

What's Your Disney Side Name?

Use the first initial from each of your names

First Name

A- DOPEY
B- JOLLY
C- DOC
D- TINKER
E- BIBBIDI
F- GRUMPY
G- THUMPER
H- STITCH
I- JIMINY
J- FLOUNDER
K- GOOFY
L- BIG HERO
M- PIXAR
N- SCUTTLE
O- BOLT
P- MARVEL
Q- DARTH
R- OLAF
S- GENIE
T- OSWALD
U- YODA
V- KRONK
W- BAYMAX
X- FLIX
Y- DORY
Z- EWOK

Middle Name

A- CORNDOG
B- SLEEPY
C- YO-HO
D- FASTPASS
E- GADGET
F- POPPINS
G- HATTER
H- WOOKIE
I- CRUSH
J- BASHFUL
K- BEAST
L- POOH
M- MAGICAL
N- SEBASTIAN
O- TRON
P- BULLSEYE
Q- MINNIE
R- CHARMING
S- FLUBBER
T- KA-CHOW
U- MUSHU
V- DUMBO
W- FIREWORK
X- CHEWBACCA
Y- THOR
Z- ENCHANTED

Last Name

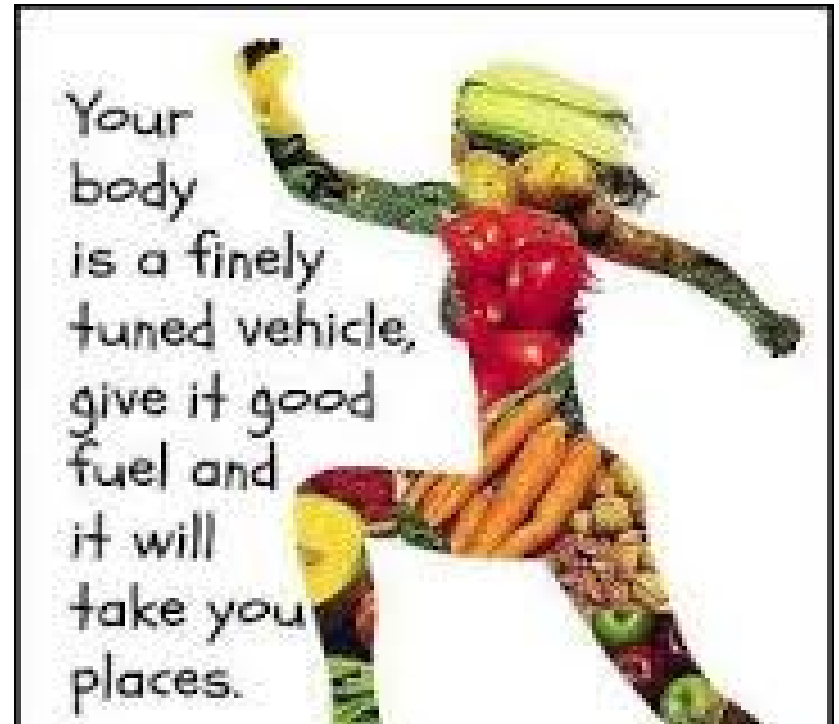
A- VADER
B- CHURRO CART
C- MCSTUFFINS
D- SKELLINGTON
E- SKYWALKER
F- TIKI ROOM
G- MCQUEEN
H- DOLE WHIP
I- LIGHTSABER
J- IRONMAN
K- TURKEY LEG
L- CASEY JR.
M- HEFFALUMP
N- DINGLEHOPPER
O- SPACE RANGER
P- BLACKBEARD
Q- CROPHOPPER
R- WAZOWSKI
S- FRANKENWEENIE
T- INCREDIBLE
U- SPARROW
V- FANTASMIC
W- LIGHTYEAR
X- EVER AFTER
Y- WONDERLAND
Z- PIXIE DUST

Mickey Mouse Monday



What is Nutrition?

**- taking in
food and
using it for
energy.**



Six Essential Nutrients



So what is a Nutrient?

Substances in food that your body needs for:

- growth, have energy, and to stay healthy.

Eat a variety of foods, since one food does not have all the nutrients.

2. Proteins

3. Fats

4. Vitamins

5. Minerals

6. Water

Carbohydrates

Carbs - main source of energy.

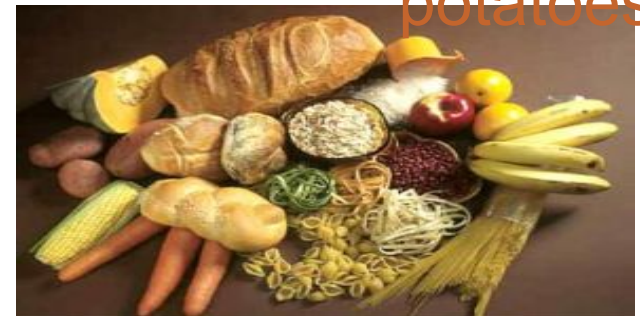
1. Simple

Crash & Burn Effect
-comes from sugars
like candy, soda,
doughnuts.

