

# Food, Nutrition & Wellness

## Reteaching Activities



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ISBN 0-07-820845-9  
Glencoe/McGraw-Hill  
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## The Life Cycle

**Directions:** The descriptions below refer to important factors to consider when providing good nutrition for infants to seniors. Fill in the correct words(s) on the lines provided. Then find them hidden in the puzzle either horizontally or vertically. Circle the words in the puzzle.

L A N T I B O D I E S Z M O  
 O R L E U C D I A C T I V E  
 W E I B N A C R N A R L U B  
 B E F O R E A F S N A C K S  
 I D E T K L L E V L I K G E  
 R O C T P R O T E I N S R A  
 T O Y L R E R U R R E L A D  
 H L C E E C I S E O D O F O  
 W G L A N R E S W N A W I S  
 E T E R A M S M A L L E R N  
 I S N U T S A E R V I R E J  
 G B K J A F O O D J A G V E  
 H I C A L C I U M P O O N D  
 T N U T R I E N T D E N S E

- \_\_\_\_\_ 1. What active and growing children and teens need beside meals.
- \_\_\_\_\_ 2. Between conception and birth.
- \_\_\_\_\_ 3. Wanting just one food for awhile.
- \_\_\_\_\_ 4. In breast milk, they build immunity to infection.
- \_\_\_\_\_ 5. Basal metabolism through adulthood compared to earlier years.
- \_\_\_\_\_ 6. A baby shouldn't be put to bed with one.
- \_\_\_\_\_ 7. Food Pyramid portions for a two-year-old compared to yours.
- \_\_\_\_\_ 8. Needed as blood volume of mother and baby increases.
- \_\_\_\_\_ 9. Good nutrition and   ? living are smart habits for a lifetime.
- \_\_\_\_\_ 10. Caused by poor nutrition or too few calories during pregnancy.

**The Life Cycle** continued

- \_\_\_\_\_ 11. Needed to build baby's bones and teeth and renew mother's bones.
- \_\_\_\_\_ 12. Less active adults need fewer of these.
- \_\_\_\_\_ 13. Foods that fit this description are good choices for meeting your needs.
- \_\_\_\_\_ 14. From birth through adulthood.
- \_\_\_\_\_ 15. Foods from the milk and meat groups provide this nutrient.
- \_\_\_\_\_ 16. Baby's first fruits, vegetables, and meats.
- \_\_\_\_\_ 17. Good nutrition \_?\_ pregnancy helps prepare for a healthy pregnancy.
- \_\_\_\_\_ 18. An unborn baby.
- \_\_\_\_\_ 19. A food that may cause a toddler to choke.
- \_\_\_\_\_ 20. Using food as one may teach children negative attitudes about eating.

## What Am I?

**Directions:** After reading each description below, write my “name” in the spaces provided.

- \_\_\_\_\_ 1. I am an emotional illness. My behaviors concerning food, eating, and weight are extremely unhealthy.
- \_\_\_\_\_ 2. I cause people to ignore feelings of hunger, eat very little, or even refuse to eat.
- \_\_\_\_\_ 3. I cause people to eat very large amounts of food and then vomit to keep from gaining weight.
- \_\_\_\_\_ 4. I need plenty of liquids and small but frequent meals. If you visit, please be patient with me and be sure to wash your hands when you leave.
- \_\_\_\_\_ 5. I cause nausea and diarrhea due to incompletely digesting milk sugar.
- \_\_\_\_\_ 6. I require people to make sure they know the ingredients in a food, since eating even a small amount might be life-threatening.
- \_\_\_\_\_ 7. I am a body chemical that helps sugar in your blood move into your body’s cells so it can be broken down to produce energy.
- \_\_\_\_\_ 8. I am a condition you might develop later in life, especially if you are not physically active and are overweight.
- \_\_\_\_\_ 9. I help lower the level of cholesterol in the blood to reduce the risk of heart disease.
- \_\_\_\_\_ 10. I am an eating plan that uses herbs, spices, and lemon for seasoning instead of salt.
- \_\_\_\_\_ 11. I am an eating plan that helps prevent constipation and certain digestive problems by supplying a component of plant foods that cannot be broken down.
- \_\_\_\_\_ 12. I can affect how your body uses nutrients. What you eat can also affect your body’s ability to let me do what I’m intended to do.

## Vegetarian Menu Plans

**Part A. Directions:** Describe the four main types of vegetarian eating plans below.

1. Lacto-ovo-vegetarian: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. Lacto-vegetarian: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. Ovo-vegetarian: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. Vegan: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Part B. Directions:** Plan menus for one day for each kind of vegetarian eating plan.

	Breakfast	Midday Meal	Evening Meal	Snacks
Lacto-ovo vegetarian				



**Vegetarian Menu Plans** continued

	<b>Breakfast</b>	<b>Midday Meal</b>	<b>Evening Meal</b>	<b>Snacks</b>
Lacto-vegetarian				
Ovo-vegetarian				
Vegan				

## For Now and Forever

**Directions:** What does it take for you to be stronger, feel more energetic, and look your best? An active lifestyle! To solve the puzzle, read each clue. Write the word that fits each clue in the blanks provided, one letter in each space. The letters given in the puzzle must come in the position shown.

