

**Health Podcast Activity Worksheet**

**Episode 1: Nutrition**

**Activity A Listening and Learning**

**Directions** Download the Nutrition podcast from [www.glencoe.com](http://www.glencoe.com). As you listen, write down the main ideas to help you complete the activities. Discuss the nutrition information from the podcast with your class and then answer the questions below.

- 1. Name two nutrients mentioned in the podcast that your body needs. Give examples of foods that supply each nutrient.

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- 2. Explain why it is important to make healthy food choices. What are some ways to make sure that you are eating right?

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- 3. What steps can you take to balance your eating plan with physical activity?

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Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

## Health Podcast Activity Worksheet

### Nutrition

#### Activity B Making Healthy Choices

**Track Your Food Choices Online** Use the resources at [MyPyramid.gov](http://MyPyramid.gov) to analyze your food choices for one day. Go to MyPyramid Tracker and follow these steps.

1. Register at the site and create a username and password. You do not need to use your real name or provide any personal information to use this tool.
2. Record your food intake for one day. Be sure to include meals and snacks, and indicate serving sizes.
3. Complete the daily physical activity section and record any physical activity you have performed in the last 24 hours.
4. Follow the links to let MyPyramid Tracker analyze your food intake and physical activity for one day.
5. View the MyPyramid Recommendations page. Print this page or e-mail it to your teacher to demonstrate how you are using this tool to help make healthy food choices. Include a list of changes you can make to balance your eating plan.