

FOOD PATTERNS DISCUSSION WORKSHEET

Name _____ Period ____ Assign #

Various food patterns can contribute to good health. Nutrients essential for health are found in many different foods; no single food or combination of specific foods is essential for optimal health.

1. Give an example of how some food choices are based on personal preferences.

2. Give an example of patterns that are influenced by ethnic heritage, religion, or region of the country.

3. Explain the differences in food patterns in the timing and type of meal eaten.

4. Explain the type of diet eaten by vegetarians.

5. If a single food provides a high percentage of the food energy and is eaten several times a day, it is considered a staple food for that culture. Give three examples of staple foods.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.

6. Compare food choices of full-service restaurants with that of fast-food restaurants.

7. Many restaurants offer meals that are high in calories. Explain how a person might eat at restaurants without consuming more calories than necessary.

8. Lunches served at school as part of the National School Lunch program are planned to provide $\frac{1}{3}$ of an individual's nutritional needs. When a student is allowed to select a portion of the lunch rather than the entire lunch, he/she must remember to

9. Explain three things to consider that must be taken when preparing meals at home that are to be eaten somewhere else.
 - 1.
 - 2.
 - 3.