1.    \_\_\_\_\_ **A** \_\_\_\_\_

2.    \_\_\_\_\_ **C** \_\_\_\_\_

3.    \_\_\_\_\_ **T** \_\_\_\_\_

4.    \_\_\_\_\_ **I** \_\_\_\_\_

5.    \_\_\_\_\_ **V** \_\_\_\_\_

6.    \_\_\_\_\_ **E** \_\_\_\_\_

7.    \_\_\_\_\_ **L** \_\_\_\_\_

8.    \_\_\_\_\_ **I** \_\_\_\_\_

9.    \_\_\_\_\_ **F** \_\_\_\_\_

10.    \_\_\_\_\_ **E** \_\_\_\_\_

11.    \_\_\_\_\_ **S** \_\_\_\_\_

12.    \_\_\_\_\_ **T** \_\_\_\_\_

13.    \_\_\_\_\_ **Y** \_\_\_\_\_

14.    \_\_\_\_\_ **L** \_\_\_\_\_

15.    \_\_\_\_\_ **E** \_\_\_\_\_

### Clues

1. The ability to keep working your muscles without becoming overly tired.
2. The type of activities that work your heart and lungs.
3. Physical activity helps you manage your   ?   by burning extra calories.
4. The ability to control your muscles and move your body with ease.

Continued on Next Page

**For Now and Forever** continued

5. Physical       means using your muscles to move your body.
6. You can stay fit with just 15 minutes of a more       activity, such as running, three times a week.
7. Type of body tissue that produces motion.
8. When you enjoy physical activity and do it regularly, it becomes a      .
9. Physical       means having the energy and ability to do everything you want and need to do in your daily life.
10. What allows you to lift heavy objects without strain.
11. Physical activity is a healthful way to cope with this.
12. A sensible goal is       minutes of moderate physical activity on most days.
13. Look for opportunities to be physically active in your       routine.
14. What allows you to bend, reach, and stretch with ease.
15. Type of activity that strengthens the bones.

## How Active Am I?

**Directions:** Do an assessment of your activity patterns. List your 10 favorite physical activities or sports. Then mark the boxes that apply to them.

Physical Activities:	Mark <b>L</b> for light activities, <b>M</b> for moderate ones, and <b>S</b> for strenuous activities.	Check <input type="checkbox"/> those activities you do with your family.	Check <input type="checkbox"/> those activities you do with your friends.	Check <input type="checkbox"/> those activities you do alone.	Check <input type="checkbox"/> those activities you do three or four times a week.	Mark <b>T</b> for those activities you learned as a teen and mark <b>C</b> for those you began as a child.	Mark <b>I</b> for activities which are individual sports and <b>T</b> for team sports.	Write how many minutes you spend doing the activity in an average session.	Mark <b>F</b> for activities that are free and <b>M</b> for those which cost money.
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									

Now look at the chart you completed. What can you tell about your exercise program? Complete these unfinished sentences.

My exercise patterns are \_\_\_\_\_.

I learned that I \_\_\_\_\_.

## Fuel For Fitness

**Directions:** In each lettered square of the puzzle, write the number of the term that best fits the description having that letter. If your answers are correct, the total of the numbers will be the same in each row across and down. This total is the Magic Number. Write the Magic Number in the space provided.

### Terms

- |                        |                          |
|------------------------|--------------------------|
| 0. steak dinner        | 11. fasting              |
| 1. protein             | 12. fluids               |
| 2. sweating            | 13. carbohydrate loading |
| 3. 2 cups              | 14. muscle               |
| 4. spaghetti and bread | 15. dehydration          |
| 5. electrolytes        | 16. candy                |
| 6. fat                 | 17. MyPyramid            |
| 7. carbohydrates       | 18. cool water           |
| 8. steroids            | 19. salt tablets         |
| 9. iron-rich foods     | 20. 1 cup                |
| 10. working out        |                          |

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>
<b>I</b>	<b>J</b>	<b>K</b>	<b>L</b>
<b>M</b>	<b>N</b>	<b>O</b>	<b>P</b>

**The Magic Number is** \_\_\_\_\_

### Descriptions

- |  |   |
|--|---|
| <p>A. The body's way of reducing heat generated by muscles.</p> <p>B. A nutrient and the main energy source for teens.</p> <p>C. One of the best beverages for replacing fluids lost from exercise.</p> <p>D. Top priority during physical activity.</p> <p>E. Drugs that act like male hormones.</p> <p>F. Minerals that work together to maintain the body's fluid balance.</p> <p>G. Extreme method of weight control that may cause dehydration and fatigue.</p> <p>H. Lack of sufficient bodily fluids that can bring on muscle cramps.</p> | <p>I. Training programs to build up stored carbohydrates before an athletic event.</p> <p>J. A sound eating plan for active living follows this advice.</p> <p>K. Form in which extra protein eaten by an athlete is stored.</p> <p>L. Amount of fluid needed to replace each pound lost in sweat.</p> <p>M. If eaten before an athletic event, may leave you feeling shaky.</p> <p>N. To bulk up, build muscle with this.</p> <p>O. Good meal choice before competing.</p> <p>P. Needed for healthy blood to meet the athlete's demand for oxygen.</p> |
|--|---|

## Body Mass Math

**Directions:** Calculate the answer to each question. Show your work in the space provided.

**To calculate Body Mass Index (BMI):**

**Step 1. Weight in pounds  $\div$  height in inches**

**Step 2. That answer  $\div$  height in inches**

**Step 3. That answer  $\times$  703**

1. Dustin is 5 feet 2 inches tall. What is his height in inches?

2. Rosa is 5 feet 6 inches; her brother Gabriel is 64 inches tall. Who is taller? By how much?

3. Lionel is 12 years old and weighs 110 pounds. If by age 19 he is 50% heavier, how much might he weigh then?

4. At age 12, Kaneesha is 58 inches tall. If she increases her height 15% by age 19, how tall will she be then?

5. Ethan stands 5 feet 3 inches and weighs 110 pounds. What is his Body Mass Index?

6. Compute the BMI for Mallory, who is 60 inches tall and weighs 95 pounds.