

EATING PLANS – HEALTHY DIET TIPS COURSE LEARNING WORKBOOK



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Note: External Links: Regarding Advertisements

There are links provided in this Course Learning Workbook. There may also be some links on the GMP Fitness Learning Platform. These links, which may also provide advertisements, are for informational purposes only. These links are for informational purposes only; they do not constitute an endorsement or approval by GMP Fitness® of any of the products by these companies.

EATING PLANS – HEALTHY DIET TIPS—COURSE WORKBOOK

ACTIVITY QUESTIONS AND ASSIGNMENTS

This course includes over “21 numbered activity questions” designed to help you **present your results**. We recommend completing the questions as you go through the course. The questions will guide you through each lesson, help reinforce and check your understanding of the material, and prepare you for the final exam.

— Questions 1-21 will prepare you for the final exam.

— **In addition to the 21 questions, there are external video/article links that also have questions that are not on the exam.** See below for instructions and notes for these questions.

Additional Assignments - These questions are not on the exam.

LESSON 1. EATING WELL

1. Based on their nutrient content, vegetables are organized into 5 subgroups. List the 5 subgroups.

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2. Explain what counts as a cup of vegetables.

3. Explain the recommended daily amount of fiber in your diet.

4. Explain why you need to increase fiber gradually.

5. List 10 fruits and vegetables that are high in fiber.

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6. Explain why is it so important to stay hydrated.

7. Explain how much water you should drink each day.

8. List 6 tips for staying hydrated.

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9. List 8 major food and beverage sources of added sugars for Americans.

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10. List 15 names for added sugars on food labels.

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11. Explain what trans fats are.

12. List and briefly explain the good fats.

13. List 10 tips for a healthy diet.

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LESSON 2. ENJOY EATING WELL HEALTHY HABITS

14. Each meal is a building block. Explain how to build healthy mealtime habits.

15. List 5 ways to make healthier choices when eating food away from home.

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16. List 5 ways to eat more fruits.

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17. List 5 ways to make better food choices.

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18. List 5 ways to eat healthy for an active lifestyle.

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19. List 5 ways to enjoy your food, but eat less.

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20. List 5 ways to vary your protein routine.

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21. List 5 ways to get a variety of seafood in your diet.

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LESSON 3. EXTERNAL LINK WEBINARS, ARTICLES, AND RESOURCES. MORE COURSE ACTIVITY QUESTIONS

Additional Assignments - These questions are not on the exam.

— In addition to the “21 numbered activity questions” there are “Additional Assignment Questions” provided below - these questions are not on the exam.

— The main purpose of the external webinar, video, audio, and/or article links is to watch, listen and/or read them to increase and reinforce your knowledge of the course

subject matter and extend your learning into other areas of health and wellness as well. The external links also increase student engagement and interaction and discussion with peers and others.

— Some of the external webinar, video, audio, and/or article links will have advertisements.

— The webinar, video, and or audio links, also offer you the flexibility to pause, rewind, or skip parts if you would like to. With the articles, you can re-read them as many times as you like.

Notes About the External Links

Some of our external link resources are from the [Centers for Disease Control and Prevention](#), [National Institutes of Health](#), [MedlinePlus](#), and others like [Medical News Today](#), [Healthline](#) which include well-sourced research articles, and others experts on the subject matter.

The [NIA](#) says that while many commercial websites do provide accurate, useful health information, it can be hard to distinguish this content from marketing and promotional materials in some cases. Any advertisements on a site should be clearly marked as such. Watch out for ads designed to look like neutral health information.

Suggestion: If an article read the content of the article only. If it is a video, click past the advertisements and watch or listen only to the video.

The external links are more for you to write, draw, and discuss what you have learned. There are a number of things you can do to process and learn from the external links to help you learn the information. For example, write down keywords that you learn on index cards or in your notes. Then review this information and any other notes you took.

— Also, draw pictures to help you recall keywords. [Research](#) says drawing pictures may help you remember better boost memory and challenge students to explore the materials in different ways.

