

Activity 1

Eating Patterns

Steps to Good Eating Habits

Purpose: To review the steps needed to assess—and, where necessary, improve—your eating habits.

Directions: Using the information presented in your text, complete each item as directed.

Step 1: Keep a Food Record

If you want to improve your eating habits, a food record can help. Keep a food record for three days in a row. Be sure to include one weekend day. A sample food record is shown below to get you started. Attach your food record to this activity sheet.

Time You Ate	Food(s) Eaten & Amount	Situation
7:00 a.m.	Scrambled eggs—2 Wheat toast—1 oz. slice with jelly Low-fat milk—1 cup	Ate breakfast while checking homework.
10:20 a.m.	Potato chips—1 oz.	Stopped at vending machine between classes.

Step 2: Review Your Record

After keeping a food record, the next step is to look at the foods you listed on it. Ask yourself: Am I getting the right amount of food daily from each of the USDA Food Groups for my calorie needs? Are my food choices low in fat and added sugar? Use the chart below to help evaluate your food-need status. Use Fig. 10-2 in the text to help identify your calorie needs and food needs per day. Measure foods in ounces and cups. On separate paper, write a paragraph describing how you can improve your eating habits, and attach it to this activity sheet.

Your Daily Calorie Needs: _____

USDA Food Groups	Food Amounts for Calorie Needs	Your Actual Food Amounts
Grains		
Vegetables		
Fruits		
Meat & beans		
Milk		
Oils		

Activity 2

Eating Patterns

Food Choices Through Time

Purpose: To relate changes in family eating patterns to changes in American society.

Directions: Read each statement below. Then write the words that complete each statement in the space provided to the left of each number.

- _____ 1. The history of American family eating patterns mirrors the history of the country itself. Until the ___?___ ___?___, extended families often lived, worked, and ate together.

- _____ 2. As families moved to cities, mealtimes began to depend on ___?___ ___?___.

- _____ 3. Diners and lunch counters sprung up, as ___?___ ___?___ arrived from rural areas in search of work and in need of meals.

- _____ 4. During the ___?___ of the 1930s, families struggled to make ends meet, preparing meals with whatever scarcities they could find.

- _____ 5. Although the economy was improving, hard times continued into the 1940s as a result of ___?___ ___?___ ___?___.

- _____ 6. Many families were separated as young men were sent overseas. Remaining family members received a(n) ___?___ book with coupons that specified what food could be bought.

- _____ 7. Because so many men were unavailable due to the war, many women joined the ___?___ ___?___.

- _____ 8. Because women were in the homes less, families began to rely on ___?___ foods, such as boxed macaroni and cheese.

- _____ 9. Due to the relative peace and prosperity in the ___?___, many women gave up their outside jobs and returned to their homes to prepare interesting, nutritious meals.

In recent decades, continuous changes in society and in family eating patterns have taken place. Today, the ever-changing society and family situations make meal choices very different from home to home.