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ASSIGNMENT SHEET

NUTRITION BASICS

DATE DUE _____

NAME _____ HOUR _____

DIRECTIONS: Complete all activities. A challenge project must be completed to earn an "A" on this unit. Put your unit together in the order listed below.

TEACHER STUDENT

1. LABELING AND YOU (20)

2. NUTRITION CONFUSION (20)

3. NUTRITION MATCH-UP (20)

4. SNACK WISE (20)

5. HIDDEN CALORIES AND FATS (20)

6. NUTRIENT SCRAMBLE (20)

7. TEST (20)

8. MANAGEMENT OF CLASS TIME AND ROOM (20)

9. SUMMARY SHEET (3 points per day)

10. CHALLENGE PROJECT(S) (30 EACH)

PREPARING SNACKS AT HOME

NUTRITION IS NEWS!

TOTAL

GRADE

SUMMARY SHEET

Name _____ Date _____ Number _____

Day One

- 1.
- 2.
- 3.

Day Two

- 1.
- 2.
- 3.

Day Three

- 1.
- 2.
- 3.

Day Four

- 1.
- 2.
- 3.

Day Five

- 1.
- 2.
- 3.

TRIVIA--NUTRITION BASICS

1. According to the Surgeon General, avoidance of what activity is clearly the largest, single preventable cause of illness and premature death?
CIGARETTE SMOKING
2. What can strengthen your heart and lower your blood pressure by increasing lung capacity and opening the tiny blood vessels that feed the heart?
AEROBIC EXERCISE
3. Over-consumption of what drug found naturally in some products can cause nervous disorders?
CAFFEINE
4. What does aspartame taste like?
SUGAR (NUTRASWEET)
6. Which food has the most fat grams: 1/2 cup peanuts, 10 thin pretzels, 2 Twinkies, 2 chocolate chip cookies?
PEANUTS=36 GRAMS PRETZELS=3 GRAMS
TWINKIES=10 GRAMS CHOCOLATE CHIP COOKIES=5 GRAMS
7. What is the syrup which is drained from raw sugar?
MOLASSES
8. What is the main ingredient in Coke, next to water?
SUGAR
9. What vegetable were broccoli and cauliflower developed from?
CABBAGE
10. How many calories are there in a glass of water?
NONE
11. What plant does natural vanilla flavoring come from?
THE ORCHID
12. What is another name for powdered sugar?
Confectioners sugar
13. What is the oldest known vegetable?
THE PEA
14. What converts the vitamin D in the body and also fades upholstery?
SUNLIGHT
15. Most of the caffeine taken out of decaf coffee is added to what product?
SOFT DRINKS, MOSTLY COLAS, MOUNTAIN DEW, HELLO YELLO AND SUNKIST ORANGE HAVE ALMOST AS MUCH CAFFEINE AS A CUP OF INSTANT COFFEE.
16. What is the largest United States agricultural crop by weight?
CORN
17. Which of the six basic nutrients aids in releasing energy from foods, normal growth and keeps nerves and muscles healthy?
VITAMINS
18. What fruit is packed with the most calories?
AVOCADO
20. What is North America's most popular snack food?
POTATO CHIPS
21. What is the chemical name for table salt?
SODIUM CHLORIDE

WHY WE EAT

DIRECTIONS: As I read the following, complete the sentences with your preferences. List at least two choices for each.

1. Foods I eat that my ancestors ate and my family still eats.
2. Foods I eat because of my religious beliefs.
3. Foods I eat because of my life style.
4. Foods I eat with friends.
5. Foods I do not eat because of my religious beliefs.
6. Foods I eat that originated in another country.
7. Foods that my family likes, but I do not.
8. Foods I eat because they are plentiful in this area.

Our food choices develop because of many reasons--not always because we like the way a particular food tastes.

Explain the following reasons for eating:

- A. Psychological
- B. Cultural (geographical)
- C. Religious
- D. Social (activities)
- E. Life-style
- F. Individual preferences
- G. Nutritional choices

SUMMARY QUESTIONS:

1. List three psychological reasons why people eat.
THEY ARE ANGRY, HAPPY, DEPRESSED, ETC.
2. Name three foods that would be good nutritional choices.
ANSWERS WILL VARY.
3. List three foods commonly eaten in a fast-paced modern society.
ANSWERS WILL VARY.

NUTRITION UPDATE: TRUTH OR BALONEY

DIRECTIONS: Have students answer the following questions as TRUTH OR BALONEY. (Students correct their own papers. Discuss the answers.)

1. Ingredients on food labels are listed in alphabetical order.
2. A medium potato has more calories than a large apple.
3. Taking large doses of Vitamin A is harmless.
4. Carbohydrates are fattening.
5. A kiss uses up 50 calories.
6. Honey is more nutritious than sugar.
7. You need to eat a lot of meat to be a good athlete.
8. Eating chocolate causes acne.
9. Breads are fattening.
10. Taking large doses of Vitamin C will keep you from getting a cold.

ANSWERS:

1. **BALONEY.** Ingredients are listed in order of the percentage of the contents. (Largest percentage first.)
2. **BALONEY.** Potatoes have 90 calories. Large apples have 125.
3. **BALONEY.**
4. **BALONEY.**
5. **BALONEY.** Vitamin A is a fat soluble vitamin which means it is stored in body fat.
Each gram of carbohydrate contains 4.5 calories. Carbohydrates are filling. Eating too many carbohydrates can be fattening.
An average kiss uses up about 9 calories.
6. **BALONEY.** Nutritionists say this is wrong. To the human digestive system, honey and most other natural sugars are the same. Honey is a combination of sugars--sucrose, glucose and sometimes fructose. Honey contains a minuscule amount of nutrients that are refined out of white sugar, but not nearly enough to make a difference.
7. **BALONEY.** Extra protein will not give a person more strength.
8. **BALONEY.**
9. **BALONEY.**
10. **BALONEY.** Scientific studies have shown that chocolate does not cause acne.
Breads are made up of carbohydrates. Any food, eaten in excess, can be fattening.
Scientific studies have not proven that taking Vitamin C can prevent one from getting a cold.

FOOD PYRAMID TACO DIP--DEMONSTRATION

This recipe works best if made on a pizza pan or a large serving plate. Discuss each food group as you add the ingredients. This recipe also works well when demonstrating a food processor.

8 oz. refried beans
2 large avocados
2 tsp. lemon juice
3-6 drops Tabasco sauce
2 cups dairy sour cream
1/2 pkg. taco seasoning

1/2 cup grated cheddar cheese
2 tomatoes, seeded and chopped
1/2 bunch green onions, chopped
1/2 can black olives, sliced
1 lb. package corn chips

Peel and mash avocados. Sprinkle with lemon juice to prevent browning. Add Tabasco sauce to mashed avocados for flavor.

Combine taco seasoning with sour cream. Spread refried beans evenly over pizza pan. Layer remaining ingredients in this order--avocado, sour cream mixture, cheese, tomatoes, green onions, olives. Arrange chips around dip. Serve.

SUMMARY QUESTIONS:

1. Name the four foods in the taco dip that belong in the fruits and vegetables groups?
TOMATOES, AVOCADOS, GREEN ONIONS, OLIVES
2. Name the one food in the taco dip from the proteins group.
REFRIED BEANS
3. Name the two food in the taco dip from the dairy group?
SOUR CREAM, CHEESE

NUTRIENT DENSITY

DIRECTIONS: Have the following nutrient density cards on display for the students to see: liver, cola, tomato juice, milk, French fries, cantaloupe, orange, cheeseburger, baked potato, chocolate cake, doughnuts. Ask students to select the food highest in Nutrient Density on down to lowest Nutrient Density. Analyze the cards with the highest nutrient levels.

Dense means thick or full. A food that is nutrient dense has a higher percentage of nutrients in relation to its calories. Energy or calories are the standard of measure of energy from food. A calorie is a measure of the amount of heat it takes to raise the temperature of water one degree.

