_____ Class _

Chapter 1

Activity 1

The Amazing World of Food

Food in Your Life Fill-In

Purpose: To determine how food relates to human health.

Directions: Use the information in your textbook to help you answer each item below. Write the missing words in the blanks provided, one letter in each space. If your answers are correct, the circled letters should complete the sentence in item 10.

- 1. Using specific techniques to handle resources as you reach for goals is...
- 2. Food supplies your body with the chemicals it needs to function, which are called...
- _(_)_____

3. The feeling that you are worthwhile is...

- _____
- 4. A person's ability to guide or direct others is called....
- _____
- 5. Farmers acquiring the latest information to help them increase food quality and quantity are participating in...
- _____
- 6. This means analyzing and evaluating what you hear and read...
- ____
- 7. By using a plate as their canvas, chefs use food to express their...
- ____
- 8. Foods that are generally creamy, soft, rich, and familiar and that make people feel good are called...
- ____
- 9. Food satisfies the senses and allows people to feel...
- 10. Good ___ _ _ _ _ _ helps you stay healthy now and later through the aging process.

Name _____ Date ____ Class ____

Activity 2

The Amazing World of Food

Chapter 1

Food History Fill-In

Purpose: To identify diverse food cultures and explain food challenges facing people today. **Directions:** For the numbered items below, complete each sentence by filling in the blank to the left of each number with the appropriate word. On the lines following each number, use the concept of the word you wrote in the blank to identify two challenges facing each of these cultural practices in America.

1.	No matter where you live in the world, at some point in time you will? food. This may also be referred to as consuming.
2.	People in Japan find sitting down ? important to enjoying their food.
3.	Happy families in Thailand eat together and enjoy treasured family tastes and good? cooking.
4.	In Norway, it is said that food plus? equals health.
5.	In Korea, people enjoy meals and try to keep? between the diet and daily life.

Chapter 1

Activity 3

The Amazing World of Food

Career Connections to Food

Purpose: Explain the career connection in the world of food.

Directions: How well do you understand the career component of your foods class? Demonstrate your knowledge by answering each question or statement below in the space provided.

Personal C	areer	Traits
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1.	Explain the importance of your facial expressions in your foods class, as well as in the world of work.
2.	Why is your ability to verbally express yourself important?
3.	How can you show leadership as you learn about nutrition?
	ressional Career Traits Why are sound managerial practices important in class and work?
5.	Why is critical thinking important in the world of work?
6.	How does this class help build your employability skills?