

# Study Guide

## The Amazing World of Food

**Directions:** Read chapter 1, and answer the following questions. Later, you can use this study guide to review.

1. What are nutrients?

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2. Name four things that nutrients do for the body.

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3. What is nutrition?

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4. How would you eat if you were practicing good nutrition?

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5. What does it mean to practice “wellness”?

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6. Name four decisions you make that influence your health and wellness.

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7. Explain some ways that science relates to food.

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8. Give three reasons why it is important to enjoy food.

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Chapter 1 Study Guide (continued)

9. Why do some countries have dietary guidelines?

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10. Why do most social occasions and family gatherings include food?

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11. What are comfort foods?

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12. Name three ways that food provides entertainment.

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13. Why are ethnic restaurants becoming more popular?

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14. Name at least five food-related careers.

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15. Give an example of how learning about food can help your critical thinking skills.

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# Activity 1

## The Amazing World of Food

### Comfort Food

**Directions:** Ask three people to describe their favorite comfort food and when they eat it.

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. What do these foods have in common?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. What do these situations have in common?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. From this information, what conclusions can you draw about comfort food?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Activity 2

## The Amazing World of Food

### Wellness Decisions

**Directions:** In the following situations, identify the factor that influences the wellness decision of each person. State whether it has a positive or negative influence and why. If negative, think of a better way to deal with the situation.

**Food Choices    Physical Activity    Managing Emotions    Avoiding Alcohol and Drugs**

1. Instead of driving, Jason decided to ride his bike to school.

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2. Sarah was so upset when she didn't get the job, she ate a chocolate cake when she arrived home.

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3. Sam joined with his friends from the school play who were smoking and drinking at the after-show party.

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4. Maria was very excited when the salad bar was introduced to the school lunch program because she could eat her favorite vegetables and greens for lunch.

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