Chapter 8

Nutrition Packet

Name:

Period:
Food for Thought

Preview

1. How do you think advertising influences your food choices?

Explore

2. Describe three techniques food advertisers use to get people to buy their food products.

3. Do you think that teens are more easily influenced by the techniques that food advertisers use than are other groups? Why or why not?

4. How much does a lack of knowledge about good nutrition contribute to teens’ poor food choices? Explain.

5. List three specific things schools should do to educate students about the importance of good nutrition.
Video 8: Food for Thought (continued)

6. Do you think that food advertising should be regulated more tightly? Defend your position.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Wrap-Up

7. List some tips for reducing the influence of advertising on your food choices.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Connect to Your Life

8. List three ways the video helped you become a smarter consumer.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Breaking a Bad Habit (pp. 200–201)

The key to breaking a bad habit is to replace it with a new, positive habit. Use this worksheet to follow the steps that will help you break a bad habit.

1. Define the habit you want to change.
   In the space below, describe the habit you want to change.
   _____________________________________________________________
   _____________________________________________________________
   _____________________________________________________________

2. Set your goal.
   On the behavior contract below, identify the specific goal you want to meet and set a realistic deadline for meeting it.

<table>
<thead>
<tr>
<th>Behavior Contract</th>
</tr>
</thead>
<tbody>
<tr>
<td>Habit: ___________</td>
</tr>
<tr>
<td>I ____________ plan to ____________________________</td>
</tr>
<tr>
<td>by _________________.</td>
</tr>
<tr>
<td>I will reach this goal by doing the following target behavior:</td>
</tr>
<tr>
<td>____________________________________________________________</td>
</tr>
<tr>
<td>____________________________________________________________</td>
</tr>
<tr>
<td>To create a supportive change environment, I will get help from</td>
</tr>
<tr>
<td>the following role models: _____________________________, reward</td>
</tr>
<tr>
<td>myself by ____________________________ along the way, and by</td>
</tr>
<tr>
<td>____________________________ when I reach my goal.</td>
</tr>
<tr>
<td>Signed _______________ Date ____________</td>
</tr>
</tbody>
</table>

Name _________________________ Class ____________________ Date _______
3. Design an action plan.
   
   - Spend a week monitoring your current habit. Record your observations.

   **Habit Record**

<table>
<thead>
<tr>
<th>Beforehand</th>
<th>Behavior</th>
<th>Afterward</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scene</td>
<td>Feelings</td>
<td>Details</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

   - Summarize your action plan on the behavior contract. Your plan should be
     a gradual, step-by-step process.
   - Keep a log of your new daily behavior, including any setbacks.

   **Behavior Log**

<table>
<thead>
<tr>
<th>Action Plan</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>Th</th>
<th>F</th>
<th>Sa</th>
<th>Su</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

   Target behavior: ____________________________

   Behavior

4. Build a supportive environment.
   Use this checklist to help you.

<table>
<thead>
<tr>
<th>Did you reward yourself for accomplishments along the way?</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did you ask your friends and family to keep an eye on your progress?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Did you keep a list of the benefits of your new behavior close by?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Did you structure your surroundings to support your efforts?</td>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>
Foods Supply Nutrients

1. List four reasons why the body needs nutrients.
   The body needs nutrients to
   
   a. _________________________________________________________________
   _________________________________________________________________
   
   b. _________________________________________________________________
   _________________________________________________________________
   
   c. _________________________________________________________________
   _________________________________________________________________
   
   d. _________________________________________________________________
   _________________________________________________________________

2. List the nutrients that supply your body with energy.
   _________________________________________________________________
   _________________________________________________________________
   _________________________________________________________________

Foods Supply Energy

3. Define the term metabolism.
   _________________________________________________________________
   _________________________________________________________________
   _________________________________________________________________
Section 8-1: Note Taking Guide (continued)

Carbohydrates

4. Complete the concept map about carbohydrates.

Carbohydrates

- can be

  a. simple
  - also known as
    - c. ____________
  - found in
    - f. fruits
      - and
      - i. ____________

  b. complex
  - include
    - e. fiber
    - g. potatoes
      - and
      - j. ____________
    - h. ____________

5. What percentage of your daily calories should come from carbohydrates?

__________________________
Unsaturated Fats

d. supply energy, form cells, maintain body temperature, protect nerves

e. _________________

f. _________________

g. _________________

Saturated Fats

b. _________________

c. _________________

a. _________________
Section 8-1: Note Taking Guide (continued)

Proteins

10. Complete the outline by adding important details about proteins.

I. Proteins

________________________________________________________________
________________________________________________________________

A. Amino acids
________________________________________________________________
________________________________________________________________

B. Essential amino acids
________________________________________________________________
________________________________________________________________

C. Complete and incomplete proteins
________________________________________________________________
________________________________________________________________

D. Daily protein intake
________________________________________________________________
________________________________________________________________

E. Proteins for vegetarians
________________________________________________________________
________________________________________________________________
Section 8-1 Quiz

Decide whether each statement is true or false. Write true or false in the space provided.

1. The body uses carbohydrates, fats, and proteins as sources of energy.  
   _____

2. The energy in food is released during a series of chemical reactions inside body cells.  
   _____

3. Most of a person’s daily calorie intake should come from proteins.  
   _____

4. The only role that fats play in the body is to supply energy.  
   _____

5. Carbohydrates are important for the growth and repair of body tissues.  
   _____

Write the letter of the correct answer in the space provided.