Two
types

2. Complex

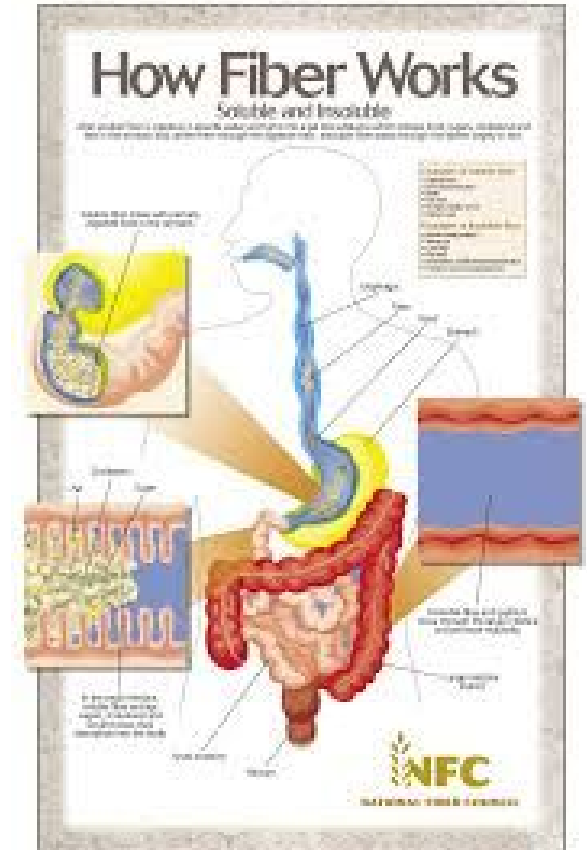
Long term
energy-comes from
pasta, bread,
vegetables like peas &
potatoes.



Carbohydrates Continued

Fiber

- comes from plant sources only such as:
- **fruits, veggies and whole grains.**
- Cannot be digested but helps in digestion by helping to eliminate waste products from the body.



Proteins

Proteins– builds and repairs body's cells.



- Protein sources: Beans, Soy, Lentils, Beef, Pork, Fish, Eggs, Cheese, Poultry, Seafood

Fats

Fats – cushions body organs.



- Types of fat include:

BAD - saturated, unsaturated, trans-fat, cholesterol
GOOD - omega

Vitamins

Vitamins - regulate body processes (fight infection, uses energy, stores nutrients).



**Vitamins- water or fat-soluble
(dissolve)**

- Examples include vitamin A, B, C, D, E & K
- Most come from fruits, veggies, & dairy.

Minerals

Minerals - form healthy bones/ teeth, keep heart working properly.

- Examples:

Minerals - calcium, iron, phosphorus, potassium, sodium



Water

Water – helps with body temp, digestion, hydration



- Need approximately 64 oz. daily.
- Sources: fruits, veggies, soups, juices, & milk.

Eat this and not that!

- Number your paper from 1- 9.
- Choose the BETTER option based on fat / calories.
- Or are they about the SAME?

EXAMPLE:

- Cup of peanut butter
- Cup of butter

○ Oreo Blizzard



Put an “x” if your guess was wrong.

Don't worry, it's participation points for trying.

Number 1



- 10 Wendy's
Chicken Nuggets



- 10 piece
McDonald's
chicken nuggets



Number 2

○ Charms Blow Pop

○ 4 pieces of Starburst



Number 3

- Burger King Whopper



- Mc Donald's Big Mac



Number 4

○ Kit Kat

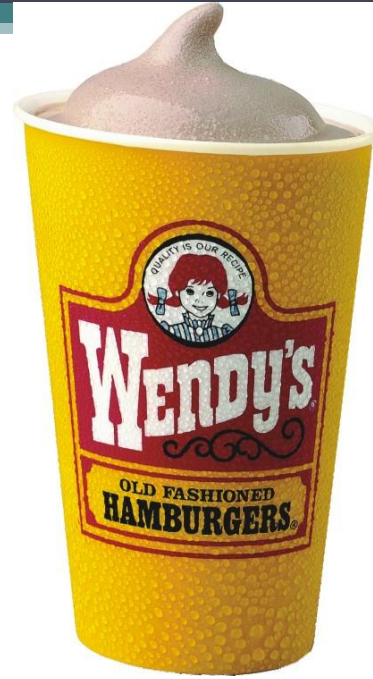


○ Reese's Peanut Butter Cup



Number 5

○ Wendy's Frosty



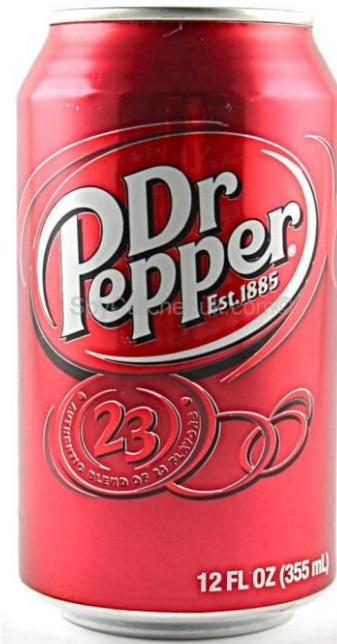
○ McDonald's Shake



Number 6

○ Dr. Pepper

○ Coke



Number 7

○ Bowl of Fruit Loops



○ Bowl of Apple Jacks



Number 8

○ String Cheese



○ Slim Jim

Number 9

How did you do?

- Score correct out of 9?