

Food, Nutrition & Wellness

Reteaching Activities



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Planning for Health

Directions: Traditional holiday feasts are often overloaded with calories, sugar, fat, and sodium. Listed below are foods that might be served at a Thanksgiving dinner. Study the list of foods and decide how you might modify the menu. In the second column, list changes or substitutions that would lower calories, sugar, fat, or sodium. In the third column, list the reasons for the changes. Note the sample given.

Holiday Foods	Changes	Reasons for Change
1. Turkey drumstick with skin	Turkey breast, no skin.	White meat has fewer calories. Skin is high in fat.
2. Sage dressing with gravy		
3. Candied sweet potatoes		
4. Broccoli with cheese sauce		
5. Apple, nut, and mayonnaise salad		
6. Yeast rolls and butter		
7. Pumpkin pie with whipped cream		

Hints for Eating Out

Directions: Terms related to eating out have been written in a secret code. In the code, each number can stand for any of three letters, as shown below. Use the clues to help you decide which of the three letters is correct. Write the correct letters in the spaces. If you decide on an answer from the clue alone, use the numbers to check whether you are right.

Secret Code

1 = ABC	4 = JKL	7 = STU
2 = DEF	5 = MNO	8 = VWX
3 = GHI	6 = PQR	9 = YZ

1. Clue: Type of restaurant where the service is quicker.

$\frac{\quad}{2}$ $\frac{\quad}{1}$ $\frac{\quad}{7}$ $\frac{\quad}{7}$ $\frac{\quad}{\quad}$ $\frac{\quad}{2}$ $\frac{\quad}{5}$ $\frac{\quad}{5}$ $\frac{\quad}{2}$

2. Clue: Check this for variety before selecting a restaurant.

$\frac{\quad}{5}$ $\frac{\quad}{2}$ $\frac{\quad}{5}$ $\frac{\quad}{7}$

3. Clue: Person to ask how a menu item is usually prepared.

$\frac{\quad}{7}$ $\frac{\quad}{2}$ $\frac{\quad}{6}$ $\frac{\quad}{8}$ $\frac{\quad}{2}$ $\frac{\quad}{6}$

4. Clue: A major part of a server's pay in table-service restaurants.

$\frac{\quad}{7}$ $\frac{\quad}{3}$ $\frac{\quad}{6}$ $\frac{\quad}{7}$

5. Clue: Food group commonly missing when eating out.

$\frac{\quad}{2}$ $\frac{\quad}{6}$ $\frac{\quad}{7}$ $\frac{\quad}{3}$ $\frac{\quad}{7}$

6. Clue: A nutritious alternative to a soft drink.

$\frac{\quad}{5}$ $\frac{\quad}{3}$ $\frac{\quad}{4}$ $\frac{\quad}{4}$

7. Clue: Sometimes comes with one or more side dishes.

$\frac{\quad}{2}$ $\frac{\quad}{5}$ $\frac{\quad}{7}$ $\frac{\quad}{6}$ $\frac{\quad}{2}$ $\frac{\quad}{2}$

8. Clue: Often larger than when eating at home.

$\frac{\quad}{6}$ $\frac{\quad}{5}$ $\frac{\quad}{6}$ $\frac{\quad}{7}$ $\frac{\quad}{3}$ $\frac{\quad}{5}$ $\frac{\quad}{5}$ $\frac{\quad}{7}$

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Hints for Eating Out continued

9. Clue: Ask for it on whole grain bread for extra fiber.

$\frac{7}{1}$ $\frac{5}{2}$ $\frac{8}{3}$ $\frac{1}{3}$

10. Clue: A chicken sandwich cooked this way may have three times as much fat as if it were broiled.

$\frac{2}{6}$ $\frac{3}{2}$ $\frac{2}{2}$

11. Clue: Some of these are high in fat, but you can ask to have them left off your food.

$\frac{7}{5}$ $\frac{6}{6}$ $\frac{3}{5}$ $\frac{3}{7}$

12. Clue: Topped with bread crumbs or grated cheese.

$\frac{1}{7}$ $\frac{3}{6}$ $\frac{1}{7}$ $\frac{3}{5}$

13. Clue: On a menu, this usually means “with fresh vegetables.”

$\frac{6}{6}$ $\frac{3}{5}$ $\frac{1}{8}$ $\frac{2}{6}$ $\frac{1}{1}$

14. Clue: This type of restaurant can give you a flavor adventure.

$\frac{2}{7}$ $\frac{3}{5}$ $\frac{3}{1}$

Which Equipment?

Directions: For each task, list the equipment that would do the job. If more than one piece of equipment could be used, use the right column to tell which you prefer and why.

Task	Equipment Options	Preference
1. Cut shortening into pastry dough		
2. Stir batter		
3. Blend dry ingredients		
4. Cream shortening and sugar		
5. Beat egg whites		
6. Whip cream		
7. Sift flour		
8. Beat eggs		
9. Grate cabbage		
10. Shred cheese		
11. Fold in egg whites		
12. Chop onions		
13. Beat cake batter		
14. Mix eggs, oil, milk		
15. Peel and core an apple		
16. Turn meat on a grill		

Kitchen Organization

Directions: A well-organized kitchen has work centers for specific types of tasks. Complete the chart below about three work centers. Then fill in the fourth part of the chart to describe your idea for another type of work center that would be useful in a kitchen.

