

Food, Nutrition & Wellness

Additional Activities



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Table of Contents

Chapter 1: Wellness and Food Choices

Ready, Aim, Action!	1
Wellness in Your Life	2

Chapter 2: Physical Fitness and Active Living

Ready to Eat	4
Benefits You Can See	5
Physical Activity for Physical Fitness	6
Words to Exercise By	8
I'd Like to Be More Active	9

Chapter 3: Food and Culture

Culture and the Food Supply	11
Cultural Foods Exchange	12
Ethnic Foods for Nutrition and Flavor	13

Chapter 4: Food and the Marketplace

Food Technology	14
Food on Your Table	15

Chapter 5: Food Safety and Sanitation

Times, Temperatures, and Danger Signs of Foodborne Illness	17
Preparing and Serving Food Safely	19
Priority Storage	21

Chapter 6: Kitchen Safety

Seven Safety Errors	22
What's the Word?	23

Chapter 7: Food and Your Body

Nutrients for Good Health	24
Calorie Counting	25
Many Foods, Many Nutrients	27
Good Things in Small Quantities	28
Living on Bread and Water and a Lot More!	29
Calorie Math	30
Exercise and Calories	31
Nutrient Match up	32
Puzzling Over Nutrients	33
Nutrients for Health	35

Chapter 8: The Dietary Guidelines

Smart Eating	36
Fields of Grain—and Fruits and Vegetables, Too	37
Choosing Better Foods for Better Health	38
Living the Guidelines	39
Taking Action	40

Chapter 9: My Pyramid and You

A Key to a Good Eating Plan	41
Food Groups and Nutrients	42
Hidden Foods	43

Chapter 10: Choices for Your Healthy Weight

Reading the Charts	44
Gaining, Losing, and Staying the Same	45
Keeping Energy Intake and Output in Balance	46

Chapter 11: Fueling up for Sports

Reading for Anything	47
Power for Performance	48
Wellness Magic	49

Chapter 12: Nutrition Throughout the Life Cycle

Teen and Adult Nutrition	50
Nutrition Needs of Mothers and Infants	51

Chapter 13: Vegetarian Choices

Who's Eating What?	53
Vegetarian Nutrient Solutions	54
Old Favorites Vegetarian Style	55

Chapter 14: Special Health Concerns

When Eating Goes Wrong	56
Food for Sickness and Health	57
Food to Control Illness	58

Chapter 15: Consumer Issues: Sorting Out the Facts

Evaluating Nutrition Information	59
Buyer Beware!	60
Health Fraud	61
Is It True?	62

Chapter 16: Planning Nutritious Meals and Snacks

Off to a Good Start	63
Filling Out the Menu	64
Trying to Please Everyone	65
Recipe Makeovers for Wellness	66
Basic Cooking Methods	68
Call for Successful Meal Planning	69
Planning Ahead	70

Chapter 17: Shopping for Food

Decoding Label Lingo	71
It's on the Label	72
What's the Unit Price?	74
Grocery Shopping	75

Chapter 18: Eating Well When Away from Home

Menu Speak	76
Ordering!	78

Chapter 19: Organizing the Table

The Right Tool for the Job	79
Energy Saving Tips	81
Planning Work Centers	82

Chapter 20: Kitchen Equipment

Feast on the Eyes	83
Fusion Cuisine	84
Giving Ideas	85
Changing the Yield	86
Converting Measurements	87
Work Plan Scheduling	89
Hidden Cooking Terms	90
How Do You Measure...?	91
Recipe Measuring	92
Abbreviating Terms	93
Magic Terms Square	94
Understanding the Recipe	95
Kitchen Equipment I.D.	96
What Equipment is Needed?	97

Chapter 21: Skills for Preparing Flavorful Food

Science Terms	98
Heat Transfer	100
Keeping the Green	101
What Might Happen?	102

Chapter 22: Basics of Cooking and Baking

Be Conservation Conscious	103
Conserve Our Resources	104
Using The Microwave	105
The Microwave File	106
Identifying Small Appliances	107

Chapter 23: Serving a Meal

Etiquette	108
Place Settings	109
Using Tableware	110
Place Settings	111

Chapter 24: Grains

Energy Seeds	112
Sorting Out the Fine Print	113
Grains and Breads Puzzle	115
How Much is Too Much?	116

Chapter 25: Vegetables

Storing and Preparing Vegetables	117
Eat Your Veggies	118
Vegetables and Nutrients	120
Steps to a Perfect Vegetable Try	121

Chapter 26: Fruit

Buying, Preparing, and Storing Fruits	122
Eating Fruits for Good Health	123
Choosing Nutritious Fruits	125
Consumer Power	126

