
LESSON E

Practical Reasoning and Food and Nutrition

FOCUS: Solve a food and nutrition problem using practical reasoning.

ACTIVITIES:

1. Students will solve a food and nutrition problem by going through the practical reasoning process. Use Student Handout, "Practical Reasoning." Below is a brief example of how to use practical reasoning to solve a problem. Encourage the students to indicate all their circumstances that affect this problem and to brainstorm as many alternatives as possible. In addition, have the students state what consequences each alternative has for their family and other relationships.

Example:

1. Food and Nutrition problem: Gained too much weight eating cafeteria food.
2. Reasoning Process:
Goals: To eat more nutritious food and lose weight.
Circumstances: Eat lunch in the cafeteria every day.
Alternatives:
Skip lunch. Not very nutritious.
Only buy nutritious food. Expensive.
Bring nutritious lunch from home. Takes time—saves money.
Evaluate alternatives: Although you have to get up early to make lunch, it will save money and is more nutritious.
Decision: Decide to bring a nutritious lunch from home.
3. Act: You go out and buy lots of fruit and vegetables and carbohydrates for lunch.
4. After one month of bring your lunch, you have lost 5 pounds and saved \$40.

LESSON E

Practical Reasoning and Food and Nutrition

FOCUS: Solve a food and nutrition problem using practical reasoning.

ACTIVITIES:

1. Students will solve a food and nutrition problem by going through the practical reasoning process. Use Student Handout, "Practical Reasoning." Below is a brief example of how to use practical reasoning to solve a problem. Encourage the students to indicate all their circumstances that affect this problem and to brainstorm as many alternatives as possible. In addition, have the students state what consequences each alternative has for their family and other relationships.

Example:

1. Food and Nutrition problem: Gained too much weight eating cafeteria food.

2. Reasoning Process:

Goals: To eat more nutritious food and lose weight.

Circumstances: Eat lunch in the cafeteria every day.

Alternatives:

Skip lunch.

Only buy nutritious food.

Bring nutritious lunch from home.

Consequences:

Not very nutritious.

Expensive.

Takes time—saves money.

Evaluate alternatives: Although you have to get up early to make lunch, it will save money and is more nutritious.

Decision: Decide to bring a nutritious lunch from home.

3. Act: You go out and buy lots of fruit and vegetables and carbohydrates for lunch.
4. After one month of bring your lunch, you have lost 5 pounds and saved \$40.

TEST BANK FOOD AND NUTRITION

TRUE AND FALSE

1. How you look and feel is partly dependent on the food you eat.
2. The amount of strength you have is affected by your daily diet.
3. What you eat affects you skin, hair, eyes and nails.
4. The more active you are the fewer calories you will need.
5. As you grow older your metabolism will speed up and you will need more calories.
6. The eating pattern you choose as a teenager will usually carry on throughout your life.
7. Meals should be planned around the basic four food groups, but snacks are insignificant and don't really need to have many nutrients.
8. If you enjoy eating the same thing everyday and its nutritious it doesn't really matter if you have a variety of foods.
9. The meals you plan are often determined by the preparation skills you have developed.
10. Planning is a critical part of food preparation.
11. The table setting, accessories and atmosphere when food is served is relatively unimportant.

MATCHING

A. Nutrients B. RDA C. Food Additives D. Calories

12. Chemical substances which are used by your body after food has been digested.
13. Substances added to food to enhance the flavor or preserve the food.
14. A guide to help you determine the nutrients and the amounts you need each day.
15. The unit traditionally used to measure food energy.

MATCHING

Choose the best answer, Answer may be used more than once.

A. Carbohydrates B. Protein C. Fats

16. Supplies energy. Helps the body digest fats.
17. Insulates the body from shock and temperature changes. Adds flavor to foods.
18. Promotes tissue growth and repair. Regulates body processes and fluid balance in cells.
19. Found mainly in sugar, honey, breads, cereals, fresh fruits, and vegetables.
20. Found in cream, whole milk, cheese, meat, eggs, chocolate, nuts and oils.

ANSWERS:

TRUE AND FALSE 1-T, 2-T, 3-T, 4-F, 5-F, 6-T, 7-F, 8-F, 9-T, 10-T, 11-F

MATCHING 12-A, 13-C, 14-B, 15-D, 16-A, 17-C, 18-B, 19-A, 20-C