

# Food, Nutrition & Wellness

## Reteaching Activities



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# Table of Contents

## Unit 1: Choose Wellness

|                            |   |
|----------------------------|---|
| Food: A Mirror Image ..... | 6 |
| Food Pleasures .....       | 7 |
| A Matter of Manners .....  | 8 |

## Unit 2: The world of Food

|                        |    |
|------------------------|----|
| Tasty Traditions ..... | 9  |
| Pairing Them Up .....  | 10 |

## Unit 3: Food and Kitchen Safety

|                                    |    |
|------------------------------------|----|
| Are You Safe in the Kitchen? ..... | 11 |
|------------------------------------|----|

## Unit 4: Food and Your Body

|                                   |    |
|-----------------------------------|----|
| Go, Team, Go! .....               | 13 |
| Why Do You Eat? .....             | 15 |
| Advice for Healthful Eating ..... | 17 |

## Unit 5: Nutrition for Life

|                             |    |
|-----------------------------|----|
| The Life Cycle .....        | 18 |
| What Am I? .....            | 20 |
| Vegetarian Menu Plans ..... | 21 |
| For Now and Forever .....   | 23 |
| How Active Am I? .....      | 25 |
| Fuel for Fitness .....      | 26 |
| Body Mass Math .....        | 27 |

## Unit 6: Smrt Food Choices

|                         |    |
|-------------------------|----|
| Fact or Fiction? .....  | 28 |
| Breakfast Beaters ..... | 29 |
| Unit Pricing .....      | 31 |

## Unit 7: From Kitchen to Table

|                            |    |
|----------------------------|----|
| Planning for Health .....  | 32 |
| Hints for Eating Out ..... | 33 |
| Which Equipment? .....     | 35 |
| Kitchen Organization ..... | 36 |
| Recipe Math .....          | 37 |
| Cooking Terms .....        | 39 |
| Hidden Science .....       | 40 |
| Planning for Variety ..... | 42 |

## **Unit 8: Learning About Foods**

|                        |    |
|------------------------|----|
| Go with the Grain..... | 43 |
| Mixed Vegetables.....  | 44 |
| Fruit Fun .....        | 46 |
| Delicious Dairy .....  | 48 |
| Protein Power.....     | 49 |
| Cracking the Code..... | 50 |

## **Unit 9: Combination Foods**

|                                |    |
|--------------------------------|----|
| What's in Your Salad? .....    | 51 |
| Great Soups and Stews .....    | 52 |
| Mixed-up Mixtures.....         | 54 |
| Know Your Breads.....          | 55 |
| Sandwich and Pizza Magic ..... | 56 |
| What's for Dessert? .....      | 57 |

## **Answer Key**

|  |    |
|--|----|
| Answers to Reteaching Activities ..... | 58 |
|--|----|

## Go with the Grain

**Directions:** Grain products can be divided into different categories. The simplest are the grains themselves. Breakfast cereals, pasta, and bread are all made from grains. Match each grain product listed below to the correct category. Write the names of the grain products in the chart.

### Grain Products

- |              |                |            |
|--------------|----------------|------------|
| brown rice   | English muffin | cornflakes |
| bagel        | millet         | biscuits   |
| pearl barley | macaroni       | quinoa     |
| popcorn      | pizza crust    | couscous   |
| oatmeal      | bow ties       | spaghetti  |
| noodles      | bran flakes    | tortillas  |
| pita         | grits          | muffins    |

|               |                |
|---------------|----------------|
| <b>Grains</b> | <b>Cereals</b> |
| <b>Pasta</b>  | <b>Bread</b>   |

## Mixed Vegetables

**Directions:** Read the description next to each scrambled word. Unscramble the letters to form a word that matches the description. Write the correct word in the space provided.

