



# Foods for Good Nutrition

## Directions

- Use chapter vocabulary in the Word Bank to complete each **Summary**.
- Read the directions provided to complete each **Lesson Details**.

### Word Bank

portion control	proteins	serving	calories	food allergy
enzymes	minerals	carbohydrates	vitamins	nutrients
energy balance	additives	preservatives	fats	nutritionist
anorexia	food poisoning	Food Guide Pyramid	ingredients	water

### Lesson 1 pp. 72-77

**Summary** Substances called \_\_\_\_\_ give your body energy and materials for growth. \_\_\_\_\_ help digest food. Two nutrients your body uses for energy are \_\_\_\_\_ and \_\_\_\_\_. \_\_\_\_\_ are used for growth. \_\_\_\_\_ and \_\_\_\_\_ are nutrients needed in smaller amounts. \_\_\_\_\_ is also an important nutrient.

**Lesson Details** Look at page 76. Why is eating a good variety of foods each day important? \_\_\_\_\_

### Lesson 2 pp. 78-83

**Summary** A scientist called a \_\_\_\_\_ studies how to prepare a healthful diet. The \_\_\_\_\_ can help you plan a balanced diet. A measured amount of a food is a \_\_\_\_\_.

**Lesson Details** Use the information on pages 78–81 to complete the table.

Food Group	Example	Servings per Day
Bread, Cereal, Rice, Pasta	tortillas	6-9
Vegetable		
Fats, Oils, and Sweets		

**Lesson 3** pp. 84-87

**Summary** Limiting the size and number of servings of food you eat is \_\_\_\_\_ . Excessive dieting, or \_\_\_\_\_ , can lead to health problems. The amount of energy in food is measured in \_\_\_\_\_ . \_\_\_\_\_ keeps you from gaining or losing weight.

**Lesson Details** Use the information on page 86 to complete the table.

Nutrient	Calories per Gram
Carbohydrates	
Fats	
Proteins	

**Lesson 4** pp. 88-94

**Summary** A \_\_\_\_\_ is a bad reaction to a food that most people can eat.

**Lesson Details** List four things that can affect food choices.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Lesson 5** pp. 96-99

**Summary** All the things that make up a food are its \_\_\_\_\_ .

Some packaged foods contain \_\_\_\_\_ and \_\_\_\_\_ .

**Lesson Details** List four things you can learn by reading a Nutrition Facts label.

\_\_\_\_\_

**Lesson 6** pp. 102-106

**Summary** Eating uncooked or undercooked foods can cause \_\_\_\_\_ .

**Lesson Details** List four rules for safe food preparation.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



# Compare and Contrast

## Nutrition Facts Labels and Food Advertisements

There are many things that affect the choices we make about foods. One way to get information about food products is by reading the Nutrition Facts label on the food. Another way to get information about foods is through advertisements.

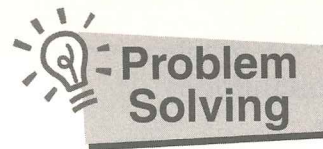
Nutrition Facts labels are found on almost all packaged foods. The Nutrition Facts label lists the serving size and the number of servings in each package. It also tells how many calories and nutrients are in one serving of the food. The label lists how much of each day's recommended nutrients are in one serving of the food. Nutrition Facts labels can be used to choose foods that contain a certain nutrient.

Advertisements for foods are found in magazines, on television, and on billboards. Advertisements are designed to make you want a particular food by appealing to your emotions. Advertisements use pictures or music to make the food seem appealing. Although the information in advertisements must be true, it can often be misleading.

**Using the graphic organizer, fill in the things that are alike and different about Nutrition Facts labels and food advertisements.**

Alike	Different





Life Skill

# Make Responsible Decisions

## Steps for Making Responsible Decisions

1. Find out about the choices you could make.
2. Eliminate any choices that might make you sick or are against your family rules.
3. Imagine the possible results of each choice.
4. Make the decision that is right for you.

Use the steps to help these students make responsible decisions.

**A.** Miguel ate a bowl of cereal with milk and a granola bar for breakfast. For lunch, he had yogurt, a tortilla with peanut butter, and milk. Miguel wants an after-school snack. He can choose either crackers or an apple.

- Use what you know about the Food Guide Pyramid to explain the most responsible choice for Miguel.

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**B.** Leah's baseball team is having a game and a picnic. The chicken salad, made with mayonnaise, looks delicious. By the time Leah finishes playing baseball and gets in line to select her food, the food has been out in the heat for more than two hours. Leah really wants a small helping of chicken salad. There are peanut butter and jelly sandwiches on the table, too.

- What would be the most responsible decision Leah could make?

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# Fill In the Blanks

**A.** Answer the question by writing the correct term in the blanks. Use the circled letter from each term to find the hidden word.

<b>food poisoning</b>	<b>enzymes</b>	<b>anorexia</b>	<b>nutritionist</b>
<b>fats</b>	<b>carbohydrates</b>	<b>minerals</b>	<b>portion control</b>

1. What can happen if you eat food that contains germs?

\_\_\_\_\_  \_\_\_\_\_

2. What kind of scientist studies how to prepare healthful diets?

\_\_\_\_\_  \_\_\_\_\_

3. What kind of nutrients are sugars and starches?

\_\_\_\_\_  \_\_\_\_\_

4. What are you using when you limit the number and size of the servings you eat?

\_\_\_\_\_  \_\_\_\_\_

5. Iron is one example of what kind of nutrient?

\_\_\_\_\_  \_\_\_\_\_

6. What is the name of an eating disorder that involves excessive dieting?

\_\_\_\_\_  \_\_\_\_\_

7. What chemicals found in saliva help release nutrients from foods?

\_\_\_\_\_  \_\_\_\_\_

8. Which nutrients contain the most energy per gram of food?

\_\_\_\_\_  \_\_\_\_\_

9. **Hidden Word:** \_\_\_\_\_

**B.** On a separate sheet of paper, write a correct sentence for each of the following terms:  
*ingredients, serving, additives, preservatives, energy balance, nutrients.*