Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_

**Be the Dietician/Nutritionist**

**Dietitians** are experts in food and nutrition. They advise people on what to eat in order to lead a healthy lifestyle or achieve a specific health-related goal. Clinical dietitians work in hospitals, nursing care facilities and other health care facilities to provide nutrition therapy to patients with a variety of health conditions, and provide dietary consultations to patients and their families.

*If this type of career interests you, Ball State University has a very good program!*

***Health Notes:***

***If you are consuming more calories than you are burning off you will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.***

***If you are burning off more calories than you are consuming you will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.***

***Cardiovascular activities:***

***Examples:***

***Lifting weights:***

***(Ladies: you can get tone without looking bulky by doing \_\_\_\_\_\_ reps with \_\_\_\_\_\_\_\_\_\_\_\_\_ amounts of weight)***

For the following two clients, calculate their BMI and where they are in terms of the chart, list what problem areas you see in their diet, list food changes they could easily make in their breakfast lunch and dinner choices to make their diet healthier. Assume they are all students at NAHS. Also, look at their exercise and if they should lose weight come up with an exercise regimen for that client.

**Mark’s food journal: He is 15 years old, 5’7 and weighs 190 lbs.**

Breakfast- nothing

Snack- 2 snickers candy bars from the vending machine and a coke

Lunch- A cheeseburger and fries, applesauce and a chocolate milk

Snack- 2 servings of chips and salsa and a sweet tea

Dinner- Fried chicken, baked potato with extra butter and sour cream, 2 rolls with butter, large coke

Snack- a large bowl of trix cereal with 2% milk

Exercise- walks 5 minutes to and from school.

**His BMI: \_\_\_\_\_\_\_\_\_ He is: underweight normal at risk for overweight overweight**

**Problems that you see in his diet:**

**List easy changes that he should make:**

**Holly’s Food Journal: She is 18 years old, 5’6 and weighs 108 lbs**

Breakfast- small bowl of special K cereal with skim milk

Lunch- 1 bottle of water, 1 banana

Snack- 1 bottle of water, 1 cup of grapes

Dinner- 1 bottle of water, 1 cup of speghetti with no sauce, 1 bowl of salad with vinegrette dressing

Exercise- runs 3 miles three days/week

**Her BMI: \_\_\_\_\_\_\_\_\_ She is: underweight normal at risk for overweight overweight**

**Problems that you see in her diet:**

**List easy changes that she should make:**

**If someone isn’t eating breakfast because they feel they do not have time, list 3 healthy quick fix options they could eat on the go:**

1.

2.

3.

**If someone was trying to make healthy choices in our cafeteria plan out 3 lunch options for them (whole meals):**

1.

2.

3.

**If your friend is trying to lose weight and they are starting an exercise program what are 3 tips that you would give them so that they stick with it:**

**Dietary Tips (food) Exercise Tips**

1. 1.

2. 2.

3. 3.