

**ACTIVITY**

### Smart Eating

**Directions:** Fill in the missing word or words in the sentences below.

1. The Dietary Guidelines for Americans provide advice about food choices and active living for all people who are \_\_\_\_\_ and over \_\_\_\_\_ old.
2. An eating plan is also called a \_\_\_\_\_.
3. An eating plan includes everything you \_\_\_\_\_ or \_\_\_\_\_.
4. Conditions that increase your chances of having health problems are called \_\_\_\_\_.

**Directions:** Write answers to the questions on the lines provided.

5. What are two good reasons for you to eat a variety of different foods?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. Being overweight raises your risk of getting what four health problems?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Directions:** Read each statement carefully. If the statement is true, place a plus (+) in the space provided. If the statement is false, cross out the italicized word(s) and write the correct word(s) in the space provided.

- \_\_\_\_\_ 7. Grains, fruits, and vegetables are sources of *fats*.
- \_\_\_\_\_ 8. About 45 to 65 percent of your calories should come from *carbohydrates*.
- \_\_\_\_\_ 9. Extra calories are stored in the body as *fat*.
- \_\_\_\_\_ 10. Candy and soft drinks have a lot of added *minerals*.

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**Fields of Grain—and Fruits and Vegetables, Too**

**Directions:** Plant-based complex carbohydrates should be the foundation of your eating plan. Fill in the chart below by listing as much information as you can under each heading.

Plant-based sources of carbohydrates	Nutritional benefits of eating carbohydrates
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Directions:** Suppose you had to plan three main dishes a week centered on grain products. These dishes could make use of pasta, rice, cereals (barley or couscous), bread, or bread products such as tortillas. Describe three such dishes, each based on a different grain product.

1. Grain product: \_\_\_\_\_  
Main dish: \_\_\_\_\_
2. Grain product: \_\_\_\_\_  
Main dish: \_\_\_\_\_
3. Grain product: \_\_\_\_\_  
Main dish: \_\_\_\_\_

**ACTIVITY**

**Choosing Better Foods for Better Health**

**Directions:** To avoid being overweight and having increased risk for certain health problems, you should limit foods containing large quantities of saturated fat, cholesterol, sugar, or salt. Put an X before each food in the following list that should be limited in a healthful eating plan.

- |                         |                                   |
|-------------------------|-----------------------------------|
| _____ potato chips      | _____ chicken stir-fry            |
| _____ apples            | _____ lentil soup                 |
| _____ sodas             | _____ fried eggs                  |
| _____ french fries      | _____ spaghetti with tomato sauce |
| _____ carrot sticks     | _____ double-decker hamburgers    |
| _____ oatmeal           | _____ sugar doughnuts             |
| _____ fried onion rings | _____ tuna                        |

**Directions:** Match each description in the left column with the correct term from the right column. Write the letter of the correct term in the space provided. Do not use any term more than once.

- | <b>Descriptions</b>                                       | <b>Terms</b>      |
|---|-------------------|
| _____ 1. Helps you use food energy                        | A. activity       |
| _____ 2. Source of complex carbohydrates                  | B. cholesterol    |
| _____ 3. Too much sugar promotes this                     | C. fat            |
| _____ 4. Contain lots of calories from fat                | D. fiber          |
| _____ 5. Egg substitutes can help you cut down on this    | E. fried foods    |
| _____ 6. A good seasoning substitute for salt             | F. grain products |
| _____ 7. Of all nutrients, has the most calories per gram | G. herbs          |
| _____ 8. Element in table salt                            | H. sodium         |
| _____ 9. A benefit of plant-based foods                   | I. sugars         |
| _____ 10. Ingredients ending in “-ose”                    | J. tooth decay    |

**Continued**

## The Dietary Guidelines

# Living the Guidelines

**Directions:** Read the situations described below. Answer each question on the lines provided.

1. Ross spends most of his time before and after school watching television or using his computer to surf the Internet or play computer games. He eats a balanced diet and limits how much added sugar and salt he eats. Is Ross following the Dietary Guidelines? Explain your answer.

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2. Noree loves burgers. Often she has one for lunch and another at dinner. Is Noree following the Dietary Guidelines? Explain your answer.

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3. Pedro watches his diet carefully. He works out at least three times a week at the gym. He eats lots of legumes, vegetables, and fruits. He avoids fats and sugar. Is Pedro following the Dietary Guidelines? Explain your answer.

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4. Kristin has a sweet tooth and she loves desserts. She usually has a sweet snack in the afternoon and at bedtime. Sometimes she eats dessert for breakfast! Is Kristin following the Dietary Guidelines? Explain your answer.

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5. Drew never gains weight no matter what he eats. He is out for baseball, so he exercises every day during the season. Because he doesn't gain weight and exercises, he believes he can eat whatever he wants and have a healthy diet. Is this true? Explain your answer.

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## The Dietary Guidelines

# Taking Action

**Directions:** Read each situation described below. Answer the question on the lines provided.

1. Dirk has just been told that he has high blood pressure. He needs to take action for the sake of his health. What Dietary Guideline would help Dirk improve his blood pressure? Why?

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2. Jennifer has always been a picky eater. She only likes certain foods. She never tries anything new. How could Jennifer take action to use the Dietary Guidelines to improve her diet?

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3. Demarco's father works at a desk job. He spends most of his evenings and weekends at the computer. Which Dietary Guideline could help improve his fitness?

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4. Bailey loves French fries and chicken-fried steak. She would eat them every day if she could. If she did, would she be following the Dietary Guidelines? Explain your answer.

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5. Timothy lost weight after he broke his jaw. He has decided to eat lots of desserts, especially pie and ice cream, to help him gain back the weight. Does his plan follow the Dietary Guidelines? Why or why not?

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6. Ellie's family eats the same foods over and over. For instance, Monday is tuna casserole night. How could she take action to put more variety in the family diet?

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