

Study Guide

Nutrition Guidelines

Directions: Read chapter 10, and answer the following questions. Later, you can use this study guide to review.

1. Why did the federal government develop Dietary Guidelines for Americans?

2. Name the food groups as outlined by MyPyramid.

3. Explain why the foods in the *Oils* category are low in nutrient density.

4. According to the USDA Food Guide, how many cups from the Vegetables group should a teen boy who eats 2,800 calories a day have each day? How many cups of milk, yogurt, and cheese should a teen girl who eats 2,200 calories per day have each day?

5. Explain the difference between a standard serving and a portion. Give an example of each.

6. Why are portion sizes becoming larger?

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Chapter 10 Study Guide (continued)

7. List the three basic principles of healthy eating.

8. What information is provided at the top of the Nutrition Facts panel?

9. Describe what is meant by *Daily Value*.

10. What are dietary supplements?

11. Why should you avoid megadoses of a nutrient?

12. Describe five strategies that advertisers use to influence consumers to buy their products.

13. List five ways to evaluate food and nutrition information to distinguish fact from fiction.

Activity 1

Nutrition Guidelines

Sorting Fact from Fiction

Directions: Collect examples of eight food advertisements from print or electronic media. Determine which of the advertising strategies listed on page 143 of *Food for Today* were used in the ads. Write the product name, where you saw it, the strategy used, and why you selected that strategy. In the space at the bottom of this page, write a summary about how evaluating these advertising strategies will help you make better food choices in the future. Attach your ad samples to this activity.

Ad #1 _____

Ad #2 _____

Ad #3 _____

Ad #4 _____

Ad #5 _____

Ad #6 _____

Ad #7 _____

Ad #8 _____

Summary: _____

Activity 2

Nutrition Guidelines

Your Food Record

Directions: Keep a record of the food you eat for one day. Place each food in the proper food group below. Then answer the questions that follow.

Grain Group: _____

Vegetable Group: _____

Fruit Group: _____

Meat and Beans Group: _____

Milk Group: _____

Oils Category: _____

1. How do your food record entries compare with the recommended food amounts from the food groups in the USDA Food Guide?

2. Which items in your food record represent more than a single serving? Which item most exceeds the recommended limits?

3. What suggestions would you make to help improve your eating habits?
