

16 MACRONUTRIENTS FAMILY FEUD



PURPOSE

This activity highlights the unique roles macronutrients play in keeping young workers safe and healthy. These basic concepts reinforce the lessons from “Healthy Plate Activity” and can help young workers identify the components of a balanced diet. Proper nutrition supports healthy minds and bodies in young workers, which can help keep them safe on the job and healthy into the future.

ACTIVITY TIME

Approximately 20–25 minutes

PREPARATION

- Secure a piece of paper for score keeping.
- Print PUSH Cards.

DIRECTIONS

Supervisor reads out loud

Supervisor reads out loud

SUPERVISOR READS QUESTION

- ✘ *Do not read out loud*



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BACKGROUND

Foods we eat are made up of three different types of macronutrients (macronutrient means BIG nutrient). Our body uses these macronutrients to generate energy. Today we're going to learn the difference between the macronutrients, what their jobs are, and how to get these macronutrients in our diet.

The 3 macronutrients are:

- ⊖ Fat
- ⊖ Protein
- ⊖ Carbohydrates

We need to get all three macronutrients in our diet. Without them we won't have the energy we need to learn, move or even stay awake.

To help you remember what each of the macronutrients do, think of them as members of the X-men.

Protein - Like Wolverine, protein helps our body regenerate. Without protein, we wouldn't be able to grow or get muscles. You need protein in your diet so your body can make new cells.

CAN ANYONE NAME FOODS THAT ARE HIGH IN PROTEIN?

✘ *Let staff answer.*

Great job. Protein foods include:

- ⊖ Dairy (Greek yogurt, cottage cheese, eggs, milk)
- ⊖ Meats and fish
- ⊖ Soy milk
- ⊖ Beans and lentils
- ⊖ Nuts
- ⊖ Tofu
- ⊖ High protein grains such as wheat germ, soba noodles, and quinoa

Carbs - Professor Xavier, like carbs help power our brains. Like Professor X's awesome psychic power, carbs help our brains do the things we need them to do, like think, take care of our bodies, and tell our muscles and organs to work properly. A well-balanced, healthy diet needs carbs.

CAN ANYONE NAME FOODS THAT THEY KNOW ARE HIGH IN CARBS?

✘ *Let staff answer.*

Good work! Foods high in carbohydrates include:

- ⊖ Fruits and veggies
- ⊖ Grains including bread, pasta, and oats
- ⊖ Beans

Fat - Like Rogue, fat can help us store memories, develop physical strength, and stay in a good mood. Fat is an essential part of our daily diet. We get a lot of our energy from fat to power our bodies throughout the day. Fat also helps our bodies maintain healthy organs, like skin. Another major role of fat is to regulate our hormones, which are chemicals in the body that help us perform important functions, both physically and mentally.

CAN ANYONE NAME FOODS WITH FATS IN THEM?

✘ *Let staff answer.*

Fats can be found in:

- ⊖ Avocado
- ⊖ Nuts
- ⊖ Red meat
- ⊖ Dairy products
- ⊖ Oils like olive oil and coconut oil

ACTIVITY

Great job! So now we've covered the three basic macronutrients. Now we're ready to play a game.

I'm going to divide you into two teams. One team will be the X-men and the other team will be Magnetos mutants from the Brotherhood of Mutants. Once we've divided into teams, we'll play a round of family feud.

✘ *Split staff into equal teams.*

INSTRUCTIONS

1. One member of each team faces the other in a face-off as I read the first question.
2. The team that answers first with a correct answer receives control. A correct answer is one of the ten answers on my list. Each time there is a new question there is a face-off.
3. If you get one of the top ten answers, your team will have a shot at getting the rest of the answers. We will play until a member of your team gives an incorrect answer (something that is not on my list), then we will turn the question over to the other team to try. Each correct answer receives a point. I will keep score.

QUESTIONS:

NAME A TYPE OF FRUIT THAT IS A CARBOHYDRATE

- | | |
|-----------------|----------------|
| 1) Bananas | 6) Watermelon |
| 2) Apples | 7) Raspberries |
| 3) Oranges | 8) Peaches |
| 4) Grapes | 9) Nectarines |
| 5) Strawberries | 10) Pears |

NAME A NON-MEAT SOURCE OF PROTEIN

- | | |
|--------------------|----------------------|
| 1) Greek yogurt | 6) Beans and lentils |
| 2) Cottage cheese, | 7) Nuts |
| 3) Eggs | 8) Tofu |
| 4) Milk | 9) Wheat germ |
| 5) Soy milk | 10) Quinoa |

NAME A SOURCE OF MEAT PROTEIN

- | | |
|--------------|---------------|
| 1) Ham | 6) Lamb |
| 2) Chicken | 7) Goat |
| 3) Hamburger | 8) Pork chops |
| 4) Tuna | 9) Steak |
| 5) Salmon | 10) Bacon |

NAME A WAY THAT EATING FAT HELPS OUR BODIES

✘ *Use your discretion to determine if their answers fit into one of these 10 categories.*

- | | |
|----------------------|------------------|
| 1) Store memories | 4) Maintain mood |
| 2) Physical strength | 5) Healthy skin |
| 3) Muscle repair | 6) Make hormones |

- | | |
|------------------------|--------------------|
| 7) Build brains | 9) Provide energy |
| 8) Build healthy cells | 10) Cushion organs |

NAME A WAY THAT CARBOHYDRATES HELP OUR BODIES

- | | |
|--|---|
| 1) Provide energy
- main energy
source for our
bodies | 5) Good for our hearts
and other organs |
| 2) Regulate sugar | 6) Helps our memory |
| 3) Keep our organs
functioning | 7) Helps control our
weight |
| 4) Help us stay
focused | 8) Provide nutrients
for bacteria in
intestines |

LIST A SOURCE OF FAT

- 1) Oils (olive, canola, sunflowers, etc.)
- 2) Avocados
- 3) Nuts (almonds, peanuts, pecans, cashews, etc.)
- 4) Peanut butter
- 5) Flaxseed
- 6) Red meat
- 7) Butter
- 8) Dairy (milk, cheese, ice cream, etc.)
- 9) Olives
- 10) Chocolate

PUSH FORWARD

✘ *Pass out PUSH cards.*

On your card is a link to the Promoting U through Safety and Health page (www.promotingusafetyhealth.com). If you follow this page you can learn about other ways to stay safe at home and at work.