Name: _____

WebQuest: Improving Nutrition

Directions: Record the information you collect from each of the WebQuest sections below.

What does the human body need to meet its nutritional needs?
Record several key nutrients and health benefits for each food group below.

Grains	Vegetables	Fruits	Dairy	Protein
Key nutrients: Fiber, B vitamins, minerals	*Key nutrients:*	*Key nutrients:*	*Key nutrients:*	*Key nutrients:*
Health benefits: • Aid in digestion • Reduce risk of heart disease, obesity, diabetes • Can help lower cholesterol • Reduce risk of birth defects • Keep immune system healthy	*Health benefits:*	*Health benefits:*	*Health benefits:*	*Health benefits:*

What do you think are some reasons people—both in the U.S. and around the world—may not consume balanced amounts of the nutrients above? List at least five ideas.

What could be some of the health consequences of not consuming a balanced diet?

Consequences of undernutrition

Provide your own responses to the questions below.

What are the causes and effects of stunted growth? How do you think this could impact children later in life?

What trends do you notice in the global prevalence of underweight preschool children?

How do you think undernutrition and poverty are related?

Addressing undernutrition

Evaluate three approaches to addressing undernutrition.

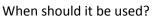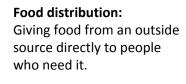| Approach	What are the advantages?	What are the challenges?	When should it be used?
Food preservation and agroprocessing: Turning crops into new products to extend their shelf life or to be sold for income.	• *Can keep nutritious foods from going to waste* • *Processed food products can provide a source of income*	• *Need money and expertise to start* • *Takes time for people to benefit from better nutrition and increased income*	• *If a community has a seasonal abundance of nutritious foods that go to waste because they can't consume everything*
Food distribution: Giving food from an outside source directly to people who need it.			
Agriculture extension: Educating farmers about new agricultural methods to help increase their yields.			

Overweight and obesity in the world

What trends do you notice in the worldwide prevalence of overweight and obesity?

How does the U.S. compare with the rest of the world?

How do you think obesity and economics are related?

Overweight and obesity in the U.S.

What changes do you notice over time in your state? Throughout the U.S.?

What are some of the challenges related to the obesity epidemic? Which ones are most prevalent in your community?

What are some steps to reducing the obesity epidemic? Which ones would work best in your community?

Analyzing Current Issues

Select a news article discussing a nutrition issue affecting the world or a community in another part of the world.

Article title and source:

In one sentence, describe the problem the article is discussing.

List 3-5 keywords from the article.

Using the keywords, find a second related article from another source.

Article title and source:

What additional information or new perspectives does this article provide on the issue?

Now, write a letter to the editor in response to one of the articles you read. Respond to several points the author makes in the article using information you've gathered. Conclude your letter with your own opinion on what should be done to address the problem.