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.

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<thead>
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<th>TEACHER</th>
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<td>1. LABELING AND YOU (20)</td>
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<td>2. NUTRITION CONFUSION (20)</td>
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<td>3. NUTRITION MATCH-UP (20)</td>
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<td>5. HIDDEN CALORIES AND FATS (20)</td>
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<td>6. NUTRIENT SCRAMBLE (20)</td>
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<td>8. MANAGEMENT OF CLASS TIME AND ROOM (20)</td>
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<td>9. SUMMARY SHEET (3 points per day)</td>
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<td>10. CHALLENGE PROJECT(S) (30 EACH)</td>
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<td>PREPARING SNACKS AT HOME</td>
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<td>NUTRITION IS NEWS!</td>
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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)

5. 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

6. What is the syrup which is drained from raw sugar?
   MOLASSES

7. What is the main ingredient in Coke, next to water?
   SUGAR

8. What vegetable were broccoli and cauliflower developed from?
   CABBAGE

9. How many calories are there in a glass of water?
   NONE

10. What plant does natural vanilla flavoring come from?
    THE ORCHID

11. What is another name for powdered sugar?
    Confectioners sugar

12. What is the oldest know vegetable?
    THE PEA

13. What converts the vitamin D in the body and also fades upholstery?
    SUNLIGHT

14. 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.

15. What is the largest United States agricultural crop by weight?
    CORN

16. Which of the six basic nutrients aids in releasing energy from foods, normal growth and keeps nerves and muscles healthy?
    VITAMINS

17. What fruit is packed with the most calories?
    AVOCADO

18. What is North America's most popular snack food?
    POTATO CHIPS

19. 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.
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 A  IODINE  CARBOHYDRATES
VITAMIN D  FAT  VITAMIN C  IRON
B VITAMINS  CALCIUM  WATER  MAGNESIUM
SODIUM  CHLORIDE  POTASSIUM

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.
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.
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.
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
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. 

3. List two times when nutrition labeling must be on a product. (2 pts.)
   A. 
   B. 

4. Name three reasons that additives are added to foods. (3 pts.)
   A. 
   B. 
   C. 

5. What are the two most common additives in the U.S.? (2 pts.)
   A. 
   B. 

6. What is the first thing that must be listed on a nutrition label.

7. What is the name on the product label you brought?

8. What is the serving size?

9. What ingredient is found in the greatest amount?

10. How many calories are found in one serving?

11. How many grams of protein are in one serving?

12. List the percentage of protein listed in the US RDA's.

13. How many grams of carbohydrates are in one serving?

14. 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**
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. CARBISOCCIAD
17. HORCAYDEBERTS
18. NIMRELSA
19. UMICALC
20. RONI
NUTRITION BASICS

NUTRITION CONFUSION--KEY

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.
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11. INTOPER
12. MINTIVAD
13. STAF
14. DINOIE
15. NITVAAMI
16. CARBISOC CIAD
17. HORCAYDEBERTS
18. NIMRELSA
19. UMICALC
20. RONI
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  H. RDA  O. Fats
B. Cereals  I. Fiber  P. Polyunsaturated
C. Carbohydrates  J. Calories  Q. Iodine
D. Vitamin C  K. Vitamin A  R. Iron
E. Milk  L. Ose  S. Cholesterol
F. Saturated  M. Basic Four  T. Protein
G. Strawberries  N. Vitamin D
NUTRITION MATCH-UP--KEY

