

BIG Idea

Learning to make healthy food choices will keep you healthy throughout your life.

Study Coach

K-W-L Chart Make a three-column chart. In the first column, list what you know about nutrition. In the second column, list what you want to know about this topic. As you read, use the third column to summarize what you learned.

K	W	L

● Before You Read

Why do you eat certain foods? Is it because you like the taste, or are there other reasons? Write your ideas on the lines below. After reading the lesson, review your list and add any additional ideas you may have.

● Read to Learn

Why Nutrition Matters

The food you eat plays a major role in your total health, so it's important to make good eating decisions. The first step is to learn about **nutrition**. Nutrition is the process by which your body takes in and uses food.

In order to function properly, your body needs food to provide it with **nutrients**. Nutrients are substances in food that your body needs to grow, to repair itself, and to supply you with energy. The energy your body gets from food is measured in calories. A **calorie** is a unit of heat used to measure the energy your body uses.

Healthful foods provide fuel for your body and mind. Eating a variety of healthful foods can help you avoid unhealthy weight gain. It can also lower your risk of developing many conditions such as:

- Type 2 diabetes.
- Cardiovascular disease.
- Stroke.
- Certain cancers.
- Osteoporosis. ✓



READING CHECK

1. Explain How do your eating habits affect your physical health?

What Influences Your Food Choices?

When you make food choices, you need to understand what influences you. Did you eat oatmeal with raisins for breakfast because you like the taste? Maybe you grabbed a snack for a quick energy boost.

What is the difference between hunger and appetite?

Two main reasons that people eat are hunger and appetite. **Hunger** is the natural physical drive to eat, prompted by the body's need for food. When you're hungry, your stomach may growl or you may start to feel tired and lightheaded. Once you eat, these signals stop and you feel better. **Appetite** is the psychological desire for food. For example, the smell of fresh-baked bread might tempt you, even if your stomach is full.

Food and Emotions

Sometimes people eat to respond to an emotional need. For example, they may eat more when they're feeling stressed, frustrated, lonely, bored, or sad. This kind of eating is unrelated to the body's actual need for food.

Using food to relieve tension or boredom can lead to weight gain. You may not get all the nutrients you need if you lose your appetite when you are upset. Recognizing how emotions affect your eating can help you break these patterns.

How does your environment affect your food choices?

The people and things around you also affect what you eat. Environmental factors include:

- **Family and culture.** If your family eats most meals at home, this will influence what you eat. You may prefer certain foods because of your family's cultural influences.
- **Friends.** If your friends go get pizza after school, you will probably eat pizza too. Friends and peers can also encourage you to try new foods.
- **Time and money.** People with busy schedules may choose foods that are quick and easy to prepare. Cost can also be a factor. For instance, you may not eat expensive steaks very often.
- **Advertising.** Advertisers hope that seeing a certain food on your TV screen makes you want that product. ✓



Think it Over

- 2. Describe** What are some of the ways your friends have influenced your eating habits?



READING CHECK

- 3. Infer** Why do advertisers want to influence your food choices?
