

# Activity 41

## Nutrition Knowledge

**Part I Directions:** Write a term from the box next to the correct definition below.

amino acids	appetite	calorie	carbohydrates
digestion	fiber	hunger	nutrients
proteins	saturated fats	unsaturated fats	vitamins

Definitions	Terms
1. Plant material that the body cannot digest but that helps the body function normally	1.
2. Substances in food that are important for the body's growth and maintenance	2.
3. Nutrients that are needed to build, repair, and maintain body cells and tissues	3.
4. The physical need to eat	4.
5. Substances needed in small quantities to help regulate body functions	5.
6. Unit used to measure the energy used by the body and the energy available in food	6.
7. Fats found in food from animal sources	7.
8. The desire to eat	8.
9. The building blocks that make up proteins	9.
10. The process of breaking down food into a form that the body can use	10.
11. The starches and sugars that give the body most of its energy	11.
12. Fats found in foods that come from plants	12.

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**Activity 41** *continued*

**Part II Directions:** Check your understanding of nutrition by answering the questions below.

**13.** Why is a healthful diet important?

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**14.** What is the difference between hunger and appetite?

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**15.** What are the six kinds of nutrients?

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**16.** What is the difference between complete proteins and incomplete proteins?

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**17.** Why is fiber important?

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**18.** Why are vitamins important?

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**19.** Why are minerals important?

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**20.** Why do you need to drink water every day?

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# Activity 42

## The Food Groups

**Directions:** Fill in the recommended portion size for each of the food groups listed in the chart below. Then complete the statements at the bottom of the page.

Food Group	Portion Size
1. Grain Group	1.
2. Vegetable Group	2.
3. Fruit Group	3.
4. Milk Group	4.
5. Meats, Beans, Fish, and Nuts Group	5.

6. To get the nutrients you need, eat foods from: \_\_\_\_\_  
\_\_\_\_\_

7. Raw vegetables can be eaten as a side dish or: \_\_\_\_\_  
\_\_\_\_\_

8. Teens should be physically active every day for at least: \_\_\_\_\_  
\_\_\_\_\_

9. Most fats should come from sources such as: \_\_\_\_\_  
\_\_\_\_\_

10. The fruit group may include fresh, frozen, dried, and canned fruit as well as: \_\_\_\_\_  
\_\_\_\_\_

11. Foods from this group are usually served as the main dish in a meal: \_\_\_\_\_  
\_\_\_\_\_

12. Brown rice, whole-wheat bread, and oatmeal are: \_\_\_\_\_  
\_\_\_\_\_

# Activity 43

## Developing Healthy Habits

The teen years are the time to develop healthy eating habits. Building healthy habits now could help you stay healthy for years to come.

**Directions:** Check your understanding of healthy eating by answering the following.

1. Name the five food groups.

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2. What foods are contained in the smallest section of MyPyramid?

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3. How were the Dietary Guidelines developed?

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4. In addition to diet, what other factors affect a person's health?

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5. How can you tell if you are at a healthy weight?

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6. Why do health experts recommend a diet that is low in fat and cholesterol?

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7. Why are certain foods called "empty-calorie" foods?

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8. What is the most important point to remember when dining out?

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# Activity 44

## Vitamins and Minerals

Vitamins help your body use other nutrients, store and use energy, and fight infection. Minerals are needed for sturdy bones and teeth, healthy blood, and regular elimination of body wastes.

**Part I Directions:** Create a daily meal plan that contains foods that you like from all of the food groups, then answer the questions that follow.

<b>Breakfast</b>	<b>Dinner</b>
<b>Lunch</b>	<b>Snacks</b>

1. Study the list of food sources of vitamins on page 427 of your text. Check this list against the foods you have identified above. On the lines below, list the foods from your meal plan that will provide vitamins, and identify the vitamins each food will provide.

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2. Which vitamins are missing from your food plan?

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3. How could you change your food plan so that it supplies the missing vitamins?

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**Activity 44** *continued*

**Part II Directions:** Create a different daily meal plan that contains foods that you like from all of the food groups, then answer the questions that follow.

<b>Breakfast</b>	<b>Dinner</b>
<b>Lunch</b>	<b>Snacks</b>

4. Study the list of food sources of minerals on page 427 of your text. Check this list against the foods you have identified above. On the lines below, list the foods from your meal plan that will provide minerals, and identify the minerals each food will provide.

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5. Which minerals are missing from your food plan?

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6. How could you change your food plan so that it supplies the missing minerals?

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