

The Basics of Nutrition
&
Restaurants

Why is nutrition important to the restaurant and foodservice industry?

1.

2.

NUTRITION & RESTAURANTS

The purpose of Carbohydrate is:

List eight foods that a restaurant would serve that would be a type of carbohydrate

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

The two types of carbohydrates are:

- 1.
- 2.

What is found only in plant foods and cannot be digested?

The human body turns carbohydrates into what type of sugar?

CARBOHYDRATES

Another word for fat is _____

What are the five functions of fats?

- 1.
- 2.
- 3.
- 4.
- 5.

List the 3 types of fat and example of each.

- 1.
- 2.
- 3.

What is oxidation?

Taking a liquid fat and making it solid is called:

Fat contains _____ but a high level of _____ can lead to heart disease.

What would be some concerns about fat at restaurants?

- 1.
- 2.

FAT

Two functions of Proteins are:

- 1.
- 2.

Essential amino acids are only found in _____.

List the three types of protein and example of each

- 1.
- 2.
- 3.

About _____ of your body's total weight is protein.

Some of the body parts that are protein based are:

- | | |
|----|----|
| 1. | 3. |
| 2. | 4. |

List different types of protein that could be served in a restaurant

- | | |
|----|----|
| 1. | 2. |
| 3. | 4. |

PROTEIN

Vitamins and Minerals help in:

- 1.
- 2.
- 3.
- 4.

Vitamins help _____, _____, _____, and _____ work properly.

The two types of vitamins and examples of each

- 1.
- 2.

List the two types of minerals and an example of each.

- 1.
- 2.

List the 4 important roles of water

- 1.
- 2.
- 3.
- 4.

Water makes up _____% to _____% of the human body.

Offering water at restaurant is more than just a courtesy it is?

VITAMINS MINERALS WATER

List examples of food additives see page 141

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

What are the four functions of additives:

- 1.
- 2.
- 3.
- 4.

According to the Dietary Guidelines and My plate a healthy diet includes:

- 1.
- 2.
- 3.

List the 3 types of Vegetarians:

- 1.
- 2.
- 3.

List food related diseases and how someone could prevent them by changing their diet.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

A HEALTHY DIET

What techniques for food preparation preserve nutrients?

P=

R=

S=

PR=

C=

H=

FLOW OF FOOD AND NUTRITION

Names: _____

Chapter 7

Marketing Assignment

Your Challenge is to complete enough marketing tactics adding up to 100 points.

Points Possible	Items to Choose From	Your Choice
15 points	Complete the 5 steps in Marketing See page 435	
15 points	Contemporary Marketing Mix Write a paragraph about your marketing mix. Product-Service Mix Presentation Mix Communication Mix	
15	Create a Sales Promotion <ul style="list-style-type: none"> • Special Pricing • Frequent Shopper • Premiums • Special Event 	

	<ul style="list-style-type: none"> • Samples Contest and Sweepstakes 	
15 points	<p>Complete a SWOT Analysis See page 442</p>	
15 points	<p>Complete one of the 4 experiment Methods</p> <ul style="list-style-type: none"> • Experimental • Observational • Survey Sampling 	
15 points	<p>Create a comment card for target marketing. Value proposition</p>	
15 points	<p>Identify the market segmentation What are the:</p> <ul style="list-style-type: none"> • Demographic • Geographic • Product Usage Lifestyle 	
15 points	<p>Create one differentiate marketing tool.</p>	

	<ul style="list-style-type: none">• Product• Physical Appearance• Service• Location Image	
25 points	Prepare and Sale the Product	

NOTES: