

Chapter 5

Vocabulary

Directions: Below is a list of vocabulary words from this chapter. The letters of the words have been scrambled. Unscramble each word and match it with its correct meaning on the right. Write the letter of the correct meaning in the blank.

_____ 1. aleriosc	_____	_____ 7. eptiatpe	_____
_____ 2. ugehrn	_____	_____ 8. iidlp	_____
_____ 3. ofod elarlg	_____	_____ 9. iunrnitto	_____
_____ 4. aezptrinsuiato	_____	_____ 10. rnespoti	_____
_____ 5. ativnsmi	_____	_____ 11. odfo eetioranlcn	_____
_____ 6. ttisnnure	_____	_____ 12. ribfe	_____

- a. a natural physical drive that protects you from starvation
- b. the process by which the body takes in and uses food
- c. a negative reaction to a food or part of food caused by a metabolic problem, such as the inability to digest parts of certain foods or food components
- d. the process of treating a substance with heat to destroy or slow the growth of pathogens
- e. the units of heat that measure the energy used by the body and the energy that foods supply to the body
- f. a desire, rather than a need, to eat
- g. a condition in which the body's immune system reacts to substances in some foods
- h. an indigestible complex carbohydrate
- i. a fatty substance that does not dissolve in water
- j. nutrients that help build and maintain body cells and tissues
- k. the substances in food that your body needs to grow, to repair itself, and to supply you with energy
- l. compounds that help regulate many vital body processes, including the digestion, absorption, and metabolism of other nutrients

Activity 16**Applying Health Skills**

FOR USE WITH CHAPTER 5, LESSON 1

What Influences Your Food Choices?

Directions: As you learned in the lesson, many factors influence what foods you choose to eat. Examine the foods you ate for breakfast, lunch, dinner, and snacks in a recent one-day period. List the foods in the spaces provided in the chart. For each food, check the factor that most influenced your choice.

Advertising				
Schedules/ Budgets				
Cultural/ Ethnic Background				
Family, friends, & peers				
Emotions				
Appetite				
Hunger				
FOODS	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snacks</i>

Applying Health Skills, Activity 16 *(Continued)*

FOR USE WITH CHAPTER 5, LESSON 1

1. Analyze your food choices. For example, do you choose pizza because you really love it, or are you influenced by your friends? Is cost a factor when you eat out?

2. Based on the results in the chart, write a generalization that describes which factors most influence your food choices. _____

Activity 17**Applying Health Skills**

FOR USE WITH CHAPTER 5, LESSON 2

You Are What You Eat

Directions: You have learned that in order to function properly, your body needs the nutrients found in food. Take on the role of a writer of a health column in a local newspaper. This week's column focuses on nutrients. Your job is to advise your readers about the nutrients necessary for healthful living. Read each situation below. Write your response in the blanks provided.

1. Sylvia writes: "I keep reading about the importance of getting the proper nutrients in the food I eat. What exactly are the nutrients I need?" _____

2. Jenna writes: "I heard that eating foods rich in carbohydrates is recommended for healthful living. What are carbohydrates, and what do they do for the body? What foods should I eat to increase my intake of carbohydrates?" _____

3. Joel writes: "My doctor suggested that I increase my intake of protein. What foods would you suggest that I eat?" _____

Applying Health Skills, Activity 17 (Continued)

FOR USE WITH CHAPTER 5, LESSON 2

4. Marty writes: "I always thought that fat was bad for you. Now, I read that some fat is good for you. What are the facts?" _____

5. Sam writes: "I know I get vitamins and minerals from my food, but does the body store and use all vitamins in the same fashion?" _____

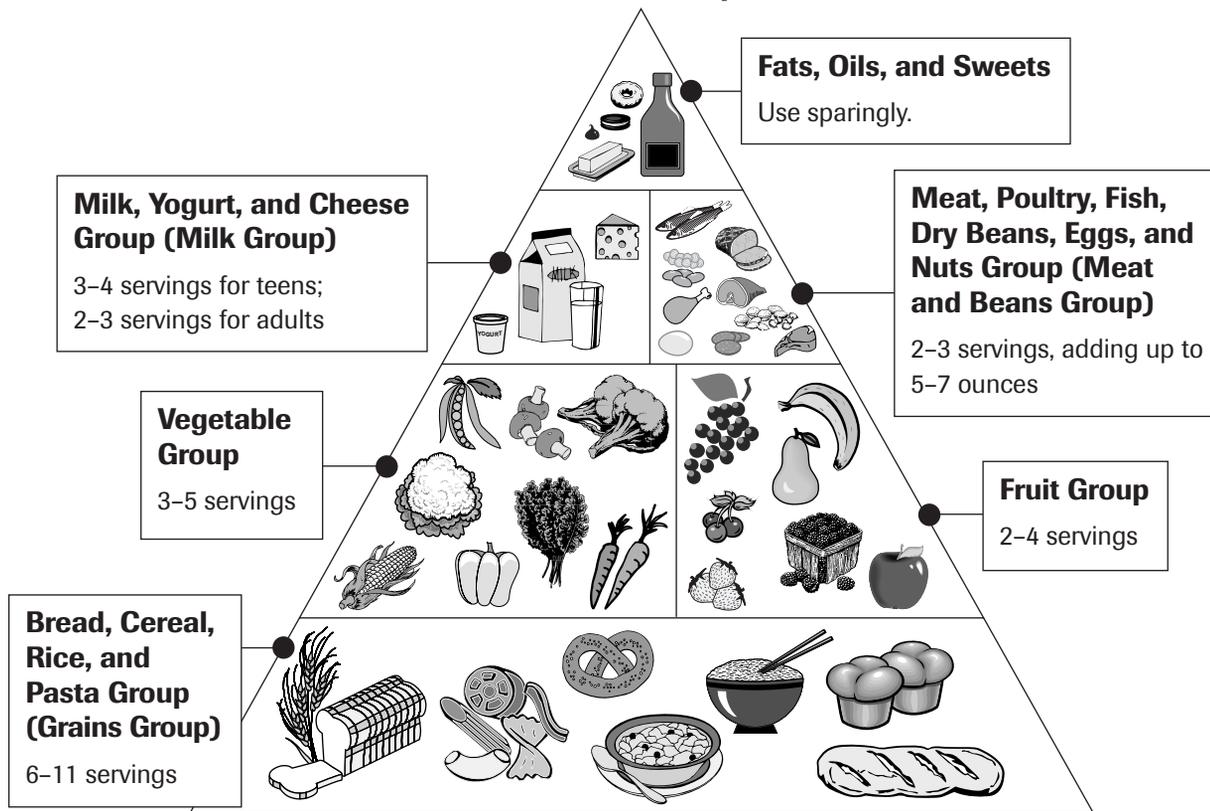
6. Tess writes: "Everyone says that you have to drink a lot of water every day. What is so important about water?" _____

Activity 18**Applying Health Skills**

FOR USE WITH CHAPTER 5, LESSON 3

Guiding Your Food Choices

Directions: You are determined to have a healthful eating plan. List a day's worth of meals and snacks. Then include the foods you choose in the correct section of the sketch of the Food Guide Pyramid below. Also include the number of servings for each of the foods you choose.

The Food Guide Pyramid

Refer to your completed chart. How well do your meal plans follow the recommended foods and number of servings suggested in the Food Guide Pyramid? How can you adjust your food choices to better follow the recommendations?

Activity 19**Applying Health Skills**

FOR USE WITH CHAPTER 5, LESSON 4

Knowing What You Eat

Directions: As you have learned, the law requires that packaged and prepared foods include a Nutrition Facts panel. The information on this panel can help you determine the nutritional needs the food will meet. Choose a packaged food that you enjoy. Find the Nutrition Facts panel on the food and record the information listed on the panel in the diagram below.

Nutrition Facts	
Serving size:	
Number of servings per container:	
<hr/>	
Number of Calories per serving:	
<hr/>	
Calories from fat per serving:	
<hr/>	
Total Fat Grams:	
<hr/>	
Saturated Fat:	
<hr/>	
Cholesterol:	
<hr/>	
Sodium:	
<hr/>	
Total carbohydrate:	
<hr/>	
Dietary fiber:	
<hr/>	
Sugars:	
<hr/>	
Protein:	
<hr/>	
Percentage of the Daily Value of vitamins and minerals:	
<hr/>	

1. What are the three main ingredients in the food product you chose? _____

2. How does the food product meet the body's nutritional needs? _____

3. How can using the Nutrition Facts panel help you maintain a healthful diet?

Chapter 5

Study Guide

- STUDY TIPS:**
- Read *You'll Learn To* for each lesson.
 - Look up the meaning of any unfamiliar vocabulary terms.
 - Read the questions below before you read the chapter.

Directions: As you read the chapter, answer the following questions. Later you can use this guide to review the information in the chapter.

Lesson 1

1. Define *nutrition*. _____

2. Identify three reasons good nutrition is important.

3. What is the difference between hunger and appetite?

4. Describe three environmental factors that influence your food choices.

Lesson 2

5. Identify the six groups of nutrients. _____
6. What kinds of foods are high in fiber?

7. Describe three things that proteins do.

8. What kinds of fats are high in saturated fatty acid?

9. Which type of vitamins can be stored in the body?

Study Guide, Chapter 5 (Continued)**Lesson 3**

10. What is the *Dietary Guidelines for Americans*?

11. What is the Food Guide Pyramid?

12. From which food group should most of your daily servings come?

13. Explain why moderating your salt intake can benefit your health.

14. Identify the three factors that are the foundation of a healthful eating plan.

Lesson 4

15. How are a food's ingredients listed on most food labels?

16. Define *food allergy* and *food intolerance*.

17. Describe three ways of reducing the risk of foodborne illnesses.