— You might find that some of the external links are similar in what they provide in learning. This will help retention and reinforce the material more.

— Take your time through the videos/articles - pausing as often as you like - to engage more with the content and enhance learning processes.

— Discuss what else you learned. Discussion helps you think about what you learned more.

Again, while there are some [“Additional Assignment Questions”](#) provided below - these questions are not on the exam.

External Link Assignments Quick Steps

- Click on the external webinar/video/article links (∞) below.
- Key Points: Identify core sections.
- Webinars/Videos: Pause, rewind, and rewatch.
- Take notes.
- In addition to any questions below, discuss any additional things you have learned from each external link.

External Webinar and Video Link Questions

∞ [Heart Healthy Eating Principles Webinar - 1 hour](#)

Start at 3:35

- List 5 key findings that you learned from this video.
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- List “principles for eating heart healthy.”
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- What did the panelists discuss during the round table?

NOTE: At minute 47 the panelists talk very briefly about a question they receive about Red Wine. The panelist on the far right briefly answers the question.

∞ [Get the Facts: Added Sugars | Nutrition - CDC](#)

- What does the CDC website recommend about sugar intake?

- What does eating and drinking too many added sugars contribute to?

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- Discuss at least 3 other things you learned from this article.

- 1.
- 2.
- 3.

∞ [Sugar: the facts - NHS](#)

- Why does the NHS say it's important to look at the labels on the back of the packaging?

- What does it mean if sugar is near the top of the list of ingredients?

- Discuss at least 3 other things you learned from this article.

- 1.
- 2.
- 3.

BASIC CARTOON VIDEOS

Learning more about healthy eating and vegetables through basic videos for younger children.

Sharing information with families on healthy eating and vegetables.

Below are 2 Basic Cartoon Videos. They are great for young students and fun to share if you coach younger children. These are helpful to assist in presenting to a younger population.

∞ [Healthy Eating Made Easier with Food Groups](#) - This is a Basic Cartoon - 6:26 minutes

- Discuss at least 3 other things you learned.

- 1.
- 2.
- 3.
- 4.
- 5.

∞ [Are Vegetables Really Healthy?](#) - This is a Basic Cartoon Video - 3:15 minutes

- Discuss at least 3 other things you learned.

- 1.
- 2.

- 3.
- 4.
- 5.

∞ [Healthy Eating Around the Holidays](#) - Video 20:22 minutes

While this video does discuss eating around the time of the holidays, the information is beneficial for all year.

- Explain obesity statistics in children from the video.

- Explain the importance of eating healthy. (minute 4) - give 5 reasons.

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- Explain how you can eat healthy during the holidays.

- Explain why is a plant-based diet beneficial.

- Detail a weekly plant-based diet.

- Discuss at least 3 other things you learned.

- 1.
- 2.
- 3.

∞ Go to [Obesity among children ages 5 to 11 rises during the pandemic](#).

Then go to this study - [Children & Obesity - CDC](#) Then search online to see what the trends are now.

- What did you find about children and about adults?

External Article Link Questions

∞ Article 1: [What are the best foods to eat for energy?](#)

The article states, that all food provides the body with energy, but this energy can vary greatly. Some foods, such as sugars and refined carbs, give the body a quick jolt of energy. However, more often, the body needs more sustainable energy from ingredients such as fruits, grains, and legumes. Then continue to say that people should try to choose a varied diet containing many different, nutritious foods that give the body sustained energy. Answer the questions below. Then list other things you learned in the article.

- What are some of the energy-boosting foods from this article?

- Research the web and find more energy-boosting foods.

- Then each week for 1 month vary your energy-boosting foods. Keep a journal so you know which new energy-boosting foods you tried each week.

- Discuss at least 3 other things you learned.

- 1.
- 2.
- 3.

∞ Article 2: [Keeping hydrated With Water](#)

Keeping hydrated is crucial for health and well-being, but many people do not consume enough fluids each day.