Explain how to use the nutrient density cards by comparing the amount of calories to the number of bars that exceed the calorie or energy bar line. Foods that are high in calories, but low in nutrients, are called empty calorie foods.

Not very many foods contain large amounts of nutrients. That's why we need to eat a variety of foods to get the nutrients our bodies need to work and run well.

Use the nutrient density cards to build a meal. Start with a roast beef sandwich--bread, butter, roast beef. Build on other foods to get high nutrition in each area.

SUMMARY QUESTIONS:

1. A nutrient dense food has more what then calories?
NUTRIENTS
2. What is another name for food energy?
CALORIES
3. Why is it important to eat a wide variety of foods?
NOT MANY FOODS CONTAIN SEVERAL NUTRIENTS. WE NEED A VARIETY OF FOODS TO GET ALL THE NUTRIENTS WE NEED.

LABEL GUESS

DIRECTIONS: Collect the ingredient lists from the following foods:

- Sweetened cereal
- Fiber rich cereal
- Snack crackers
- Prepared sauce (such as Manwich)
- Prepared soup

Enlarge the information so that the class can see it (or place the lists on transparencies). Have the containers from the foods at the front of the room. See if students can match the ingredient list to the appropriate food.

Ingredients are listed by weight--from the largest amount to the smallest amount.

Do you know what you are really eating when you purchase processed foods?

Using a box of food as an example, review this information with students.

1. Food labels provide consumers with much helpful information (as well as a lot of advertising). Reading labels can help us all be better consumers.
2. Nutrition labeling is a food labeling program to provide consumers with information about the nutrients in the foods they buy. On most food products, placing a nutrition information panel on the label is a voluntary service for consumers provided by manufacturers. However, nutrition information panels on food labels are required by manufacturers when nutrients are added to the food product or when nutritional claims are made on the label or ads.
3. When a nutrition information panel is on a food label, the following information is given in this order:
 - A. Size of a serving.
 - B. Number of servings in the container.
 - C. Number of calories in one serving.
 - D. Grams of protein in one serving.
 - E. Grams of carbohydrate in one serving.
 - F. Grams of fat in one serving.
 - G. The percentage of the US RDA in one serving for protein, vitamin A, Vitamin C, thiamin, riboflavin, niacin, calcium, iron

SUMMARY QUESTIONS

1. Name two times nutrition information is required on a label.
WHEN NUTRIENTS ARE ADDED OR WHEN A NUTRITIONAL CLAIM IS MADE.
2. How are ingredients listed on a label?
INGREDIENTS ARE LISTED BY WEIGHT--FROM LARGEST AMOUNTS TO SMALLEST
3. Nutrients are listed on food labels by the amount of what?
PER SERVING

WHAT'S MY LINE?

DIRECTIONS: List the nutrients below on the board. There are several extra ones. In turn, have students come to the front of the room as Nutrient Mystery Guests. Divide class into two teams. Each mystery guest reads one clue from his/her cue card (starting with #1). After each clue, one student from a team tries to guess the nutrient. (Rotate teams after each clue.) Add one point for every clue used. The team with the fewest points at the end of the game wins. Clues are listed in order of their difficulty.

PROTEIN
VITAMIN D
B VITAMINS
SODIUM

VITAMIN A
FAT
CALCIUM
CHLORIDE

IODINE
VITAMIN C
WATER
POTASSIUM

CARBOHYDRATES
IRON
MAGNESIUM

FAT

1. I carry vitamins A, D, E and K.
2. I give twice as many calories per gram as carbohydrates.
3. I come in polyunsaturated and saturated forms.
4. I protect vital organs.

VITAMIN D

1. I help the body use calcium and phosphorus.
2. Your body makes me when exposed to sunlight.
3. Milk is fortified with me.
4. I am called the Sunshine Vitamin.

CARBOHYDRATES

1. I am broken into glucose to be used as fuel for the body.
2. I can be complex or simple.
3. Three kinds of me are sugar, starch and fiber.
4. I am your main energy source.

IODINE

1. I help the thyroid gland control your growth.
2. Seafoods contain lots of me.
3. I prevent goiter.
4. I am such a necessary nutrient I am added to salt.

VITAMIN A

1. I keep skin looking smooth and satiny.
2. I help prevent night blindness.
3. I can be stored in fat in the body.
4. Deep yellow and dark green fruits and vegetables are good sources of me.

NUTRITION BASICS-----WHAT'S MY LINE, continued

PROTEIN

1. I am made of amino acids.
2. I repair tissues and help you grow.
3. Every cell in your body is made of me.
4. Excellent sources of me are meat, fish, poultry, eggs.

VITAMIN C

1. I am water soluble, so you need some of me every day.
2. Without me, you might bruise easily and have bleeding gums.
3. Citrus fruits, tomatoes, strawberries are good sources of me.
4. I help prevent the dreaded common cold.

IRON

1. I carry oxygen in the blood.
2. I prevent anemia.
3. I help turn food into energy.
4. Good sources are meat, eggs, leafy vegetables, whole grains.

B VITAMINS

1. I help keep your appetite and digestion normal.
2. I help keep your nervous system healthy.
3. I am water soluble.
4. Good sources are milk, meat, enriched grain products.

CALCIUM

1. I control your heartbeat and muscles.
2. I work with phosphorus and Vitamin D as a team.
3. I am mainly found in dairy products.
4. Most of me is found in your bones and teeth.

WATER

1. I am part of every cell.
2. I am often a forgotten nutrient.
3. I carry nutrients to cells and remove wastes.
4. I make up two-thirds of your body weight.

SUMMARY QUESTIONS:

1. What nutrient gives twice as many calories as carbohydrates?
FAT
2. Which nutrient helps prevent anemia?
IRON
3. What is the body's main energy source?
CARBOHYDRATES

IN WHICH FOOD GROUP DO I BELONG?

DIRECTIONS: Have students divide a paper into six categories and title each category with the name of one of the pyramid groups. Sometimes foods belong in more than one food group. However, it needs to be a full serving size before it can be counted in more than one group. As you read the following foods, have students place them in the appropriate categories.

1. CAULIFLOWER--FRUITS & VEGETABLES
2. FRIED CHICKEN--PROTEINS
3. CHOCOLATE YOGURT ICE CREAM CONE--DAIRY, GRAINS
4. CHEESE PIZZA--DAIRY, GRAINS
5. HALIBUT--PROTEINS
6. BANANA MILKSHAKE--FRUITS & VEGETABLES, DAIRY
7. TROUT--PROTEINS
8. PEANUT BUTTER SANDWICH--PROTEINS, GRAINS
9. CORNBREAD--GRAINS
10. CAPTAIN CRUNCH CEREAL (42% SUGAR) OTHERS, GRAIN
11. ARTICHOKE--FRUITS & VEGETABLES
12. SPAGHETTI NOODLES--GRAINS
13. LETTUCE SALAD WITH ROQUEFORT DRESSING--FRUITS & VEGETABLES
14. COKE--OTHERS
15. BLUEBERRY PANCAKES--GRAINS
16. BAGEL--GRAINS
17. ANCHOVIES--PROTEINS
18. RITZ CRACKERS--GRAINS
19. CELERY STICKS FILLED WITH CREAM CHEESE--FRUITS & VEGETABLES BOILED EGG--PROTEINS

SUMMARY QUESTIONS:

1. What food group do spaghetti noodles belong in?
GRAINS
2. In what food group does halibut belong?
PROTEINS
3. In what food group does cauliflower belong?
FRUITS AND VEGETABLES

EATING RIGHT!

DIRECTIONS: Discuss the following information:

What you eat during the period of 10-15 years of age is very important. The food you eat, or don't eat, affects your health, appearance and performance.