Chapter 27: Milk

The Milky Way	127
Pretty Cheesy!	128
Creamy Goodness	129
Milk Choices	130
Cooking With Milk	131
Cheese Clues	132
Choosing Cheese and Yogurt	133

Chapter 28: Meat, Poultry, and Fish

Muscle Food	134
Smart Shopping	135
Cooking Up a Feast	136

Shopping for Poultry	137
Poultry Math	138
Fishy Calculations	139
What Would You Do?	140
How Much Does a Serving Cost?	141
Look at the Label	142

Chapter 29: Eggs, Beans, and Nuts

Name that Legume	143
Eating Eggs, Beans, and Nuts for Good Health	144
“Eggcellent” Cooking Methods	145
Solving Legume Problems	146
Legume Calculations	147
Buying Eggs	148
Using and Cooking Eggs	149

Chapter 30: Fats and Oils

Job Skills	150
Looking at Careers	151

Chapter 31: Salads

Light or Hearty	152
Arranged for Eye and Taste Appeal	153
The Salad Plot Thickens	154
A Tossed Salad	155
Making a Salad	156

Chapter 32: Quick and Yeast Breads

The Staff of Life	157
Bowls, Pans, and Griddles	158
The Mouth-Watering Smell of Baking Bread	159
Mixing Methods	160
Quick Bread Combinations	161

Chapter 33: Mixed Foods and Snacks

Soup and Stew Talk	162
Soup’s On	163
Meal in a Pot	165
Making Creative Dishes	166
Food in the Hand	168
Pizza from Italy and Elsewhere	169
Creativity in the Kitchen	170
Soup with Sam	171
Soup Match Ups	172

Scrambled Ingredients	173
Main Dish Crossword	174
Designer Pizza	176
Vending Machine Choices	177
Great Snacks	178
Where's the Juice	179
Coded Messages	180

Chapter 34: Desserts

Sweet Endings	181
Desserts for Everyone	182
Music for the Palate	183
Sweet Treat Match Ups	184
Problem Solvers	186
STEPS to Banking Success	188
Analyzing Recipe Ingredients	189

ACTIVITY

Ready, Aim, Action!

Directions: An action plan is a step-by-step approach to identifying and reaching your goals. Use the chart below to work out an action plan to help you reach one of your goals.

1. **Set realistic goals.** My goal: _____

2. **Decide on a plan.** My plan: _____

3. **Identify small, achievable steps.** Steps I will take: _____

4. **Take action.** When I will begin: _____

5. **Stick with it.** Things that might get me off track and what I can do to get back on track:

6. **Get support.** People who will support me as I try to reach my goal:

ACTIVITY

Wellness in Your Life

Directions: Complete the sentences below by writing in the term from the following list that fits best: *culture, lifestyle, nutrients, nutrition, resources, wellness.*

1. The key to _____ is accepting and managing your limits and making the most of who you are.
2. The chemicals that nourish your body are called _____.
3. How you live your life and all the things you do describe your _____.
4. How the food you eat affects your body is _____.
5. Music, art, and food are expressions of _____.
6. Things that help you reach a goal or complete a task are _____.

Directions: On the lines provided, list the three aspects of wellness. For each aspect, give one example of a sign that signals good health.

Aspects of Wellness	Signs of Good Health
7.	
8.	
9.	

Directions: There are many influences on your food choices. For each category below, list the items indicated.

10. **People around you.** List two people who have an important influence on your food choices.

11. **Culture.** List two cultural factors that influence your food choices.

12. **Available food supply.** List two seasonal foods that seem to be in ample supply in your community right now.

Continued

Wellness in Your Life continued

13. **Resources.** Name one resource that has an important influence on your food choices, and explain how your choices are affected.

14. **Food advertisements.** Name one food advertisement that you think has influenced your food choices. Explain why you think your choices have been influenced.

15. **What you know about food, nutrition, and wellness.** List one thing you have learned recently that influences your food choices.

Directions: The first step in decision making is identifying the decision that needs to be made. Read the following scenario. On the lines provided, write the decision that you think Aldonza needs to make.

“No time for dinner, Mom,” Aldonza said as she breezed through the kitchen. “I’ve got to start my paper that’s due Friday, and this is my skating class night.”

“Can’t you work on your paper in the morning before your first class?” asked her mother.

“No, in the morning I have early basketball practice, and I’m babysitting right after school.”

“No wonder you’re tired all the time,” her mother said, but Aldonza ignored the comment.

The telephone rang. Aldonza’s friend Eva was calling to ask if Aldonza could help her pick out what to wear to the school dance. “I can’t, I’m too busy,” said Aldonza. Eva seemed upset when she said goodbye. Aldonza sighed, grabbed two cookies, and started for her room.

16. Aldonza needs to decide: _____