_\text{G}_ 1. A fruit rich in Vitamin C. (STRAWBERRIES)
_\text{J}_ 2. Measurement of energy values in food. (CALORIES)
_\text{D}_ 3. This vitamin helps wounds to heal and prevents scurvy. (CHOLESTEROL)
_\text{S}_ 4. A fat-like substance in body cells that can build up and be harmful. (VITAMIN A)
_\text{K}_ 5. To prevent night blindness eat lots of bright orange and yellow vegetables containing this vitamin. (VITAMIN A)
_\text{R}_ 6. Popeye's favorite food, spinach, is loaded with this mineral. (IRON)
_\text{N}_ 7. This is called the sunshine vitamin. (VITAMIN D)
_\text{I}_ 8. The indigestible part of fruit and vegetables. (FIBER)
_\text{A}_ 9. Another word for salt is __________________. (SODIUM)
_\text{B}_ 10. Breakfast food fortified with iron and B vitamins. (CEREALS)
_\text{O}_ 11. Nutrient that contains nine calories per gram. (FATS)
_\text{H}_ 12. Abbreviation for Recommended Dietary Allowances. (RDA)
_\text{M}_ 13. For nutritious meal planning, count the servings from these. (BASIC FOUR)
_\text{F}_ 14. These fats are solid at room temperature. (SATURATED)
_\text{L}_ 15. This word ending means sugar. (OSE)
_\text{P}_ 16. These fats are found in fish and vegetable oils. (POLYUNSATURATED)
_\text{T}_ 17. Needed to build and maintain every cell in the body. (PROTEIN)
_\text{C}_ 18. Nutrient which is the main source of fuel for the body. (CARBOHYDRATES)
_\text{E}_ 19. Teens need more of this to get their calcium than any age group. (MILK)
_\text{O}_ 20. This nutrient regulates the thyroid gland. (FATS)
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.

<table>
<thead>
<tr>
<th>SNACK</th>
<th>SERVING SIZE</th>
<th>FATS (GRAMS)</th>
<th>CALORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Apple</td>
<td>1</td>
<td>1</td>
<td>110</td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>4.</td>
<td></td>
<td></td>
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<tr>
<td>5.</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>6.</td>
<td></td>
<td></td>
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<tr>
<td>7.</td>
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<tr>
<td>8.</td>
<td></td>
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<tr>
<td>9.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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
**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.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>CAL</th>
<th>FAT</th>
<th>FOOD</th>
<th>CAL</th>
<th>FAT</th>
<th>ADDED FOODS</th>
<th>ADDED CAL</th>
<th>ADDED FAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boiled Potato</td>
<td>130</td>
<td>0</td>
<td>French Fries</td>
<td>260</td>
<td>10</td>
<td>Oil</td>
<td>130</td>
<td>10</td>
</tr>
<tr>
<td>1. Plain Yogurt</td>
<td></td>
<td></td>
<td>Yogurt with Fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Skim Milk</td>
<td></td>
<td></td>
<td>Whole Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Corn Chex</td>
<td></td>
<td></td>
<td>Captain Crunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Ice Milk</td>
<td></td>
<td></td>
<td>Ice Cream--16% fat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Mayonnaise</td>
<td></td>
<td></td>
<td>Imitation Mayonnaise</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Tuna in Water</td>
<td></td>
<td></td>
<td>Tuna in Oil</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Apple</td>
<td></td>
<td></td>
<td>Apple Pie</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Wonder Bread</td>
<td></td>
<td></td>
<td>Raisin Bread</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Homemade Hamburger/Bun</td>
<td></td>
<td></td>
<td>Wendy’s Double Burger/Bun</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Lettuce</td>
<td></td>
<td></td>
<td>Lettuce/French Dressing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# HIDDEN CALORIES AND FATS KEY