Remember:

1. Eating right helps you become your best self--to reach your full potential. Your full potential is partly set by your genes. No matter what you eat you won't be six feet tall unless you inherit that potential. Without eating right you may stop growing at 5 feet 10 inches even though you had the potential for more growth.
2. Sometimes people are mistaken in what they inherit. Being fat may seem to run in a family, but instead it is often because the family learns to eat alike.
3. Results of what you eat or don't eat are not usually immediately apparent. It may take years to find out you have some illness because you have not eaten right in the past.
4. No one food is absolutely essential. It is the nutrients that are essential. Eating a variety of foods is the best way to get these nutrients.
5. You may have to choose specific foods carefully to get certain vitamins and minerals. You need Vitamin C every day and Vitamin A every other day. Iron is a mineral that is not found in very many foods.
6. Your body can only use so many nutrients. You are not likely to get too many nutrients by eating food, but it is possible to overdose when taking large doses of vitamins or other supplements. Some illnesses are caused by getting too many nutrients.
7. Eating right can help you become your best self. It can help you have enough energy, have good skin and shiny hair, and have a body that is fit and trim.

SUMMARY QUESTIONS: TRUE OR FALSE

1. The kind of food you eat immediately affects the body.
FALSE
2. One can overdose on vitamins by eating too much food.
FALSE
3. You should eat a good source of Vitamin C every day.
TRUE

VITAMINS AND MINERALS

DIRECTIONS: Discuss the following information with students. Fill out The Scoop on Nutrition at the end of this discussion and also at the end of tomorrow's discussion on Protein, Carbohydrates and Fats.

WHAT IS NUTRITION?

Nutrition is the process by which your body uses food. Good nutrition is a foundation for good health.

WHAT ARE NUTRIENTS?

Nutrients are chemical substances obtained from food during digestion. Essential nutrients are nutrients your body cannot make or is unable to make in needed amounts; they must be obtained from your diet. These nutrients are divided into six different classes. Each class performs a different function in the body. They are vitamins, minerals, carbohydrates, fats, proteins and water.

WHICH NUTRIENT IS PART OF EVERY BODY CELL AND BODY FLUIDS?

Water is part of every cell and all body fluids. It makes up 1/2 to 3/4 of your body weight. Your body's need for water is second only to that for oxygen. You can live for a longer time without food than without water.

WHICH NUTRIENTS REGULATE BODY PROCESSES AND PREVENT SERIOUS DISEASES?

Vitamins and minerals both regulate body processes and prevent development of many serious diseases. It often takes only a very small amount of them to do this.

Vitamins help make your body cells do their work and they also promote general health and vigor. They bring about these effects by inducing chemical reactions throughout the body. If they are lacking completely, or are very deficient in the diet, definite dietary deficiency diseases result. Some people think that if a little is good, more is better. Some vitamins are stored in the body and if taken in large amounts can cause illness. You do not need vitamin pills when you eat an adequate diet. Remember, vitamins do not give you energy.

NUTRITION BASICS-----VITAMINS AND MINERALS, continued

There are two kinds of vitamins. Water soluble vitamins are carried in the watery part of tissue. Excess amounts of these are passed off each day, but some people who take very large doses of these have gotten ill. Fat soluble vitamins are found in the fats of products. Eating too many fat soluble vitamins can be dangerous to your body because they will remain in the fat of your body and become toxic.

Vitamins are needed to keep teeth, bones, skin, eyes and nerves healthy. If you eat a balanced variety of foods, you should get most of the vitamins you ordinarily need without vitamin pills.

Your body needs very small amounts of minerals as regulators. You are probably aware of many minerals as rocks. Minerals work as vitamins do to help other nutrients and body processes function normally. Minerals make up the hard tissues such as bones and teeth and also the soft tissues and body fluids.

A number of essential minerals are classified as trace elements because they are necessary in very small amounts. The study of these trace minerals is being studied very actively by nutritionists at this time because not very much is understood about the way they function in the body.

SUMMARY QUESTIONS:

1. What is the definition of nutrition?
PROCESS BY WHICH YOUR BODY USES FOOD
2. Name two things vitamins and minerals do for the body.
REGULATE BODY PROCESSES AND PREVENT SOME SERIOUS DISEASES.
3. What are the two classes of vitamins?
Water soluble vitamins and fat soluble vitamins

FOOD GROUPS

Foods are placed in groups or classes according to the nutrients they supply. Show a picture of the food pyramid while discussing the following information.

BREAD, CEREAL, RICE & PASTA--6-11 servings daily

Cereals were named after the Greek goddess Ceres, who was the goddess of the harvest. Anything made with the following grains is included in this group: wheat, oats, corn, barley, buckwheat, rye and rice. The grains group supplies incomplete proteins, thiamin, riboflavin, niacin and iron. Whole grain products also supply fiber or roughage.

FRUITS--2-4 servings daily

There are many varieties of fruits. They contain many different vitamins as well as starch and fiber for bulk. How many different kinds of fruits can you name? One vitamin we need every day is Vitamin C. It is contained mainly in citrus fruits which include oranges, lemons, tangelos, tangerines and limes.

VEGETABLES--3-5 servings daily

What is your favorite vegetable? Does anyone know an unusual vegetable? Vegetables contain vitamins and minerals. One vitamin we should have at least every other day is Vitamin A. It is found in orange, yellow and green vegetables.

MILK, YOGURT, & CHEESE GROUP--Teens need 4 servings daily

This group contains milk as well as anything made with milk such as cheese, butter, ice cream, cottage cheese or yogurt. The dairy group is often called nature's most perfect food because it includes all six nutrients. Calcium, a mineral, is found in these foods. It is difficult to obtain enough calcium daily without consuming some form of food from the dairy group. Remember, you do not always need to drink milk; it can be incorporated into many different dishes.

MEAT, POULTRY, FISH, DRY BEANS, EGGS, & NUTS GROUP--2-3 servings daily

This includes any meat, poultry, fish, eggs, dried beans, dried peas and nuts. This group supplies complete proteins, B vitamins, and iron.

FATS, OILS & SWEETS GROUP--Use sparingly

These foods are fun to eat, but usually contain few nutrients, if any. Be careful about how many servings you do eat because they can cause you to gain weight. This group includes mainly foods made of sugars and/or fats.

SUMMARY QUESTIONS

1. Name the two grains that begin with R.
RYE AND RICE
2. What vitamin do we need every day?
VITAMIN C
3. Name three foods from the proteins group that are not meats, fish, or poultry.
EGGS, DRIED BEANS, DRIED PEAS, NUTS.

LABELING AND YOU

The American way of eating may be hazardous to your health. This is part of the findings of a 1977 Senate report called "Dietary Goals for the United States".

They said: "We have reached the point where nutrition, or the lack or the excess or the quality of it, may be the nation's number-one public health problem. The threat is not beri-beri, pellagra, or scurvy. Rather, we face the more subtle, but also more deadly reality of millions of Americans loading their stomachs with food which is likely to make them obese, to give them high blood pressure, to induce heart disease, diabetes, and cancer--in short, to kill them over the long term."

This Senate report also identified five of the top 10 causes of death as being related to our diet: cardio-vascular disease (heart and vessels), cancer, stroke, diabetes, and cirrhosis (liver disease).

Reading labels on foods will help you become a better consumer. You can decide about the nutritional value of a product. If the label tells you it contains ingredients you'd like to avoid, you may decide to switch--to fresh foods or combine your own.

Often, additives are added to foods to:

1. Preserve food and provide a longer shelf life.
2. Improve the texture, flavor and appeal of a food.
3. Add nutrition.

Additives often have long chemical names. It is difficult to know what they are. However, the two most common additives in the U.S. are sugar and salt. Sugar includes corn syrup, dextrose, maltose, fructose or most any word that ends in "ose". Forms of salt include sodium, chloride, soda, soy sauce, seasoned salts, monosodium glutamate and sodium citrate.

Some of the information on food labels is mandatory (required by law), other information is voluntary (written as a courtesy to the consumer).

Mandatory information includes:

1. The common name of the product.
2. The style of the product. (type of liquid, size of pieces)
3. The net weight of the contents.
4. The name, address and zip code of the company.
5. Any special information that affects people with health problems.
6. Presence of artificial color, flavor, or preservatives.
7. A list of ingredients in order of weight in the package, from greatest to least.