- |  |                |       |
|--|----------------|-------|
| 1. Do this to fresh vegetables before preparing or eating them.                | SWHA           | _____ |
| 2. A low-fat method of cooking vegetables that adds flavor.                    | ILRGGNIL       | _____ |
| 3. One cup of these is considered one serving.                                 | AYFLE SRENGE   | _____ |
| 4. The part of vegetables that helps the digestive system.                     | EBRIF          | _____ |
| 5. Are also considered part of the Meat & Beans Group.                         | GLUESME        | _____ |
| 6. Fresh fruits, vegetables, and herbs.  | OUDRECP        | _____ |
| 7. Raw vegetables can be eaten between meals for these.                        | KSASNC         | _____ |
| 8. This round, red, juicy vegetable is plentiful in the summer.                | TTMOOA         | _____ |
| 9. When cooking vegetables, this texture is your goal.                         | EERDTN-SPIRC   | _____ |
| 10. Preserved in containers for long-term storage at room temperature.         | DANENC         | _____ |
| 11. You can buy prepared salads and vegetables in this supermarket department. | LIED           | _____ |
| 12. Natural chemicals in vegetables that boost health.                         | LCYOTESPAHHIMC | _____ |
| 13. A yellow vegetable that  |                | _____ |

**Continued on Next Page**

**Mixed Vegetables** continued

- |  |               |       |
|--|---------------|-------|
| 13. A yellow vegetable that grows in kernels on a cob.                           | NOCR          | _____ |
| 14. Store these vegetables in a cool, dark, dry place.                           | SEOOTPTA      | _____ |
| 15. When vegetables are highest in quality, most plentiful, and lowest in price. | NI OSNEAS     | _____ |
| 16. Small chunks or pieces of vegetables eaten out of hand.                      | GRINEF ODOSF  | _____ |
| 17. A leafy, dark green vegetable high in many vitamins and minerals.            | CPNAHSI       | _____ |
| 18. Skins that are this should be eaten for greater nutrition.                   | LEEBID        | _____ |
| 19. When this is bright, a vegetable is more likely to be high in quality.       | OLROC         | _____ |
| 20. Allows you to choose your own ingredients for ready-to-eat salads.           | DAALS ARB     | _____ |
| 21. The part of the refrigerator best for storing most fresh vegetables.         | RCSPIRE       | _____ |
| 22. Stored at very low temperatures.   | ZORNFE        | _____ |
| 23. Nutrients from the sugars and starches in vegetables.                        | THEYSCOBADRAR | _____ |
| 24. Number when describing vegetables as <i>tri</i> -colored.                    | ETREH         | _____ |
| 25. Preserved by removing almost all the water.                                  | EDRDI         | _____ |

