

Name: _____ **Date:** _____

Introduction to Nutrition & Fitness

Instructions:

Read the following information and answer the questions thoughtfully.

Part I: What is Nutrition?

Nutrition refers to the process of consuming and utilizing food for growth, energy, and overall health. The food choices we make impact our bodies in many ways, from energy levels to disease prevention.

Macronutrients vs. Micronutrients:

Macronutrients provide energy:

-  **Carbohydrates (rice, bread, fruits) – main energy source**
-  **Proteins (chicken, beans, fish) – build and repair tissues**
-  **Fats (avocados, nuts, olive oil) – essential for cell function**

Micronutrients (vitamins & minerals) support bodily functions:

-  **Vitamin C helps the immune system**
-  **Calcium strengthens bones**
-  **Iron helps carry oxygen in the blood**



Questions:

 **Why is nutrition important for overall health?**

 **Give one example of a healthy and unhealthy food choice for each macronutrient:**

 **Carbohydrates:**

Healthy: _____ **Unhealthy:** _____

 **Proteins:**

Healthy: _____ **Unhealthy:** _____

 **Fats:**

Healthy: _____ **Unhealthy:** _____

3. Imagine you only had fast food available for a week. How might this impact your health?

Part II: Introduction to Fitness

What is Fitness?

Fitness refers to a person's ability to perform daily activities with energy and without excessive fatigue. It includes:

- 🌀 Cardiovascular Endurance (running, swimming)**
- 🌀 Muscular Strength & Endurance (weightlifting, push-ups)**
- 🌀 Flexibility (stretching, yoga)**
- 🌀 Body Composition (balance of muscle vs. fat)**
- 🌀**

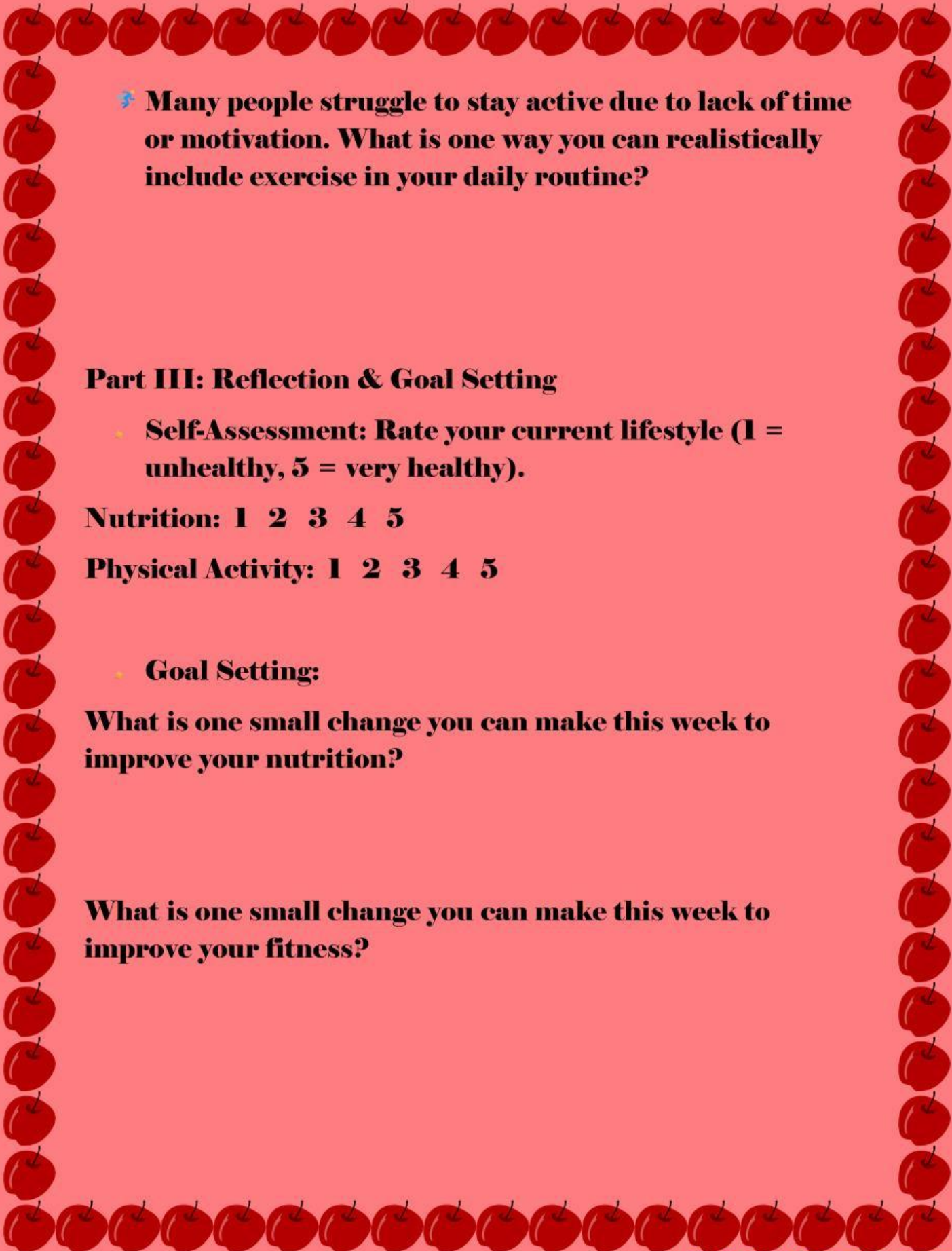
Questions:

- 🌀 List three benefits of regular physical activity.**

a)

b)

c)

- 
- **Many people struggle to stay active due to lack of time or motivation. What is one way you can realistically include exercise in your daily routine?**

Part III: Reflection & Goal Setting

- **Self-Assessment: Rate your current lifestyle (1 = unhealthy, 5 = very healthy).**

Nutrition: 1 2 3 4 5

Physical Activity: 1 2 3 4 5

- **Goal Setting:**

What is one small change you can make this week to improve your nutrition?

What is one small change you can make this week to improve your fitness?



 **Myth or Fact? Write one common myth about nutrition or fitness that you have heard. Then, explain whether you think it's true or false.**

Example: "Skipping meals helps you lose weight" – False! It can actually slow down your metabolism.

Myth:

True or False?

Explanation:
