

FOOD WARS: Battling Big Soda and Ultra-Processed Food

Use the [Real Food Wins](#) website to answer the following questions:

- 1) What percentage of US health care spending goes to treat chronic disease?
- 2) How many grams of protein per kilogram of body weight is recommended per day?
- 3) How many combined servings of fruit and vegetables are recommended per day?
- 4) According to the 2025-2030 Dietary Guidelines for America, what determines the calories you need?
- 5) Name four foods that contain healthy fats?
- 6) What helps identify sources of added sugar on the ingredients list?
- 7) For those ages 14 and above, what is the recommendation for sodium consumption?
- 8) At what age may infants begin having solid food?
- 9) What is recommended for those 5 – 10 years to meet energy needs and promote brain development?
- 10) What is recommended for adolescents for peak bone mass?
- 11) What are the top nutritional priorities for pregnant women?

READ [Most of the Foods We Eat Are Ultra-Processed. Are They All Unhealthy? By Morgan Coulson](#)

Based on the Real Food Wins website and the Coulson article, work with your group to develop a video promoting healthier eating for a family of four, including a 10-year-old and a 14-year-old (Rubric page 6 of [Public Health Guidelines](#)).