## Fruit Fun

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

```

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

- |       |  |
|-------|--|
| _____ | 1. Oranges, lemons, and limes are examples of this type of fruit.      |
| _____ | 2. The indigestible parts of fruit that aid digestion.                 |
| _____ | 3. This fruit, famous in Georgia, is round, fuzzy, and pinkish orange. |
| _____ | 4. Preserved by keeping at a very low temperature.                     |
| _____ | 5. Dried grapes, used in oatmeal cookies.                              |
| _____ | 6. Double baked fruit means baking how many times?                     |
| _____ | 7. Describes fruit that's ready for eating.                            |
| _____ | 8. Does one a day keep the doctor away?                                |
| _____ | 9. A dark green fruit that contains fat.                               |
| _____ | 10. A jelly-like fruit spread used on toast.                           |

**Continued on Next Page**



**Fruit Fun** continued

- \_\_\_\_\_ 11. These are signs of fruit spoilage.
- \_\_\_\_\_ 12. Favorite juicy summer fruit that's green on the outside and red on the inside.
- \_\_\_\_\_ 13. Liquid form of fruit without added water.
- \_\_\_\_\_ 14. The parts of fruit that can make a new plant.
- \_\_\_\_\_ 15. Juice that has had some of the water removed.
- \_\_\_\_\_ 16. Ripe fruit has a lot of this.
- \_\_\_\_\_ 17. Thick, sweetened beverage containing fruit juice and pulp.
- \_\_\_\_\_ 18. Preserved by removing almost all of the moisture.
- \_\_\_\_\_ 19. Quality of fruit detected by the sense of smell.
- \_\_\_\_\_ 20. A nutrient found in high amounts in citrus fruits.
- \_\_\_\_\_ 21. Preserved in containers for room-temperature storage.
- \_\_\_\_\_ 22. Nutrients from fruit that provide energy.
- \_\_\_\_\_ 23. A dried plum.
- \_\_\_\_\_ 24. The fleshy part of fruit.
- \_\_\_\_\_ 25. The color of strawberries.

## Delicious Dairy

**Directions:** To solve the puzzle, read each clue. Decide which word fits the definition and has the same number of letters as the spaces in the corresponding line. The letter given in the puzzle must come in the position shown. Write your answer, putting one letter in each space.

1.    \_\_\_    \_\_\_    \_\_\_    **D**    \_\_\_    \_\_\_
2.    \_\_\_    \_\_\_    \_\_\_    \_\_\_    **A**    \_\_\_    \_\_\_    \_\_\_    \_\_\_    \_\_\_
3.    \_\_\_    \_\_\_    \_\_\_    \_\_\_    **I**    \_\_\_    \_\_\_
4.    \_\_\_    **R**    \_\_\_    \_\_\_    \_\_\_    \_\_\_    \_\_\_
5. **Y**    \_\_\_    \_\_\_    \_\_\_    \_\_\_    \_\_\_
  
6.    \_\_\_    \_\_\_    \_\_\_    \_\_\_    **F**    \_\_\_    \_\_\_    \_\_\_
7.    \_\_\_    \_\_\_    \_\_\_    \_\_\_    **O**    \_\_\_    \_\_\_
8.    \_\_\_    \_\_\_    \_\_\_    \_\_\_    **O**    \_\_\_    \_\_\_    \_\_\_    \_\_\_    \_\_\_
9.    \_\_\_    \_\_\_    \_\_\_    \_\_\_    **D**    \_\_\_    \_\_\_    \_\_\_
10.    \_\_\_    \_\_\_    **S**    \_\_\_    \_\_\_    \_\_\_    \_\_\_    \_\_\_    \_\_\_    \_\_\_

### Clues

1. Milk can do this during cooking if acid ingredients are added incorrectly.
2. A favorite cheese for pizza.
3. A mineral from dairy products that helps build bones.
4. Dairy foods contain a complete form of this nutrient.
5. A thick cultured dairy food.
6. Another term for skim milk.
7. A natural sugar found in milk products.
8. Canned milk that contains less water than fresh milk.
9. A smooth, flavorful dessert made from milk.
10. Treated with heat to destroy bacteria.

## Protein Power

**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

1. beef
2. rub
3. marinade
4. fillets
5. broiling
6. pork
7. prime
8. shellfish
9. finfish
10. marbling
11. rib
12. braising
13. dressed
14. choice
15. chuck
16. poultry
17. select
18. bones

|          |          |          |          |
|----------|----------|----------|----------|
| <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. Pieces cut from the sides of fish.</p> <p>B. More of this means a higher fat content.</p> <p>C. Salmon, tuna, perch.</p> <p>D. Includes chicken, turkey, and duck.</p> <p>E. A type of meat that is not graded.</p> <p>F. A lower-fat grade of meat.</p> <p>G. A flavorful liquid used for soaking to flavor and tenderize food before cooking.</p> <p>H. Fish with the head, tail, fins, scales, and internal organs removed.</p> | <p>I. A tender cut of meat.</p> <p>J. A low-fat method of cooking.</p> <p>K. A less-tender cut of meat.</p> <p>L. Oysters, crabs, clams.</p> <p>M. Not included when figuring the cost per serving.</p> <p>N. The grade of meat with the most marbling.</p> <p>O. A moist-heat method of cooking.</p> <p>P. A dry blend of herbs and spice used to add flavor to meat.</p> |
|--|--|

## Cracking the Code

**Directions:** Terms related to eggs, beans, and nuts 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: Eggs are a good source of this

1
5
5
6
4
2
7
2
6
6
5
7
2
3
5

2. Clue: An egg and liquid mixture cooked flat, then folded over a filling

5
5
2
4
2
7

3. Clue: A spread made from chickpeas and garlic

3
7
5
5
7
7

4. Clue: Eggs in the shell left in boiling water for 5 minutes

7
5
2
7
1
5
5
4
2
2

5. Clue: The main type of fat in nuts

7
5
7
1
7
7
6
1
7
2
2

6. Clue: The type of carbohydrates in legumes

1
5
5
6
4
2
8

7. Clue: May be used in vegetable dips

7
3
4
4
2
5
7
5
2
7

8. Clue: Legumes grow in these

6
5
2
7