Cold Storage Center
Location: _____
Activities: _____
Items stored there:
Cooking Center
Location: _____
Activities: _____
Items stored there:
Cleanup Center
Location: _____
Activities: _____
Items stored there:
_____ Center
Location: _____
Activities: _____
Items stored there:

Recipe Math

Directions: Change the yield of each recipe as directed.

Crunchy Bean Salad

Original yield: 4 servings

Desired yield: 8 servings

Original amount

Ingredient

New amount

$\frac{3}{4}$ cup

cooked garbanzo beans

$\frac{3}{4}$ cup

cooked red kidney beans

$\frac{1}{2}$ cup

frozen green peas, cooked

$\frac{1}{4}$ cup

bean sprouts

$\frac{1}{4}$ cup

chopped celery

2 Tbsp.

chopped scallions

$\frac{1}{4}$ cup

yogurt

2 Tbsp.

mayonnaise

$\frac{1}{2}$ tsp.

garlic salt

$\frac{1}{2}$ tsp.

celery salt

dash

pepper

In medium bowl, mix garbanzo beans, kidney beans, green peas, bean sprouts, celery, and scallions. In separate bowl, mix yogurt, mayonnaise, garlic salt, celery seed, and pepper. Gently stir yogurt mixture into bean mixture. Cover and refrigerate to blend flavors.

Recipe Math continued

Buttermilk Toaster Pancakes

Original yield: 10 pancakes

Desired yield: 5 pancakes

Original amount	Ingredient	New amount
3	eggs	_____
1 Tbsp.	brown sugar	_____
1 cup	flour, unsifted	_____
1 Tbsp.	baking powder	_____
1/2 tsp.	salt	_____
2/3 cup	buttermilk	_____
2 Tbsp.	oil	_____

1. Preheat griddle.
2. Beat eggs with brown sugar until very light, about 2 minutes.
3. Mix dry ingredients. Stir gently into beaten eggs.
4. Add buttermilk and oil. Stir only until mixed. Batter will be lumpy.
5. For each pancake, pour 1/4 cup batter onto hot griddle.
6. Cook until surface is covered with bubbles. Turn and cook other side until light brown.
7. Cool on rack.
8. Place pancakes in airtight container with waxed paper between layers. Or wrap singly in foil. Label and store in freezer.
9. To reheat in toaster: Unwrap pancakes. Set toaster on medium-low setting. Toast pancakes twice if necessary to heat through.

Cooking Terms

Directions: For each term listed, define the term, list the equipment needed, and give one example of how it might be used in a recipe or with a specific food.

Term	Definition	Equipment	Example
Boil			
Bread			
Chill			
Chop			
Cream			
Cut in			
Dice			
Fold			
Grease			
Knead			
Preheat			
Roast			
Simmer			
Strain			

Hidden Science

Directions: Find the food science terms that are hidden in the puzzle. The letters appear vertically, horizontally, and diagonally. They may be read either forward or backward. Some letters may be used more than once and some words may be overlapping.

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

- _____ 1. Proteins are formed by these acids.
- _____ 2. This pigment gives green vegetables their color.
- _____ 3. The chemical opposite of an acid.
- _____ 4. Heated milk may do this when an acid is added.
- _____ 5. One of the special proteins that help chemical reactions happen.
- _____ 6. In this process, a liquid is changed into a soft semisolid or solid mass.
- _____ 7. A combination of two or more kinds of matter in which each retains its characteristic properties.

Continued on Next Page

Hidden Science continued

- _____ 8. The movement of a boiling liquid is an example of this type of heat transfer.
- _____ 9. These are formed when two or more atoms stick together.
- _____ 10. When egg whites are whipped, this is produced.
- _____ 11. Occurs when starch granules absorb water and swell.
- _____ 12. A stretchy elastic network formed when wheat flour and water are kneaded.
- _____ 13. In this type of reaction, substances become new and different substances.
- _____ 14. A heat transfer method involving waves that travel through space.
- _____ 15. Occurs when a substance changes from a liquid to a gas.
- _____ 16. Pigments that make fruits and vegetables blue, red, or purple.
- _____ 17. Meats that have lots of this tissue are less tender.
- _____ 18. A reaction that causes protein foods heated at high temperatures to brown.
- _____ 19. A fungus used to leaven bread by fermentation.
- _____ 20. In gelatin, refers to the way colloids—the particles—are distributed.
- _____ 21. These are formed when two or more elements are joined together.
- _____ 22. A fatty substance that is liquid at room temperature.
- _____ 23. Cooking destroys these harmful microorganisms.
- _____ 24. Microwaves produce this by causing the water molecules in food to vibrate rapidly.
- _____ 25. Along with liquid and gas, one of the three phases of matter.
- _____ 26. The color formed by the pigment chlorophyll.
- _____ 27. To use a physical or chemical method before cooking to make tougher meats easier to chew.
- _____ 28. Weak acids have this taste.
- _____ 29. These pigments give fruits and vegetables their orange, yellow, or red color.
- _____ 30. A chemical that reacts with a base.

Planning for Variety

Directions: How can you add variety to your menus? On the chart, write several ways you could prepare each food to change its texture, temperature, shape, or flavor. You can add ingredients to your preparation method.

	Chicken	Potato	Green Vegetable	Garden Salad	Bread	Beverage
Texture						
Temperature						
Shape						
Flavor						
Color						