SNACK WISE

The eating habits of Americans are changing. People are on the go more than ever. Many people eat at least one meal, sometimes more, away from home each day. Few families eat three regular meals a day anymore. Because of these changes, snacking has become more and more a part of our lifestyles. Some experts say that 25% of all the food teenagers eat are snack foods.

Snacking can be either good or bad. It depends on the foods that are chosen. Empty calorie foods like candy, pop and cookies can make you feel full, but do not provide your body with the nutrients it needs to perform well. Foods like fruit, milk, sandwiches, or yogurt can give your body needed nutrients as well as taste good.

Foods that are good for you do not have to taste bad or be boring. The best way to be a wise snacker is to plan ahead. Think of some nutritious foods that you like and have them around. When you are hungry, it is difficult to make a wise food choice. You will probably want to eat the first thing you can find; it may be sweet and high in calories.

There are many nutritious snack foods that can be purchased; they do not need to be made at home. The best way to tell if a food is nutritious is to read the label. If there are many nutrients listed with a good portion of the RDA and fairly few calories, you will know the food is nutritious. If the food doesn't have a label, think about what it is made from. If the main ingredients are sugars or fats, you will know it is not a good choice. Remember, sugary foods are not always listed as sugar. They include brown sugar, corn syrup, and any food that ends in -ose--like dextrose, sucrose or fructose.

If your weight is normal for your age and height, you probably don't need to worry about counting calories or dieting. Teenagers are growing quickly and are usually very active. This activity burns a lot of calories. You do need to worry about eating a lot of empty calories--foods that have a lot of sugar or fat and not many nutrients. But, the habits you are beginning now will stay with you as you get older and your metabolism slows down. You probably won't be as active. This may mean that as you grow older, you will put on extra weight if you form the habit of eating a lot of empty calories now. Skipping breakfast and then grabbing a candy bar or a doughnut means you are missing the nutrients your body needs to start the day out right.

Remember, you need four servings from the dairy group each day to get calcium for developing bones and teeth. Getting enough servings from the fruit and vegetables group seems to be a problem for a lot of people, not just teens. Nutritionists are now beginning to recommend that we eat six servings from this group daily, instead of four as in the past. Fruits and vegetables make great snacks, especially fresh ones.

SUMMARY QUESTIONS:

1. What is the best way to tell if a food is nutritious?
READ THE LABEL
2. How many servings from the dairy group do you need each day?
AT LEAST FOUR
3. The best way to be a good snacker is to _____
PLAN AHEAD

NUTRITION BASICS-----INDIVIDUALIZED ACTIVITY

NAME _____ HOUR _____

LABELING AND YOU

The teacher will correct this activity for you (one point for each correct answer). The label must be attached to the assignment to receive credit.

1. What might be the nation's number one health problem?
2. How can reading food labels make you a better consumer? (3 ways)
 - A.
 - B.
 - C.
5. List two times when nutrition labeling must be on a product. (2 pts.)
 - A.
 - B.
7. Name three reasons that additives are added to foods. (3 pts.)
 - A.
 - B.
 - C.
10. What are the two most common additives in the U.S.? (2 pts.)
 - A.
 - B.
12. What is the first thing that must be listed on a nutrition label.
13. What is the name on the product label you brought?
14. What is the serving size?
15. What ingredient is found in the greatest amount?
16. How many calories are found in one serving?
17. How many grams of protein are in one serving?
18. List the percentage of protein listed in the US RDA's.
19. How many grams of carbohydrates are in one serving?
20. How many grams of fat are in one serving?

LABELING AND YOU--KEY

The teacher will correct this activity for you (one point for each correct answer). The label must be attached to the assignment to receive credit.

1. What might be the nation's number one health problem?
THE LACK OF NUTRITION
2. How can reading food labels make you a better consumer? (3 ways)
 - A. IDENTIFY FOOD SOURCES WHICH CONTAIN LARGE AMOUNTS OF NUTRIENTS.
 - B. CHOOSE FOODS THAT GIVE THE MOST NUTRIENTS FOR THE PRICE.
 - C. CHOOSE FOODS THAT GIVE THE MOST NUTRIENTS PER CALORIE RATIO.
 - D. COMPARE NUTRIENTS IN A VARIETY OF FOOD ITEMS.
5. List two times when nutrition labeling must be on a product. (2 pts.)
 - A. WHEN A MANUFACTURER ADDS NUTRIENTS.
 - B. WHEN A MANUFACTURER MAKES A NUTRITIONAL CLAIM.
7. Name three reasons that additives are added to foods. (3 pts.)
 - A. PRESERVE FOOD AND PROVIDE A LONGER SHELF LIFE.
 - B. IMPROVE THE TEXTURE, FLAVOR AND APPEAL OF A FOOD
 - C. ADD NUTRITION
10. What are the two most common additives in the U.S.? (2 pts.)
 - A. SALT
 - B. SUGAR
12. What is the first thing that must be listed on a nutrition label.
SIZE OF A SERVING
13. What is the name on the product label you brought?
ANY APPROPRIATE ANSWER
14. What is the serving size?
ANSWERS WILL VARY
15. What ingredient is found in the greatest amount?
ANSWERS WILL VARY
16. How many calories are found in one serving?
ANSWERS WILL VARY
17. How many grams of protein are in one serving?
ANSWERS WILL VARY
18. List the percentage of protein listed in the US RDA's.
ANSWERS WILL VARY
19. How many grams of carbohydrates are in one serving?
ANSWERS WILL VARY
20. How many grams of fat are in one serving?
ANSWERS WILL VARY

NAME _____ HOUR _____

NUTRITION CONFUSION

DIRECTIONS: Read the chapter in your textbook that explains nutrition and food. Unscramble the nutrients below. Match them to their definitions in the first part. List the unscrambled nutrient in the second part.

WORDS MUST BE SPELLED CORRECTLY TO RECEIVE CREDIT.

- | | |
|-------|---|
| _____ | 1. Found in orange, yellow, green vegetables and fruits. |
| _____ | 2. Gives us energy. |
| _____ | 3. Iron, calcium and iodine are a few. |
| _____ | 4. Used for growth and repair of body tissues. |
| _____ | 5. Has twice as many calories per gram as protein and carbohydrates. |
| _____ | 6. Another name for Vitamin C. |
| _____ | 7. The sunshine vitamin added to milk. |
| _____ | 8. Needed for strong bones and teeth. |
| _____ | 9. Prevents goiter, added to salt. |
| _____ | 10. The mineral that prevents anemia. Women need more of this than men. |

- | | |
|-------------------|-------|
| 11. INTOPER | _____ |
| 12. MINTIVAD | _____ |
| 13. STAF | _____ |
| 14. DINOIE | _____ |
| 15. NITVAAMI | _____ |
| 16. CARBISOC CIAD | _____ |
| 17. HORCAYDEBERTS | _____ |
| 18. NIMRELSA | _____ |
| 19. UMICALC | _____ |
| 20. RONI | _____ |

NUTRITION CONFUSION--KEY

WORDS MUST BE SPELLED CORRECTLY TO RECEIVE CREDIT.