Water Fast Facts

- Around 60 percent of the body is made up of water.
- Around 71 percent of the planet's surface is covered by water.
- Drinking water instead of soda can help with weight loss.
- Water is essential for the kidneys and other bodily functions.

Answer the questions below. Then list other things you learned in the article.

- List fifteen benefits of drinking water.

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- What is the daily recommended water intake for men and women?

- What foods are high in water content?

- What fruits and vegetables are high in water content?

- During exercise, people may need to consume more water than usual. The amount they should drink depends on what?

- Discuss at least 3 other things you learned.

- 1.
- 2.
- 3.

Reflect on why water is now or will be the single best drink for your health.

∞ Article 3: Why do we need dietary fiber?

Dietary fiber, also known as roughage, is the indigestible part of plant foods. Fiber has a host of health benefits, including reducing the risk of heart disease and type 2 diabetes. Answer the questions below. Then list other things you learned in the article.

- Define insoluble fiber.

- Define soluble fiber.

- Explain 3 benefits of eating more fiber.

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- List insoluble fiber sources.

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- List soluble fiber sources.

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- List 20 foods that are high in fiber.

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- How can you increase your fiber?

- Discuss at least 3 other things you learned from this article.

- 1.
- 2.
- 3.

∞ Article 4: What are the benefits of eating healthy?

A healthful diet typically includes nutrient-dense foods from all major food groups, including lean proteins, whole grains, healthful fats, and fruits and vegetables of many colors. Answer the questions below. Then list other things you learned in the article.

- The DASH diet includes plenty of healthful foods for the heart. What are some of the things the program recommends?

- List 4 foods high in antioxidants.

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- Fermented foods are rich in probiotics. List five foods fermented foods.

- What are some foods that help protect against cognitive decline?

• A diet with adequate calcium and magnesium is important for strong bones and teeth. Keeping the bones healthy can minimize the risk of bone issues later in life, such as osteoporosis. List seven foods that are rich in calcium.

- There are lots of positive ways to improve your diet. List seven tips for a healthful diet.

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• Discuss at least 3 other things you learned from this article.

- 1.
- 2.
- 3.

∞ Article 5: [College Students and Eating Habits:](#)

Discuss why overweightness and obesity rates have dramatically increased over the past few decades.

∞ **ARTICLE LINKS FROM MEDICAL AND NON-MEDICAL WEBSITES**

Click on the article links below to learn more about eating healthy.

- [The Benefits of Healthy Eating](#)
- [Keep Active & Eat Healthy to Improve Well-being & Feel Great](#)
- [Take Charge of Your Health: A Guide for Teenagers - NIDDK](#)
- [Nutrition Tips for Kids](#)
- [Better Together: Foods to Pair for Optimal Nutrition](#)
- [Health benefits of eating well - Food and nutrition](#)

∞ **RESOURCES**

Resource Link Downloads from choosemyplate.gov

Click on the links below to download the resources.

- [Have Fun With Fruits and Vegetables](#)
- [Create a Grocery Game Plan](#)
- [Create Your Own MyPlate Menu](#)
- [MyPlate Crossword Puzzle](#)
- [MyPlate Grocery Store Bingo](#)
- [MyPlate Maze](#)
- [Start Simple App: Scavenger Hunt](#)
- [More From MyPlate](#)

RESOURCES

Resource Link Downloads from the Office of Disease Prevention and Health Promotion (ODPHP).

Click on the links below to download the resources.

- Eat Healthy: Pregnancy or Breastfeeding [PDF](#)
- Eat Healthy: Birth to Age 2 [PDF](#)
- Eat Healthy: Kids & Teens [PDF](#)
- Eat Healthy: Older Adults [PDF](#)
- Make Healthy Drink Choices [PDF](#)
- Cut Down on Added Sugars [PDF](#)
- Cut Down on Saturated Fat [PDF](#)
- Cut Down on Sodium [PDF](#)
- Nutrition Conversation Starters [PDF](#)
- Build a Healthy Eating Routine [PDF](#)

