

Sugarloaf Senior High School
Ms. H. White
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Nutrition for Healthy Living 120 as Home Learning

I truly hope everyone is doing well during these uncertain times. I really do miss all of you. I miss being at school, helping you learn new things, and watching you grow as individuals. I have to say, in case you have never heard me say it, that I have learned a lot from all of you.

The following notes are a checklist to be mindful to:

Take Care of Your Mental Health

It's essential to take care of yourself, not just for your well-being, but also for those you care about and support. Your self-care will help improve your energy, focus, ability to cope with challenges and overall life experience. Model wellness strategies for all the people in your life.

- ✓ Nourish Yourself: Take time to eat and drink water.
- ✓ Stay Active: Physical activity increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth, and even acts as an antidepressant.
- ✓ Sleep Well: Getting enough sleep also helps you cope with the stresses of everyday life (7-9 hrs per night).
- ✓ Stay Connected: Supportive relationships are one of the most powerful influences on our sense of wellness.
- ✓ Pause: Make sure to take time for yourself during the day with an activity that can help you feel restored.
- ✓ Reflect: Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care – focus on what is meaningful for you.
- ✓ Be Gentle: Pay attention to how you talk to yourself. Treat yourself with compassion and gentleness. We are all doing our best.
- ✓ Be Committed: Commit to your self-care. Persist with this, even at this difficult time.

Week 2

Learning about the many vitamins and minerals required by the body for various functions is crucial knowledge for our daily lives. Increase your knowledge by completing the following topics. Use the internet or relevant texts you may have on hand to find information and resources.

1. Research and prepare a report on the discovery of vitamin C and its potential use in the prevention and treatment of disease today.
2. Research what the WHO (World Health Organization) and UNICEF (United Nations International Children's Emergency Fund), are doing to help children around the world who suffer from vitamin A deficiencies. What is their goal and what are their plans to reach their goal?

The following website is an excellent source of information about vitamins. The site will state that the page does not exist, but if you click on Research Programs, and Micronutrient Information Center you will find some information. You may have to use other sites for specific information about preventions and treatments, not just this one.

<http://lpi.oregonstate.edu/infocentre/vitamins/vitaminA/index.html>

3. The next activity I would like you to work on, is reflective of a current issue (Covid-19), but first you will inform yourself about FAO, how they began, and what they stand for. Below is link to “About FAO”, and an informational timeline 1945-2020, make sure you watch the videos and read the side notes. **Each video begins the same, so do not be confused and think that you are watching the same video over again.** Summarize the information about what the FAO does, and what they have done throughout the years. <http://www.fao.org/about/en/>

Your focus questions are: What is the FAO, and what is their function?
What have they accomplished throughout the decades, 1945-2020?



Food and Agriculture
Organization of the
United Nations

Novel Coronavirus (COVID-19)

Questions & Answers: COVID-19 pandemic – impact on food and agriculture

Answers to frequently asked questions

How is the pandemic affecting food systems, food security, and agricultural livelihoods? What role if any do animals play in transmitting the disease? These questions and more are covered in these answers to frequently asked questions, which are being updated as new information and analysis becomes available.

Below is a link to the website Q & A Covid-19. I would like you to read the 8 questions and the answers, then summarize the key points you find within the answer sections. The link to the Q & A page is listed below.

<http://www.fao.org/2019-ncov/q-and-a/impact-on-food-and-agriculture/en/>

****As a challenge read the Qs & As aloud to your parents, host parents, guardians, siblings, or friends, and have a conversation about it.****