- | | |
|----------------------|---|
| <u>VITAMIN A</u> | 1. Found in orange, yellow, green vegetables and fruits. |
| <u>CARBOHYDRATES</u> | 2. Gives us energy. |
| <u>MINERALS</u> | 3. Iron, calcium and iodine are a few. |
| <u>PROTEIN</u> | 4. Used for growth and repair of body tissues. |
| <u>FATS</u> | 5. Has twice as many calories per gram as protein and carbohydrates. |
| <u>ASCORBIC ACID</u> | 6. Another name for Vitamin C. |
| <u>VITAMIN D</u> | 7. The sunshine vitamin added to milk. |
| <u>CALCIUM</u> | 8. Needed for strong bones and teeth. |
| <u>IODINE</u> | 9. Prevents goiter, added to salt. |
| <u>IRON</u> | 10. The mineral that prevents anemia. Women need more of this than men. |
| 11. INTOPER | <u>PROTEIN</u> |
| 12. MINTIVAD | <u>VITAMIN D</u> |
| 13. STAF | <u>FATS</u> |
| 14. DINOIE | <u>IODINE</u> |
| 15. NITVAAMI | <u>VITAMIN A</u> |
| 16. CARBISOC CIAD | <u>ASCORBIC ACID</u> |
| 17. HORCAYDEBERTS | <u>CARBOHYDRATES</u> |
| 18. NIMRELSA | <u>MINERALS</u> |
| 19. UMICALC | <u>CALCIUM</u> |
| 20. RONI | <u>IRON</u> |

NUTRITION BASICS-----INDIVIDUALIZED ACTIVITY

NAME _____ HOUR _____

NUTRITION MATCH-UP

DIRECTIONS: Read the chapter in your foods book on nutrition. Match the definitions at the top of this page with the answers at the bottom. **Do this on your own paper.**

- _____ 1. A fruit rich in Vitamin C.
- _____ 2. Measurement of energy values in food.
- _____ 3. This vitamin helps wounds to heal and prevents scurvy.
- _____ 4. A fat-like substance in body cells that can build up and be harmful.
- _____ 5. To prevent night blindness eat lots of bright orange and yellow vegetables containing this vitamin.
- _____ 6. Popeye's favorite food, spinach, is loaded with this mineral.
- _____ 7. This is called the sunshine vitamin.
- _____ 8. The indigestible part of fruit and vegetables.
- _____ 9. Another word for salt is _____
- _____ 10. Breakfast food fortified with iron and B vitamins.
- _____ 11. Nutrient that contains nine calories per gram.
- _____ 12. Abbreviation for Recommended Dietary Allowances.
- _____ 13. For nutritious meal planning, count the servings from these.
- _____ 14. These fats are solid at room temperature.
- _____ 15. This word ending means sugar.
- _____ 16. These fats are found in fish and vegetable oils.
- _____ 17. Needed to build and maintain every cell in the body.
- _____ 18. Nutrient which is the main source of fuel for the body.
- _____ 19. Teens need more of this to get their calcium than any age group.
- _____ 20. This nutrient regulates the thyroid gland.

A. Sodium
 B. Cereals
 C. Carbohydrates
 D. Vitamin C
 E. Milk
 F. Saturated
 G. Strawberries

H. RDA
 I. Fiber
 J. Calories
 K. Vitamin A
 L. Ose
 M. Basic Four
 N. Vitamin D

O. Fats
 P. Polyunsaturated
 Q. Iodine
 R. Iron
 S. Cholesterol
 T. Protein

NUTRITION BASICS

KEY

NUTRITION MATCH-UP--KEY

- ___G___ 1. A fruit rich in Vitamin C. (STRAWBERRIES)
 ___J___ 2. Measurement of energy values in food. (CALORIES)
 ___D___ 3. This vitamin helps wounds to heal and prevents scurvy.
 (CHOLESTEROL)
 ___S___ 4. A fat-like substance in body cells that can build up and be
 harmful. (VITAMIN A)
 ___K___ 5. To prevent night blindness eat lots of bright orange and yellow
 vegetables containing this vitamin. (VITAMIN A)
 ___R___ 6. Popeye's favorite food, spinach, is loaded with this mineral.
 (IRON)
 ___N___ 7. This is called the sunshine vitamin. (VITAMIN D)
 ___I___ 8. The indigestible part of fruit and vegetables. (FIBER)
 ___A___ 9. Another word for salt is _____. (SODIUM)
 ___B___ 10. Breakfast food fortified with iron and B vitamins. (CEREALS)
 ___O___ 11. Nutrient that contains nine calories per gram. (FATS)
 ___H___ 12. Abbreviation for Recommended Dietary Allowances. (RDA)
 ___M___ 13. For nutritious meal planning, count the servings from these.
 (BASIC FOUR)
 ___F___ 14. These fats are solid at room temperature. (SATURATED)
 ___L___ 15. This word ending means sugar. (OSE)
 ___P___ 16. These fats are found in fish and vegetable oils.
 (POLYUNSATURATED)
 ___T___ 17. Needed to build and maintain every cell in the body. (PROTEIN)
 ___C___ 18. Nutrient which is the main source of fuel for the body.
 (CARBOHYDRATES)
 ___E___ 19. Teens need more of this to get their calcium than any age group.
 (MILK)
 ___O___ 20. This nutrient regulates the thyroid gland. (FATS)

NAME _____ HOUR _____

SNACK WISE

After listening to your teacher discuss nutrition snacking, complete the following questions on the back of this paper.

1. What is the best way to tell if a food is nutritious?
2. What is a word ending that means the same thing as sugar?
3. What are empty calorie foods?
4. How many servings do teenagers need from the dairy group daily?
5. What food groups are low in calories and high in nutrients?

DIRECTIONS: List fifteen snacks that contain less than 150 calories and have 2 grams of fat or less. Be sure to give a list of serving sizes, calories, and grams of fat. Use the food comparison cards to help you. Star the five snack items that you enjoy the most.

SNACK	SERVING SIZE	FATS (GRAMS)	CALORIES
1. Apple	1	1	110
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			

SNACK WISE--KEY

The teacher will correct this activity for you. It is worth 20 points. Full credit will not be given if the five favorite snacks of the student are not starred.

1. What is the best way to tell if a food is nutritious?
READ THE LABEL
2. What is a word ending that means the same thing as sugar?
OSE
3. What are empty calorie foods?
FOODS WITH LOTS OF CALORIES AND FEW NUTRIENTS--CANDY,
POP, COOKIES.
4. How many servings do teenagers need from the dairy group daily?
FOUR
5. What food groups are low in calories and high in nutrients?
FRUITS AND VEGETABLES

NUTRITION BASICS-----INDIVIDUALIZED ACTIVITY

NAME _____ HOUR _____

HIDDEN CALORIES AND FATS

DIRECTIONS: Ask your teacher for a reference book to use with this activity. In the first column are some foods that are fairly low in calories and fat. In the second column, other foods have been added that add calories and fat. Under Added Ingredients list the foods that have been added. Fill in the columns listing amounts of calories and fat and then write the difference.

FOOD	CAL	FAT	FOOD	CAL	FAT	ADDED FOODS	ADDED CAL	ADDED FAT
Boiled Potato	130	0	French Fries	260	10	Oil	130	10
1. Plain Yogurt			Yogurt with Fruit					
2. Skim Milk			Whole Milk					
3. Corn Chex			Captain Crunch					
4. Ice Milk			Ice Cream-- 16% fat					
5. Mayonnaise			Imitation Mayonnaise					
6. Tuna in Water			Tuna in Oil					
7. Apple			Apple Pie					
8. Wonder Bread			Raisin Bread					
9. Homemade Hamburger/ Bun			Wendy's Double Burger/Bun					
10. Lettuce			Lettuce/ French Dressing					

NUTRITION BASICS

KEY

HIDDEN CALORIES AND FATS KEY

FOOD	CAL	FAT	FOOD	CAL	FAT	ADDED FOODS	ADDED CAL	ADDED FAT
Boiled Potato	130	0	French Fries	260	10	Oil	130	10
1. Plain Yogurt	144	4	Yogurt with Fruit	250	4	Fruit	106	0
2. Skim Milk	90	1	Whole Milk	160	9	Cream	70	8
3. Corn Chex	110	0	Captain Crunch	150	3	Sugar	40	3
4. Ice Milk	100	4	Ice Cream-- 16% fat	175	12	Cream Sugar	75	8
5. Mayonnaise	100	11	Imitation Mayonnaise	48	3	Oil	52	8
6. Tuna in Water	120	2	Tuna in Oil	225	14	Oil	105	12
7. Apple	80	0	Apple Pie	380	17	Butter Crust Sugar	300	17
8. Wonder Bread	70	1	Raisin Bread	75	2	Sugar Raisins	5	1
9. Homemade Hamburger/ Bun	305	12	Wendy's Double Burger/Bun	675	45	Burger	370	33
10. Lettuce	18	0	Lettuce/ French Dressing	83	7	Dress- ing	65	7

NAME _____ HOUR _____

NUTRIENT SCRAMBLE

DIRECTIONS: Read the chapter in your textbook to review the information on basic nutrients. Unscramble the words on the left. Under **WORD**, write the unscrambled word. Under **NUTRIENT**, list the kind of nutrient it is. Under **FUNCTION**, give the basic function in the body. Under **FOOD SOURCES**, write two good food sources of the nutrient.