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

<table>
<thead>
<tr>
<th>WORD</th>
<th>NUTRIENT</th>
<th>FUNCTION</th>
<th>SOURCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. NORI</td>
<td>Iron</td>
<td>Mineral Carries oxygen through the body. Turns food into energy.</td>
<td>Meat Eggs</td>
</tr>
<tr>
<td>2. MILCCUA</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. RENTOPI</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. DOMUIS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. MIVIATIN</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. DITIVNAM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. CARTHS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. DONEII</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. ATCINVIM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. REFIB</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>WORD</td>
<td>NUTRIENT</td>
<td>FUNCTION</td>
</tr>
<tr>
<td>---</td>
<td>-------</td>
<td>----------</td>
<td>--------------------------------------------------------------------------</td>
</tr>
<tr>
<td>1.</td>
<td>NORI</td>
<td>Iron</td>
<td>Mineral</td>
</tr>
<tr>
<td>2.</td>
<td>MILCCUA</td>
<td>Calcium</td>
<td>Mineral</td>
</tr>
<tr>
<td>3.</td>
<td>RENTOPI</td>
<td>Protein</td>
<td>Protein</td>
</tr>
<tr>
<td>4.</td>
<td>DOMUIS</td>
<td>Sodium</td>
<td>Mineral</td>
</tr>
<tr>
<td>5.</td>
<td>MIVIATIN</td>
<td>Vitamin A</td>
<td>Vitamin</td>
</tr>
<tr>
<td>6.</td>
<td>DITVNAM</td>
<td>Vitamin D</td>
<td>Vitamin</td>
</tr>
<tr>
<td>7.</td>
<td>CARTHS</td>
<td>Starch</td>
<td>Carbohydrate</td>
</tr>
<tr>
<td>8.</td>
<td>DONEII</td>
<td>Iodine</td>
<td>Mineral</td>
</tr>
<tr>
<td>9.</td>
<td>ATCINVIM</td>
<td>Vitamin C</td>
<td>Vitamin</td>
</tr>
<tr>
<td>10.</td>
<td>REFIB</td>
<td>Fiber</td>
<td>Carbohydrate</td>
</tr>
</tbody>
</table>
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
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 BRUIISING

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
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
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
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
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
15. Sunshine vitamin
16. Indigestible part of vegetables
17. Found in animal products
18. Saturated fats
19. Heals cuts
20. Unsaturated fats
21. Makes hemoglobin
22. Sugars, starches

A. Vitamin D
B. Cholesterol
C. Liquids
D. Vitamin C
E. Solids
F. Iron
G. Sodium
H. Carbohydrates
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.
NUTRITION TEST--KEY

MULTIPLE CHOICE:
1. Which set of nutrients gives you energy? (calories)
   A. Vitamins, minerals
   B. Calcium, starch
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   B. Vitamin C
   C. Vitamin D
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    C. Whole grain flour, broccoli, celery
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    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"?
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   C. Broccoli, Liver, Milk

MATCHING
_G_14. Salt
_A_15. Sunshine vitamin
_I_16. Indigestible part of vegetables
_B_17. Found in animal products
_E_18. Saturated fats
_D_19. Heals cuts
_C_20. Unsaturated fats
_F_21. Makes hemoglobin
_H_22. Sugars, starches

A. Vitamin D
B. Cholesterol
C. Liquids
D. Vitamin C
E. Solids
F. Iron
G. Sodium
H. Carbohydrates
I. Fiber

TRUE OR FALSE: Circle the correct answer.
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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
CARROT COOKIES

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

Preheat oven to 375 degrees.

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. Heat the oven to 375 degrees. Line the cookie sheet with parchment paper or grease the cookie sheet.
5. Cream the margarine and sugar together with an electric mixer.
7. Sift the flour. Resift it with all dry ingredients.
8. Add dry ingredients to the creamed mixture, alternately with the carrots. Blend well.
9. Drop the cookie dough onto the cookie sheets by the spoonful.
10. Bake 7-10 minutes or until golden brown. Get out; hot pads, pancake turner and cooling rack.
11. Wash the dishes.
12. Dry the dishes. Wipe off the range.
13. Put the dry dishes away.
14. Sweep the floor. Put the used linen in the washer.
15. Vacuum the carpet.
16. TEACHER CHECK OFF FOR CREDIT.

UNIT MEMBERS: ___________________________  ___________________________
                      ___________________________  ___________________________
FAJITA

(Marinete 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!

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. Wash the chicken and cut it into bite-size pieces on the cutting board. WASH THE CUTTING BOARD!!!
5. Chop onions and olives.
6. Spray frying pan with PAM.
7. Saute onions in the frying pan until they are translucent.
8. Place chicken pieces in the frying pan with tongs. Cook until golden brown on both sides. Drain them on a paper towel.
9. Grate the cheese on wax paper.
10. Heat each tortilla in the microwave for 20 seconds.
11. Top each tortilla with fillings and sour cream.
12. Set the table.
13. Clear the table. Wipe off the table and counters.
14. Wash the dishes.
15. Dry the dishes. Wipe off the range.
16. Put the dry dishes away.
17. Sweep the floor. Put the used linen in the washer.
18. Vacuum the carpet.
19. TEACHER CHECK OFF FOR CREDIT.

