

UNIT 10 - DIGESTIVE SYSTEM

ACTIVITY – Fiber in the Diet

Objective:

Student will learn the importance of diet for healthy digestion.

Materials:

Paper and pencil

Strategies:

Students will work individually. Students will create a menu for 15 meals (3 meals a day, for 5 days). The menu should state the calories for each food presented. Fat intake is optional.

Using the internet student will research the food lists to identify various kinds of foods, their calories and fiber content. Consider in the menu a healthful daily intake of fiber.

The daily calorie intake for an average-sized man is 2500 calories per day; for the average-sized woman is 2000 calories per day. Each menu should include some form of fiber.

Listed below are some high fiber foods:

<u>fiber:</u>	<u>calories:</u>	<u>fiber:</u>	<u>calories:</u>
asparagus	23	turnip greens	17
bean sprouts	13	broccoli	39 (1 spear)
green/giant	16	green/beet	20
kidney	105	collard	14
beets	27	kale	21
carrots	17	mustard	7
mixed vegetables	39	okra	25
potato	55	onions	27
soy beans	77	sweet potatoes	162
squash, zucchini	33	white potatoes	155
tomato	110	spinach	6

Background Information:

The colon is a natural breeding ground for bacteria. The purpose and function of this bacteria is to prevent a toxic condition from developing in the colon. However, there are two types of bacteria: the healthy, scavenging type known as **bacilli coli**; and the pathogenic or disease-producing kind. In a proper, clean, healthy environment the healthy scavenging bacteria will control the pathogenic kind. When too much fermentation and putrefaction is generated in the colon (due to neglecting to keep it as free from feces and waste as possible), the pathogenic bacteria grow quickly and illness or disorders result. Colonic waste, through a high fiber diet, is an efficient system for elimination, but only if the diet is high in fiber.