	WORD	NUTRIENT	FUNCTION	SOURCE
1. NORI	Iron	Mineral	Carries oxygen through the body. Turns food into energy.	Meat Eggs
2. MILCCUA				
3. RENTOPI				
4. DOMUIS				
5. MIVIATIN				
6. DITIVNAM				
7. CARTHS				
8. DONEII				
9. ATCINVIM				
10. REFIB				

NUTRIENT SCRAMBLE--KEY

	WORD	NUTRIENT	FUNCTION	SOURCE
1. NORI	Iron	Mineral	Carries oxygen through the body. Turns food into energy.	Meat Eggs
2. MILCCUA	Calcium	Mineral	Makes up teeth & bones. Controls heart-beat & muscles.	Dairy Leafy Greens
3. RENTOPI	Protein	Protein	Needed for every cell's growth.	Meat, Eggs, Dairy, Nuts
4. DOMUIS	Sodium	Mineral	Controls water balance..	Snack Foods Processed Foods, Cheese
5. MIVIATIN	Vitamin A	Vitamin	Keeps skin healthy, helps eyes adjust to darkness.	Yellow & Green Leafy Vegetables
6. DITIVNAM	Vitamin D	Vitamin	Helps use calcium, phosphorus and builds bones and teeth.	Sunshine Milk
7. CARTHS	Starch	Carbo- hydrate	Used as the main source of energy.	Grains Vegetables
8. DONEII	Iodine	Mineral	Helps the thyroid gland control growth.	Iodized Salt
9. ATCINVIM	Vitamin C	Vitamin	Prevents bruising prevents colds & bleeding gums.	Citrus Fruits, Cabbage, Tomatoes
10. REFIB	Fiber	Carbo- hydrate	Main source of energy.	Whole Grains, Vegetables Fruits

REVIEW-REVIEW-REVIEW-REVIEW-REVIEW-REVIEW-REVIEW-REVIEW-REVIEW-REVIEW-REVIEW-REVIEW-REVIEW

SPOONS NUTRITION REVIEW CLUES

DIRECTIONS: Divide the class into groups. Each group is seated in a circle. One person will be the monitor who asks the questions and will not play. He/she has a list of all the answers.)

Spoons are placed in the center of each group (one less spoon than the number of people playing). A stack of cards with the answers are placed face down in the center. The monitor asks the questions and each person in the group takes his turn turning over the answer cards face up. When the correct answer appears, all grab for a spoon. One person will not get a spoon. She/he begins to spell the word "DONKEY". He/she is punished by receiving the "D" letter in the word donkey. As soon as one person has been caught without a spoon six times, he/she has completely spelled the word "DONKEY" and is out of the game. He/she sits out and the group removes a spoon and continues the game. If anyone ever grabs a spoon for a wrong answer, she/he receives a letter. Reshuffle the cards each time a correct answer appears.

ANSWERS ARE LISTED BELOW.

Substance needed by the body to stay healthy and trigger body functions.

Proteins, carbohydrates, fats, vitamins, water, minerals

Regulate body processes, prevent serious diseases

Fat soluble vitamins

Fuel

Building blocks for every cell

Aids in night vision, growth

Helps wounds to heal, prevents bruising

Makes strong bones and teeth, works with calcium

Dairy products, meats, palm and coconut oils

Fish, vegetable oils

Polyunsaturated

Animal products, eggs, dairy products

REVIEW-REVIEW-REVIEW-REVIEW-REVIEW-

SPOONS NUTRITION, *continued*

Ose

Vitamin C

Vegetables, grains

Nine

4.5

Ascorbic acid

Forms hemoglobin

Helps the thyroid control growth

Food that has more nutrients than calories

Size and number of servings

Grains group

Nuts, dried peas, eggs

When nutritional claims are made when nutrients are added

Pretzels, chips, soy sauce

Sodium chloride

Fiber

In order of weight

Fruits and vegetables

Dairy group

Four

Stroke, heart disease, diabetes

SPOONS NUTRITION REVIEW

1. What is a nutrient?
2. What are the six classifications of nutrients?
3. What do vitamins and minerals do for the body?
4. What kinds of vitamins are more harmful if taken in large doses?
5. How are fats and carbohydrates used by the body?
6. How are proteins used by the body?
7. Give the function of Vitamin A in the body.
8. Give the function of Vitamin C in the body.
9. Give the function of Vitamin D--the Sunshine Vitamin--in the body.
10. Give the function of iron in the body.
11. Give the function of iodine in the body.
12. Which of the food groups is a good source of vitamins and minerals?
13. Which of the food groups is a good source of calcium and phosphorus?
14. Which of the food groups gives us carbohydrates and fiber?
15. Name three foods besides meat that are found in the meat group.
16. How many servings from the dairy group do teenagers need daily?
17. What three diseases can be caused by being overweight?
18. How many calories are in a gram of fat?
19. How many calories are in a gram of carbohydrate?
20. Name three foods high in saturated fat (solid at room temperature).
21. Name three foods high in polyunsaturated fat (liquid at room temperature).
22. Which kind of fat is beneficial to the body?
23. What kinds of fats contain cholesterol?
24. What is the suffix that means the same as sugar?
25. What water soluble vitamin is needed by the body each day?
26. Name two foods high in complex carbohydrates.
27. When are two times a label must contain nutrition information?
28. Name three processed foods high in salt.
29. What is another name for Vitamin C?
30. What is the definition of a nutrient dense food?
31. Name two things that can be found on a nutrition label.
32. What is the chemical name for salt?
33. What is the part of vegetables and grains that aids in digestion?
34. In what order are ingredients listed on a food label?
- 35-40. List the seven Dietary Guidelines.

SPOONS NUTRITION REVIEW--KEY

1. What is a nutrient?
SUBSTANCE NEEDED BY THE BODY TO STAY HEALTHY AND TRIGGER BODY FUNCTIONS.
2. What are the six classifications of nutrients?
PROTEINS, CARBOHYDRATES, FATS, VITAMINS, WATER, MINERALS
3. What do vitamins and minerals do for the body?
REGULATE BODY PROCESSES, PREVENT SERIOUS DISEASES.
4. What kinds of vitamins are more harmful if taken in large doses?
FAT SOLUBLE VITAMINS
5. How are fats and carbohydrates used by the body?
FUEL FOR BODY PROCESSES AND ENERGY
6. How are proteins used by the body?
BUILDING BLOCKS FOR EVERY CELL
7. Give the function of Vitamin A in the body.
AIDS IN NIGHT VISION, GROWTH
8. Give the function of Vitamin C in the body.
HELPS WOUNDS TO HEAL, PREVENTS BRUISING
9. Give the function of Vitamin D--the sunshine vitamin--in the body.
WORKS WITH CALCIUM--MAKES STRONG BONES AND TEETH, CLOTS BLOOD
10. Give the function of iron in the body.
FORMS HEMOGLOBIN
11. Give the function of iodine in the body.
HELPS THE THYROID CONTROL GROWTH
12. Which of the food groups are good sources of vitamins and minerals?
FRUITS AND VEGETABLES
13. Which of the food groups is a good source of calcium and phosphorus?
DAIRY GROUP
14. Which of the food groups gives us carbohydrates and fiber?
GRAINS GROUP