UNIT MEMBERS: ___________________________ ___________________________
STRAWBERRY LOWFAT SMOOTHIE

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

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)

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: _______________________  _______________________
______________________  _______________________
______________________  _______________________
______________________  _______________________


FRUIT KABOBS

Makes 5 kabobs.
10 seedless grapes 
10 pineapple chunks 
1/2 banana 
1/2 orange 
Slice of thick ham 
1/8 cup reconstituted lemon juice 
Alternate fruit and meat on plastic picks. Arrange on serving tray.

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. Wash the grapes.
5. Peel and slice the banana.
6. Dip the banana in the lemon juice so it will not brown.
7. Cut the ham into 10 cubes.
8. Peel the orange. Section it and cut it in half.
9. Prepare kabobs by alternatingly placing fruit and meat on the plastic skewers.
10. Arrange fruit kabobs on the serving platter.
11. Set the table.
12. Clear the table. Wipe off the table and counters.
13. Wash the dishes.
14. Dry the dishes. Wipe off the range.
15. Put the dry dishes away.
16. Sweep the floor. Put the used linen in the washer.
17. Vacuum the carpet.
18. TEACHER CHECK OFF FOR CREDIT.

UNIT MEMBERS: __________________________  __________________________
__________________________  __________________________
__________________________  __________________________
__________________________  __________________________
APPLESAUCE COOKIES

1/4 cup sugar 1/4 cup applesauce
2 Tbsp. margarine 1 medium egg
1 cup Basic Mix 1/4 tsp. cinnamon
1/4 cup oats 1/4 tsp. nutmeg

Preheat oven to 875 degrees. Combine sugar, margarine, and basic mix. Beat in egg. Stir in oats and applesauce. Add dry ingredients to creamed mixture. Blend well. Drop by spoonfuls onto greased cookie sheet (or use parchment paper). Bake 7-9 minutes.

1. Use a tray to get the supplies.
2. Heat the oven to 375 degrees.
3. Get two clean dish cloths and towels.
4. Fill the sink with hot, soapy water.
5. Cream margarine and sugar together.
7. Stir in the oats and applesauce
8. Add dry ingredients to creamed mixture. Blend well.
9. Drop by spoonfuls onto a greased cookie sheet.
10. Bake 7-9 minutes or until golden brown.
11. Wash the dishes.
12. Dry the dishes. Wipe off the range.
13. Put the dry dishes away.
14. Sweep the floor. Put the used linen in the washer.
15. Vacuum the carpet.
16. TEACHER CHECK OFF FOR CREDIT.

UNIT MEMBERS: ___________________________ ___________________________

_________________________ ___________________________

_________________________ ___________________________
HAM AND CHEESE POCKETS

1/4 cup finely chopped, cooked ham  
1/4 cup grated cheddar cheese  
1 Tbsp. egg  
2 refrigerator biscuits per person  
Prepared mustard  
1 tsp. water

Preheat oven to 400 degrees. Combine ham and cheese in a bowl. Lightly flour an area on the counter. Use a rolling pin to flatten two biscuits together into a 4-1/2 inch circle. Lightly spread the top with mustard. Top with half the ham mixture. Fold biscuit over to form a half circle. Use a fork to seal edges. Seal well or filling will run out during baking. Place parchment paper on baking sheet. Beat egg and water together. Use pastry brush to spread egg mixture on top of pocket. Bake 10-12 minutes until golden.

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. Preheat the oven to 400 degrees. Place parchment paper on the cookie sheet.
5. Grate the ham and cheese on wax paper.
6. Lightly flour the counter area. Roll out two biscuits together to form a 4 1/2 inch circle.
7. Spread the circles with mustard.
8. Top the circles with the ham mixture, then fold them in half.
9. Use a fork to seal the edges of the pocket. Seal it well.
10. Beat the egg and water together. Using a pastry brush, spread the mixture on the pocket.
11. Place baking sheet in oven for 10-12 minutes.
12. Set the table.
13. Clear the table. Wipe off the table and counters.
14. Wash the dishes.
15. Dry the dishes. Wipe off the range.
16. Put the dry dishes away.
17. Sweep the floor. Put the used linen in the washer.
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19. TEACHER CHECK OFF FOR CREDIT.

