

Study Guide

Eating Patterns

Directions: Read chapter 14, and answer the following questions. Later, you can use this study guide to review.

1. Name the seven influences on food choices.

2. Why do family customs provide one of the greatest influences on food choices?

3. How can friends influence each other's food choices?

4. How can your daily routine influence what you eat?

5. Identify three ways which explain how the changes in American eating patterns reflect the history of the country.

6. Explain how a family's eating pattern changes as the family goes through stages.

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Chapter 14 Study Guide (continued)

7. List foods that make up a healthful breakfast.

8. Explain the difference between grazing and snacking.

9. List the three main types of restaurants.

10. How can you avoid becoming sick from takeout food?

11. Identify five ways to make healthful choices when eating out.

12. What is a food record, and how do you use it?

13. Name the seven steps in decision making. Explain how you can use the decision-making process to learn from a wrong decision.

Activity 1

Eating Patterns

Dining at the Sunset Cafe

Directions: Read the menu from the Sunset Cafe. Using the suggestions in your textbook for making healthful choices when eating out, choose a nutritious meal from the menu. Then respond to the statements.



Healthful Meal from the Sunset Cafe.

1. Pick one of the entrées you did not choose from this menu, and describe how you could lower the fat content of the meal.

2. Identify another healthful meal you could choose from this menu.

Activity 2**Eating Patterns****For the Record**

Directions: An accurate food record is a snapshot of your food choices. It tells a lot about a person's eating patterns and can reveal good and bad eating habits. The food record below belongs to a teen named Tiffany. Study her food record, and answer the questions that follow.

Tiffany's Food Record

Time	Food and Amount	Situation
10:30 a.m.	1 chocolate chip cookie 1 glass orange juice	Slept late, skipped breakfast.
11:00 a.m.	1 candy bar	Watched TV.
12:00 noon	1 plate of macaroni salad 1 soft drink	Went to mall and ate at salad bar in mall.
3:00 p.m.	1 large plate of nachos & cheese 1 soft drink	Shared with friends at food court in mall.
6:00 p.m.	½ baked chicken breast 1 roll 1 glass iced tea 1 slice pecan pie	Home for dinner, not very hungry; did not eat the broccoli, rice, and pear salad; love pecan pie.
10:30 p.m.	2 slices pepperoni pizza 1 soft drink	Went to movies with friends and stopped at Pizza Palace.

1. From which of the food groups do you see the most servings? Which foods fit this category?

2. From which food group do you find no servings? How many should Tiffany have had?

3. What changes would you suggest that would help Tiffany develop a healthy eating pattern?

4. What factors may be influencing Tiffany's eating habits?
