

Fitness and Nutrition Semester Outline

“Fit Nut” program at Andrew H.S. in Tinley Park, IL

1. Introduce the course
 - a. Daily graded lunch requirements
 - b. It is a class, not a study hall
 - c. Lab: Trail Mix

2. Safety and Sanitation
 - a. Basic overview to participate in labs
 - b. Signed Safety Contract

3. Basic Nutrition
 - a. Food Guide Pyramid
 - b. Analyze personal eating and nutrition habits
 - c. Pedometer evaluation
 - d. Dietary Guidelines
 - e. Breakfast
 - f. Lab: Breakfast Pizzas
 - g. Field Trip: Outdoor BBQ-learn portion sizes for picnics

4. Vitamins and Minerals
 - a. Importance of vitamins and minerals in your diet
 - b. Use personal analysis to see what vitamins/minerals we lack and how to incorporate them
 - c. Lab: Vegetable Pita Pizza
 - d. Field Trip: Rock climbing, spinning class

5. Water
 - a. Water needed before, during, and after exercise
 - b. Lab: Smoothies
 - c. Water taste test
 - d. Water vs. Sports drinks
 - e. Liquid meals: healthy or not?
 - f. Rudy’s Gym: Train with professional body builder

6. Carbohydrates

- a. Simple vs. Complex
- b. Pre/Post Game meals
- c. Fiber
- d. Labs: Spaghetti, pancakes, granola bars
- e. Extra sugar in healthy foods
- f. Field Trip: Run to Subway

7. Fat

- a. Some fat is necessary
- b. Labs: Turkey Tacos
- c. Fast food analysis
- d. Exercise myths
- e. Field Trip: Ice Skating

8. Protein

- a. Labs: Chef's Salad, Stir Fry
- b. Supplements
- c. Whey Protein
- d. Athletes and protein myths

9. Final