined breads and cereals. They provide your body with complex carbohydrates. Refined breads and cereals supply the body with almost no vitamins and minerals, though they are high in carbohydrates. It is important to choose 6-11 servings of grain products, with half of those being whole grains.

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### Vegetables

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### Vegetables



Vegetables are an excellent source of Vitamin C and carotene. Vitamin C is found in abundance in raw red and dark green vegetables, such as red and green peppers, tomatoes, broccoli, and cabbage. Vitamin C is linked to increased immunity and the destruction of toxic substances within the body. Vegetables high in carotene include carrots, spinach and zucchini.

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## Topic 3 Content: Choosing the Right Fuel

### Fruit

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**Fruit**



Fruit is another excellent source of vitamins A and C, carbohydrates, and water. Naturally low in fat, fruit helps to keep that “sweet tooth” satisfied in a healthy way. Similar to vegetables that are high in carotene, yellow fruits are good sources of Vitamin A. Papaya, apricots, and peaches supply the body with ample amounts of carotene. Vitamin C is found in abundance in

Fruit is another excellent source of vitamins A and C, carbohydrates, and water. Naturally low in fat, fruit helps keep that “sweet tooth” satisfied in a healthy way. Similar to vegetables that are high in carotene, yellow fruits are good sources of Vitamin A. Papaya, apricots, and peaches supply the body with ample amounts of carotene. Vitamin C is found in abundance in citrus fruits. Examples of citrus fruits include oranges, lemons, and grapefruits. To eat a balanced diet, the average teenager needs to eat approximately four servings of fruit per day.



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### Dairy

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#### Dairy



Calcium is found in milk and other dairy products. It is useful for the growth and development of strong bones and teeth. In order to get the needed amount of calcium, adolescents should take in foods that contain the calcium equivalent of 4 to 5 glasses of milk each day. Milk is also a good source of protein. The protein found in milk is complete, meaning it contains

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## Topic 3 Content: Choosing the Right Fuel

### Meat and Beans

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#### Meat and Beans



Meat and beans make up the body's best source of protein. Meat is a rich source of vitamin B12 and B-complex vitamins, iron, and other minerals. Meat includes foods such as beef, pork, poultry, and fish. Beans also provide the body with protein, B-complex vitamins and iron. The protein found in beans, however, is incomplete. Beans must be eaten

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