REVIEW-REVIEW-REVIEW-REVIEW-REVIEW-

SPOONS NUTRITION, continued

15. Name three foods besides meat that are found in the meat group.
NUTS, DRIED BEANS OR PEAS, EGGS
16. How many servings from the dairy group do teenagers need daily?
FOUR
17. What three diseases can be caused by being overweight?
STROKE, HEART DISEASE, DIABETES
18. How many calories are in a gram of fat?
9
19. How many calories are in a gram of carbohydrate?
4.5
20. Name three foods high in saturated fat (solid at room temperature).
DAIRY PRODUCTS, MEATS, PALM AND COCONUT OILS
21. Name three foods high in polyunsaturated fat (liquid at room temperature).
FISH AND VEGETABLE OILS--COTTONSEED, CORN
22. Which kind of fat is beneficial to the body?
POLYUNSATURATED
23. What kinds of foods contain cholesterol?
ANIMAL PRODUCTS INCLUDING EGGS, MEATS AND DAIRY PRODUCTS
24. What is the suffix that means the same as sugar?
OSE
25. What water soluble vitamin is needed by the body each day?
VITAMIN C
26. Name two foods high in complex carbohydrates.
VEGETABLES, WHOLE GRAINS
27. When are two times a label must contain nutrition information?
WHEN NUTRITIONAL CLAIMS ARE MADE, WHEN NUTRIENTS ARE ADDED
28. Name three processed foods high in salt.
PRETZELS, CHIPS, SALTED NUTS, CRACKERS, PICKLES, SOY SAUCE
29. What is another name for Vitamin C?
ASCORBIC ACID

REVIEW-REVIEW-REVIEW-REVIEW-REVIEW-

SPOONS NUTRITION, continued

30. What is the definition of a nutrient dense food?
FOOD THAT HAS MORE NUTRIENTS THAN CALORIES
31. Name two things that can be found on a nutrition label.
SIZE AND NUMBER OF SERVINGS, CALORIES, NUTRIENTS
32. What is the chemical name for salt?
SODIUM CHLORIDE
33. What is the part of vegetables and grains that aids in digestion?
FIBER
34. In what order are ingredients listed on a food label?
IN ORDER OF WEIGHT
- 35-40. List the seven Dietary Guidelines.
 - A. EAT A VARIETY OF FOODS
 - B. MAINTAIN A HEALTHY WEIGHT
 - C. CHOOSE A DIET LOW IN FAT, SATURATED FAT, AND CHOLESTEROL
 - D. CHOOSE A DIET WITH PLENTY OF VEGETABLES, FRUITS, AND GRAIN PRODUCTS
 - E. USE SUGARS ONLY IN MODERATION
 - F. USE SALT AND SODIUM ONLY IN MODERATION
 - G. IF YOU DRINK ALCOHOLIC BEVERAGES, DO SO IN MODERATION

TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST - TEST

NAME _____ CLASS _____

NUTRITION TEST

PLACE YOUR ANSWERS ON THE ANSWER SHEET.

MULTIPLE CHOICE

1. Which set of nutrients gives you energy? (calories)
 - A. Vitamins, minerals
 - B. Calcium, starch
 - C. Fats, carbohydrates
2. Which of the four food groups are rich in Vitamins A and C?
 - A. Breads and cereals
 - B. Meats
 - C. Fruits and vegetables
3. Which of the four food groups are rich in calcium and phosphorus?
 - A. Breads and cereals
 - B. Dairy
 - C. Meats
4. What vitamin works with calcium to make healthy bones and teeth?
 - A. Vitamin B
 - B. Vitamin C
 - C. Vitamin D
5. Which food group do peanut butter and kidney beans belong in?
 - A. Meats
 - B. Fruits and vegetables
 - C. Dairy
6. What function does protein serve in the body?
 - A. Growth and tissue repair
 - B. Heals cuts
 - C. Provides energy
7. What diseases can be caused by being overweight?
 - A. Anorexia, bulimia
 - B. Ulcers, cancer
 - C. High blood pressure, diabetes
8. According to the Dietary Guidelines, large amounts of which of these should be avoided?
 - A. Fats, sugars, sodium
 - B. Fats, carbohydrates, protein
 - C. Fats, fiber, carotene
9. Which foods are high in cholesterol?
 - A. Egg yolks, palm oil, coconut oil
 - B. Cheese, potatoes, corn
 - C. Shrimp, rhubarb, tomatoes
10. Foods that are high in fiber are:
 - A. Meat, poultry, finfish
 - B. White flour, noodles, chocolate
 - C. Whole grain flour, broccoli, celery

TEST - TEST - TEST - TEST - TEST - TEST - TEST

NUTRITION TEST, continued

11. What are some forms of sugar?
 - A. Honey, dextrose, sucrose
 - B. Sucrose, sodium, thiamin
 - C. Legumes, corn syrup, collagen
12. Nutrient dense foods have:
 - A. More calories than nutrients
 - B. More nutrients than calories
 - C. More fats than nutrients
13. Which group of foods are the most "Nutrient Dense"?
 - A. Cola, Sugar Cookie, Chocolate Cake
 - B. Frankfurter, Apple, Chocolate Pudding
 - C. Broccoli, Liver, Milk

MATCHING

- | | |
|---|------------------|
| _____ 14. Salt | A. Vitamin D |
| _____ 15. Sunshine vitamin | B. Cholesterol |
| _____ 16. Indigestible part of vegetables | C. Liquids |
| _____ 17. Found in animal products | D. Vitamin C |
| _____ 18. Saturated fats | E. Solids |
| _____ 19. Heals cuts | F. Iron |
| _____ 20. Unsaturated fats | G. Sodium |
| _____ 21. Makes hemoglobin | H. Carbohydrates |
| _____ 22. Sugars, starches | I. Fiber |

TRUE OR FALSE: Circle the correct answer.

23. There are nine calories in a gram of carbohydrate. TRUE FALSE
24. Ingredients on food labels are listed in alphabetical order. TRUE FALSE
25. Polyunsaturated fats actually lower the cholesterol level in the body. TRUE FALSE
26. Nutrients are chemical substances obtained from food during digestion which trigger certain body functions. TRUE FALSE
27. Another name for Vitamin C is citric acid. TRUE FALSE
28. Fat soluble vitamins are more dangerous than water soluble vitamins if taken in large quantities. TRUE FALSE
29. Soy sauce is high in sodium content. TRUE FALSE
30. Nutrition information must be put on every food label. TRUE FALSE
31. Nutrition labeling on a food label must include the size of serving. TRUE FALSE
32. There are four calories in a gram of fat. TRUE FALSE
33. Taking large doses of vitamins will give you more energy and make you feel much better. TRUE FALSE
34. Fried foods, coconut oils and mayonnaise are all high in fats. TRUE FALSE
35. Sugar supplies energy but few nutrients. TRUE FALSE

BONUS QUESTION: Name the six dietary guidelines.

TEST - TEST - TEST - TEST - TEST - TEST - TEST

KEY

NUTRITION TEST--KEY

MULTIPLE CHOICE:

1. Which set of nutrients gives you energy? (calories)
 - A. Vitamins, minerals
 - B. Calcium, starch
 - C. Fats, carbohydrates
2. Which of the four food groups are rich in Vitamins A and C?
 - A. Breads and cereals
 - B. Meats
 - C. Fruits and vegetables
3. Which of the four food groups are rich in calcium and phosphorus?
 - A. Breads and cereals
 - B. Dairy
 - C. Meats
4. What vitamin works with calcium to make healthy bones and teeth?
 - A. Vitamin B
 - B. Vitamin C
 - C. Vitamin D
5. Which food group do peanut butter and kidney beans belong in?
 - A. Meats
 - B. Fruits and vegetables
 - C. Dairy
6. What function does protein serve in the body?
 - A. Growth and tissue repair
 - B. Heals cuts
 - C. Provides energy
7. What diseases can be caused by being overweight?
 - A. Anorexia, bulimia
 - B. Ulcers, cancer
 - C. High blood pressure, diabetes
8. According to the Dietary Guidelines, large amounts of which of these should be avoided?
 - A. Fats, sugars, sodium
 - B. Fats, carbohydrates, protein
 - C. Fats, fiber, carotene
9. Which foods are high in cholesterol?
 - A. Egg yolks, palm oil, coconut oil
 - B. Cheese, potatoes, corn
 - C. Shrimp, rhubarb, tomatoes
10. Foods that are high in fiber are:
 - A. Meat, poultry, finfish
 - B. White flour, noodles, chocolate
 - C. Whole grain flour, broccoli, celery
11. What are some forms of sugar?
 - A. Honey, dextrose, sucrose
 - B. Sucrose, sodium, thiamin
 - C. Legumes, corn syrup, collagen