UNIT MEMBERS: _____________________  _____________________

___________________  _____________________

___________________  _____________________
TOSSED GREEN SALAD

RANCH DRESSING
1 Tbsp. powdered mix
1/4 cup milk
1-1/4 Cup mayonnaise

SALAD
1 wedge lettuce
1/2 stalk celery
1/2 tomato
1/2 carrot
2 flowerlets broccoli

CROUTONS
1 slice bread
2 tsp. margarine
1/8 tsp. garlic powder

RANCH DRESSING--Blend ingredients together with electric mixer.


CROUTONS--Spread margarine on both sides of bread and sprinkle with garlic. Place on broiler pan and put in oven broiler. WATCH CAREFULLY. This takes about one minute. When browned remove and cut into cubes.

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. Blend the dressing ingredients together using a mixer.
5. Tear the lettuce into bite-size pieces.
6. Chop the celery, carrot and broccoli on the cutting board.
7. Cut the tomato into wedges.
8. Toss the salad vegetables together in a large bowl.
9. Spread margarine on both sides of the bread. Lightly sprinkle with garlic powder.
10. Place the bread on a broiler pan and broil each side until it is light brown (1-2 minutes)
11. Cut bread into small cubes on a cutting board.
12. Set the table
13. Clear the table. Wipe off the table and counters.
14. Wash the dishes.
15. Dry the dishes. Wipe off the range.
16. Put the dry dishes away.
17. Sweep the floor. Put the used linen in the washer.
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UNIT MEMBERS: ________________________  ________________________
__________________________  ________________________
__________________________  ________________________
NUTRITION BASICS RECIPES

CARROT COOKIES

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

Preheat oven to 375 degrees.

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 wedge cheese  
1/2 tomato or 1/3 cup salsa  
6 olives  
1 tortilla per person  
2 Tbsp. chopped onion  
1 lettuce wedge  
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  
1/4 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)

FRUIT KABOBS

Makes 5 kabobs.
10 seedless grapes  
10 pineapple chunks  
1/2 banana  
1/2 orange  
Slice of thick ham  
1/8 cup reconstituted lemon juice  

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

1/4 cup sugar 1/4 cup applesauce
2 Tbsp. margarine 1 medium egg
1 cup Basic Mix 1/4 tsp. cinnamon
1/4 cup oats 1/4 tsp. nutmeg

Preheat oven to 375 degrees. Combine sugar, margarine, and basic mix. Beat in egg. Stir in oats and applesauce. Add dry ingredients to creamed mixture. Blend well. Drop by spoonfuls onto greased cookie sheet (or use parchment paper). Bake 7-9 minutes.

HAM AND CHEESE POCKETS

1/4 cup finely chopped, cooked ham 2 refrigerator biscuits per person
1/4 cup grated cheddar cheese Prepared mustard
1 Tbsp. egg 1 tsp. water

Preheat oven to 400 degrees. Combine ham and cheese in a bowl. Lightly flour an area on the counter. Use a rolling pin to flatten two biscuits together into a 4-1/2 inch circle. Lightly spread the top with mustard. Top with half the ham mixture. Fold biscuit over to form a half circle. Use a fork to seal edges. Seal well or filling will run out during baking. Place parchment paper on baking sheet. Beat egg and water together. Use pastry brush to spread egg mixture on top of pocket. Bake 10-12 minutes until golden.

TOSSED GREEN SALAD

RANCH DRESSING
1 Tbsp. powdered mix
1/4 cup milk
1-1/4 Cup mayonnaise

SALAD
1 wedge lettuce
1/2 stalk celery
1/2 tomato
1/2 carrot
2 flowerlets broccoli

CROUTONS
1 slice bread
2 tsp. margarine
1/8 tsp. garlic powder

RANCH DRESSING--Blend ingredients together with electric mixer.


CROUTONS--Spread margarine on both sides of bread and sprinkle with garlic. Place on broiler pan and put in oven broiler. WATCH CAREFULLY. This takes about one minute. When browned remove and cut into cubes.
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 ___________________________
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.