

Study Guide

Directions: Answer each question with the information you learned in Chapter 16. Write your answers in complete sentences on the lines provided

1. Describe the information that is included in the Dietary Guidelines for Americans.

2. List the factors that affect a person's calorie needs.

3. What is the importance of balancing calories from foods and beverages with the calories used in physical activity?

4. What food groups make up a healthy eating plan?

5. List three ways to limit the fat in your diet.

6. How does sodium benefit the body? What can a person do to regulate sodium intake?

7. What can a person do to regulate sugar intake?

(Continued on next page)

Chapter 16 Guidelines for Healthy Eating *Continued*

8. What are three messages contained in MyPyramid?

9. How are food amounts measured for the various MyPyramid food groups?

10. Define the term “food myth.”

11. Compare and contrast organic and natural foods.

12. Who should take dietary supplements?

13. What are food additives?

14. What is the term used to describe foods that provide benefits beyond basic nutrition?

15. What are irradiated foods?

16. What are food allergies?

17. What is a vegetarian? What does a vegetarian eat?

18. How do athletes’ nutritional needs differ from those who are not competitive athletes?

Planning Daily Meals Using MyPyramid

Part I. Directions: Suggest MyPyramid food amounts and types of foods for the people listed below. Write your answers in the chart below. Use the MyPyramid Web site sponsored by the United States Department of Agriculture as a reference.

Name: Katie; **Age:** 17
Position: High school student
Activity level: Moderate—has a physical education class every day for 40 minutes

Name: Steve; **Age:** 15
Position: High school student and athlete
Activity level: High—daily physical education class, plays football, basketball, and baseball

Food Group	Amount for Katie	Amount for Steve	Two Tips
Grains			
Vegetables			
Fruit			
Milk			
Meat and Beans			

Part II. Directions: Refer to the case study information above to answer these questions.

1. How many calories can Katie eat in a day? _____
2. What are Katie’s oils and discretionary calories? _____
3. How many calories can Steve eat in a day? _____
4. What are Steve’s oils and discretionary calories? _____
5. What differences and similarities do you observe between these two students and their dietary needs?

Factors that Influence Food Choices

Part I. Directions: People make individual food choices based on a number of environmental factors. Define each factor that influences people’s food choices, and give two examples for each factor.

Factor	Definition of Factor	Examples
Geographic Area		
Religious Beliefs		
Family and Culture		
The Media		
Technology		

Part II. Directions: In the chart below, identify the individual food choice factor for the example given.

Food Example	Food Choice Factor
Trying a recipe you saw on the evening news	
Eating pizza with family every Friday night	
Microwavable popcorn	
Cajun rice and shrimp	
Restricting certain foods, such as various meat animals, for religious guidelines.	

Accurate Versus Misleading Nutritional Information

Directions: With the availability of information about health and way of life, it is important to be able to distinguish between accurate and misleading nutritional information. On the chart below, circle each statement as true or false. Then use your textbook to provide support for your answer.

Nutritional Information	True or False? (Circle one.)	Text Information to Support Your Answer
Frozen foods are just as nutritious as fresh foods.	True False	
Fat is a very unhealthy component of a healthy diet.	True False	
Certain foods burn body fat.	True False	
Eat a variety of fruits rather than fruit juice.	True False	
Sugar does not lead to weight gain.	True False	
Carbohydrates make you fat.	True False	

Guidelines for Healthy Eating

CHAPTER

16

Food Needs and Food Choices

Directions: Everyone makes choices about food every day, and everyone needs food in order to stay healthy. In each category listed below, identify three choices you could make to fulfill your food needs for healthy living.

Food Need 1: Grains**Healthful food choices that contain grains:** A. _____

B. _____ C. _____

Food Need 2: Vegetables**Healthful food choices that contain vegetables:** A. _____

B. _____ C. _____

Food Need 3: Fruit**Healthful food choices that contain fruits:** A. _____

B. _____ C. _____

Food Need 4: Milk and Other Dairy Products**Healthful food choices that contain milk:** A. _____

B. _____ C. _____

Food Need 5: Meat and Beans**Healthful food choices that contain meat or beans:** A. _____

B. _____ C. _____