TEST - TEST - TEST - TEST - TEST - TEST - TEST

NUTRITION TEST, continued

12. Nutrient dense foods have:
 A. More calories than nutrients
B. More nutrients than calories
 C. More fats than nutrients
13. Which group of foods are the most "Nutrient Dense"?
 A. Cola, Sugar Cookie, Chocolate Cake
 B. Frankfurter, Apple, Chocolate Pudding
C. Broccoli, Liver, Milk

MATCHING

- | | |
|--|------------------|
| <u> G </u> 14. Salt | A. Vitamin D |
| <u> A </u> 15. Sunshine vitamin | B. Cholesterol |
| <u> I </u> 16. Indigestible part of vegetables | C. Liquids |
| <u> B </u> 17. Found in animal products | D. Vitamin C |
| <u> E </u> 18. Saturated fats | E. Solids |
| <u> D </u> 19. Heals cuts | F. Iron |
| <u> C </u> 20. Unsaturated fats | G. Sodium |
| <u> F </u> 21. Makes hemoglobin | H. Carbohydrates |
| <u> H </u> 22. Sugars, starches | I. Fiber |

TRUE OR FALSE: Circle the correct answer.

23. There are nine calories in a gram of carbohydrate. FALSE
24. Ingredients on food labels are listed in alphabetical order. FALSE
25. Polyunsaturated fats actually lower the cholesterol level in the body. TRUE
26. Nutrients are chemical substances obtained from food during digestion which trigger certain body functions. TRUE
27. Another name for Vitamin C is citric acid. FALSE
28. Fat soluble vitamins are more dangerous than water soluble vitamins if taken in large quantities. TRUE
29. Soy sauce is high in sodium content. TRUE
30. Nutrition information must be put on every food label. FALSE
31. Nutrition labeling on a food label must include the size of serving. TRUE
32. There are four calories in a gram of fat. FALSE
33. Taking large doses of vitamins will give you more energy and make you feel much better. FALSE
34. Fried foods, coconut oils and mayonnaise are all high in fats. TRUE
35. Sugar supplies energy but few nutrients. TRUE

BONUS QUESTION: Name the six dietary guidelines.

1. EAT A VARIETY OF FOODS
2. MAINTAIN A HEALTHY WEIGHT
3. CHOOSE A DIET LOW IN FAT, SATURATED FAT, AND CHOLESTEROL
4. CHOOSE A DIET WITH PLENTY OF VEGETABLES, FRUITS, AND GRAINS
5. USE SUGARS ONLY IN MODERATION
6. USE SALT AND SODIUM ONLY IN MODERATION
7. IF YOU DRINK ALCOHOLIC BEVERAGES, DO SO IN MODERATION

STRAWBERRY LOWFAT SMOOTHIE

This recipe make 4 servings. You may wish to use it as a demonstration.

- 1/3 cup frozen strawberries
- 1/4 c. sugar or Nutrasweet
- 6 ice cubes

- 1/2 cup cold water
- 2 Tbsp. non-fat dry milk
- 1 tsp. vanilla

Combine ingredients in blender until smooth. Enjoy! (4 servings)

- _____ 1. Use a tray to get the supplies.
- _____ 2. Fill the sink with hot, soapy water.
- _____ 3. Get two clean dish cloths and towels.
- _____ 4. Combine strawberries, sugar, water, vanilla and dry milk in the blender.
- _____ 5. Add ice cubes two at a time until the drink is slushy.
- _____ 6. Pour the drink into glasses and enjoy!
- _____ 7. Wash the dishes.
- _____ 8. Dry the dishes. Wipe off the range.
- _____ 9. Put the dry dishes away.
- _____ 10. Sweep the floor. Put the used linen in the washer.
- _____ 11. Vacuum the carpet.
- _____ 12. TEACHER CHECK OFF FOR CREDIT.

UNIT MEMBERS: _____

NUTRITION BASICS RECIPES

CARROT COOKIES

1-1/4 cup flour	1/3 cup margarine
1 tsp. baking powder	3/4 cup brown sugar
1 tsp. cinnamon	3/4 cup grated carrots
1/2 tsp salt	1 egg
1/2 tsp nutmeg	1/4 tsp. ginger

Preheat oven to 375 degrees.

Sift flour. Resift with baking powder, cinnamon, nutmeg, ginger and salt onto wax paper. Cream margarine and sugar together with electric mixer. Beat in egg. Add dry ingredients to creamed mixture alternately with carrots. Blend well. Drop by spoonfuls onto a cookie sheet lined with parchment paper. Bake 8-10 minutes.

FAJITA

(Marinate each pound of chicken in 1 tsp. fajita seasoning and the juice of 1/2 lime for 1-3 hours before serving for added tenderness.)

1/2 chicken breast	1 tortilla per person
1 wedge cheese	2 Tbsp. chopped onion
1/2 tomato or 1/3 cup salsa	1 lettuce wedge
6 olives	1 Tbsp. sour cream

Cut chicken into bite-size pieces on cutting board. Chop onion and olives. Spray frying pan with Pam. Saute onions in frying pan. Use tongs to add chicken and fry until golden brown and white clear through. Drain on paper towels. Grate cheese, tomatoes and lettuce. Heat each tortilla in microwave for 20 seconds. Top each tortilla with fillings. Spread one teaspoon sour cream on top. Enjoy!

STRAWBERRY LOWFAT SMOOTHIE

1/3 cup frozen strawberries	1/2 cup cold water
1/4 c. sugar or Nutrasweet	2 Tbsp. non-fat dry milk
6 ice cubes	1 tsp. vanilla

Combine ingredients in blender until smooth. Enjoy! (4 servings)

FRUIT KABOBS

Makes 5 kabobs.

10 seedless grapes	1/2 orange
10 pineapple chunks	Slice of thick ham
1/2 banana	1/8 cup reconstituted lemon juice

Alternate fruit and meat on plastic picks. Arrange on serving tray.

Name _____

Class _____

PREPARING SNACKS AT HOME

DIRECTIONS:

1. Look through recipe books or recipe files and collect at least one recipe for each of the categories listed below.
2. List the names by the categories. Write your snack ideas on cards or papers that will fit your recipe file.
3. Prepare three of these snacks. Make sure you clean up the kitchen when you are finished.
4. Have your parent/guardian sign this paper and include your own comments on how you and your family enjoyed the snack.

- CATEGORIES:**
- QUICK SNACKS
 - NUTRITIOUS SNACKS
 - PARTY SNACKS
 - SNACKS FOR CHILDREN
 - INEXPENSIVE SNACKS

1. SNACK PREPARED: _____ **Date** _____

Why is this snack nutritious?

Did you enjoy this snack?

2. SNACK PREPARED: _____ **Date** _____

Why is this snack nutritious?

Did you enjoy this snack?

3. SNACK PREPARED: _____ **Date** _____

Why is this snack nutritious?

Did you enjoy this snack?

PARENT'S SIGNATURE _____

Name _____

Class _____

NUTRITION IS NEWS!

DIRECTIONS: Look through some current periodicals (newspapers or magazines). Find two articles dealing with nutrition. Clip these articles out and mount them on a piece of paper. Write a paragraph (**AT LEAST FIFTEEN SENTENCES EACH**) explaining what the articles are about. Attach the articles to your paragraphs and turn them in to your teacher. Be sure to label your paper with "NUTRITION IS NEWS" at the top. Include your name, date and number on your paper.

The teacher will correct this activity for you.

Each paragraph about an article is worth fifteen points. Be sure the articles are attached to the paragraphs to receive full credit.