

Check Your Answers: After You Read

Section 27.1

Review Key Concepts

1. No single food can supply all the nutrients you need.
2. It is the amount of a nutrient needed each day by the majority of healthy people of a specific age and gender.
3. People must eat to live, stay healthy, and meet emotional and social needs.
4. One's calorie needs vary based on age, gender, activity level, and body type.

Practice Academic Skills

5. Narratives should reflect upon a pleasant memory that influenced food preferences, such as a holiday memory that centered around a certain dish.
6. Sample answer: In Japan, there are many coastal towns. The nearness to the water has influenced the country's foods. Seafood, including fish and seaweed, are ingredients in many dishes. Sushi and miso soup are good examples of the influence of the ocean on Japan's cuisine.

Section 27.2

Review Key Concepts

1. Skipping meals can lead to overeating and poor food choices later in the day.
2. Choose a broiled, grilled, steamed, or baked main dish; have soup and salad instead of an entrée; share a dish with a friend or take some home for later; and choose fresh fruit for dessert.
3. medical conditions; religious, cultural, ethical, or health reasons; stage of development in the life cycle

Practice Academic Skills

4. Outlines should include nutritious meals that reflect individual preferences and dietary needs.
5. Obesity is caused by many factors including, overeating, a sedentary lifestyle, as well as other social, emotional, and physical reasons. Solutions to the obesity epidemic depend on each case, but suggestions might include better education about nutrition, leading a more active lifestyle, and knowing correct portion sizes to help avoid over eating.