

# Activity 31

## Eating Well

Most people are aware that the best way to get all the necessary nutrients is to eat a well-balanced diet. Fruits, vegetables, and whole grain products are good sources for both vitamins and minerals. Many of these foods are available in a variety of different forms.

**Directions:** Study the chart below. The names of some common foods are listed in the left column. In the middle column, list as many ways as you can think of that each food is available. In the right column, list the vitamins and minerals each food provides. The first food has been done for you. Then answer the questions below the chart.

Food	Ways it is available	Vitamins and minerals it provides
Apples	Raw, canned, dried, applesauce, juice, in baked goods	A, C, potassium
Oranges		
Broccoli		
Carrots		
Spinach		
Wheat		
Cheese		
Tuna		

- Which nutrients are not provided in any of the foods listed here? \_\_\_\_\_  
\_\_\_\_\_
- What single food from this list provides the greatest variety of vitamins and minerals?  
\_\_\_\_\_
- Why might it be a good idea to vary the foods you eat and the ways you prepare those foods?  
\_\_\_\_\_  
\_\_\_\_\_

# Activity 32

## Nutrients Around the Globe

Many people enjoy the variety of meals from different cultures.

**Directions:** Read the ingredients for each of the four dishes below, and answer the questions on the nutrient content of the recipes in the spaces provided. Use your textbook to help you identify nutrients in each item.

<b>Fried Rice (Chinese)</b>	<b>Fettuccine Marinara (Italian)</b>
<i>Ingredients:</i> margarine, egg, peanuts, green onions, sesame oil, brown rice, soy sauce, garlic, red kidney beans	<i>Ingredients:</i> onion, carrots, garlic, cooking oil, canned tomatoes, sugar, salt, oregano, pasta
<b>Paella (Spanish)</b>	<b>Tabbouleh (North African)</b>
<i>Ingredients:</i> chicken, olive oil, garlic, onion, green beans, cauliflower, shrimp, rice, tomatoes, salt	<i>Ingredients:</i> bulgur (steamed crushed wheat), parsley, mint, onions, tomatoes, olive oil

1. What sources of protein can be found in these four dishes?

**Fried Rice:** \_\_\_\_\_

**Paella:** \_\_\_\_\_

**Fettuccine Marinara:** \_\_\_\_\_

**Tabbouleh:** \_\_\_\_\_

2. What sources of carbohydrates (sugars and starches) can be found in these four dishes?

**Fried Rice:** \_\_\_\_\_

**Paella:** \_\_\_\_\_

**Fettuccine Marinara:** \_\_\_\_\_

**Tabbouleh:** \_\_\_\_\_

**Activity 32** *continued*

3. What sources of minerals, such as calcium and iron, can be found in these four dishes?

**Fried Rice:** \_\_\_\_\_

**Paella:** \_\_\_\_\_

**Fettuccine Marinara:** \_\_\_\_\_

**Tabbouleh:** \_\_\_\_\_

4. Which vitamins can be found in which ingredients of these four dishes?

**Fried Rice:** \_\_\_\_\_

**Paella:** \_\_\_\_\_

**Fettuccine Marinara:** \_\_\_\_\_

**Tabbouleh:** \_\_\_\_\_

5. Which ingredients in each dish may contain a high amount of fat?

**Fried Rice:** \_\_\_\_\_

**Paella:** \_\_\_\_\_

**Fettuccine Marinara:** \_\_\_\_\_

**Tabbouleh:** \_\_\_\_\_

# Activity 33

## Looking Out for Fats

Fats are particularly high in calories. People need some fats in their diets, but most Americans consume too many. The Dietary Guidelines recommend that you choose a diet that is low in saturated fats, *trans* fats, and cholesterol, and moderate in total fat.

### Guidelines for Reducing Dietary Fat

- Eat meat in moderation.
- Choose lean cuts of meat.
- Trim the fat off meat before cooking or eating it.
- Limit high-fat bacon, sausage, and luncheon meats.
- Eat broiled, baked, or steamed foods.
- Avoid fried foods.
- Choose tuna packed in water, or rinse the oil off oil-packed tuna.
- Drink low-fat or skim milk instead of whole milk.
- Limit your intake of cream cheese.
- Use skim milk or buttermilk in recipes.
- Use low-fat yogurt instead of sour cream in dips and on baked potatoes.
- Limit your intake of hard cheese.
- Avoid sauces made with butter and cream.
- Use low-fat or no-fat salad dressings—try lemon juice and herbs instead.
- Cut back on mayonnaise and gravy.
- Read the Nutrition Labels. Avoid processed foods that are high in saturated fats and *trans* fats.

**Part I Directions:** Read the above guidelines for reducing dietary fat. For each item in 1–12, identify an alternative, low-fat substitute or an alternative way to serve the food.

1. Canned cream of mushroom soup: \_\_\_\_\_

\_\_\_\_\_

2. Fried chicken with gravy: \_\_\_\_\_

\_\_\_\_\_

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**Activity 33** *continued*

- 3. Creamed corn: \_\_\_\_\_
- 4. Bagel with cream cheese: \_\_\_\_\_
- 5. Bacon, lettuce, and tomato sandwich: \_\_\_\_\_  
\_\_\_\_\_
- 6. Deep-fried battered fish: \_\_\_\_\_
- 7. Egg salad: \_\_\_\_\_
- 8. Baked potato with sour cream: \_\_\_\_\_
- 9. Cheeseburger: \_\_\_\_\_
- 10. Sausage and pepperoni pizza: \_\_\_\_\_
- 11. Cereal with whole milk: \_\_\_\_\_
- 12. Ice cream: \_\_\_\_\_

**Part II Directions:** On the lines below, list some high-fat foods that you commonly eat. Beside each item write an alternative that you could choose in the future.

_____	_____
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