6. fat that is solid at room temperature  
   _____

7. unit that measures the amount of energy released in food  
   _____

8. small substance that make up the “links” in proteins  
   _____

9. substance from food that the body uses for growth, repair, and energy  
   _____

10. type of complex carbohydrate found in plants  
    _____

   a. nutrient  
   b. calorie  
   c. fiber  
   d. unsaturated fat  
   e. saturated fat  
   f. amino acid
Vocabulary Activity: Nutrients That Supply Energy

Complete the crossword puzzle using the vocabulary terms from the section.

Clues Across

2. links in a protein chain (2 words)
4. nutrient that contains twice as many calories as carbohydrates
6. sugar or starch, for short
7. waxy, fatlike substance found only in animal products
8. fats made when manufacturers add hydrogen to vegetable oils
9. nutrient important for growth and repair of body tissues

Clues Down

1. fats that are usually solid at room temperature
3. chemical process by which the body breaks down nutrients for energy
4. type of complex carbohydrate found in plants
5. substance in food that supplies energy and materials for growth, repair, and regulation of bodily functions
6. unit that measures the amount of energy released by nutrients
Vitamins, Minerals, and Water (pp. 202–209)

Vitamins

1. Fat-soluble vitamins
   a. include _____________________________________________________.
   b. occur in _____________________________________________________.

2. Water-soluble vitamins
   a. include _____________________________________________________.
   b. occur in _____________________________________________________.

Minerals

3. Complete the table about minerals that your body needs.

<table>
<thead>
<tr>
<th>Mineral</th>
<th>Main Functions</th>
<th>Good Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>a. formation of bones and teeth; blood clotting; nerve function</td>
<td>b. milk, broccoli, tofu</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potassium</td>
<td>c. ____________________</td>
<td>d. ____________________</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>e. ____________________</td>
<td>f. ____________________</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>g. ____________________</td>
<td>h. ____________________</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Section 8-2: Note Taking Guide (continued)

Vitamin and Mineral Supplements

4. Complete the sentence below.
   Vitamin and mineral supplements are not usually necessary if __________________________________________________________________________.

Water

5. Complete the outline about the role that water plays in the body.

   I. Water
      __________________________________________________________________________
      __________________________________________________________________________

      A. Water and homeostasis
         __________________________________________________________________________
         __________________________________________________________________________

      B. Preventing dehydration
         __________________________________________________________________________
         __________________________________________________________________________

      C. How much water?
         __________________________________________________________________________
         __________________________________________________________________________

      D. Water versus sports drinks
         __________________________________________________________________________
         __________________________________________________________________________
Section 8-2 Quiz

Write the letter of the correct answer in the space provided.

____ 1. Which is not a characteristic of vitamins?
   a. They are made by living things.
   b. They are required by the body in small amounts.
   c. They occur naturally in rocks and soil.
   d. They assist in many chemical reactions in the body.

____ 2. Which of the following protects healthy cells from damage during the normal aging process?
   a. electrolytes
   b. minerals
   c. water
   d. antioxidants

____ 3. Which of the following is a mineral?
   a. folate
   b. magnesium
   c. pantothenic acid
   d. biotin

____ 4. Which mineral is needed for healthy red blood cells?
   a. calcium
   b. potassium
   c. iron
   d. sodium

____ 5. The process of maintaining a steady state inside the body is called
   a. homeostasis.
   b. dehydration
   c. anemia.
   d. nausea.

Decide whether each statement is true or false. Write true or false in the space provided.

____ 6. Water-soluble vitamins can be stored by the body.

____ 7. Only plants can absorb minerals from rocks and soil.

____ 8. An excess of vitamins or minerals can damage your health.

____ 9. Water regulates body temperature.

____ 10. Water can be obtained only by drinking beverages.
Guidelines for Healthful Eating (pp. 210–214)

The Dietary Guidelines

1. List four actions that the Dietary Guidelines recommend.
   a. __________________________________________________________
   b. __________________________________________________________
   c. __________________________________________________________
   d. __________________________________________________________

The “MyPyramid Plan”

2. Complete the outline by adding important details about the MyPyramid plan.
   I. The MyPyramid plan
      __________________________________________________________
      __________________________________________________________
   A. The colored bands
      __________________________________________________________
      __________________________________________________________
   B. The stair steps
      __________________________________________________________
      __________________________________________________________
   C. Creating your own MyPyramid plan
      __________________________________________________________
Section 8-3: Note Taking Guide (continued)

Using the Food Guidelines


Using the Food Guidelines

<table>
<thead>
<tr>
<th>Meals</th>
<th>Snacks</th>
<th>Eating Out</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. You don’t need every food group at every meal.</td>
<td>c.</td>
<td>e.</td>
</tr>
<tr>
<td></td>
<td>d.</td>
<td>f.</td>
</tr>
<tr>
<td>b.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

© Pearson Education, Inc., publishing as Pearson Prentice Hall. All rights reserved.
Section 8-3 Quiz

Decide whether each statement is true or false. Write true or false in the space provided.

1. The Dietary Guidelines recommend that teens be active for 60 minutes most days.

2. To prevent food-borne illnesses, thaw foods on the counter.

3. According to the MyPyramid plan, your diet should include more meats and beans than grains.

4. Exercise is important for balancing the calories you consume with the calories you use.

5. According to the MyPyramid plan, you must consume every food group at each meal.

Write the letter of the correct answer in the space provided.

6. The Dietary Guidelines for Americans provides information on
   a. planning a low-sodium diet.
   b. calculating how many calories certain foods have.
   c. finding the daily recommended servings of grains.
   d. handling food safely.

7. Which is an example of a nutrient-dense food?
   a. soft drinks
   b. potato chips
   c. peanuts
   d. cookies

8. The MyPyramid plan
   a. differs according to the foods people eat.
   b. differs according to a person’s age, sex, and activity level.
   c. is the same for all people.
   d. is the same for people at all activity levels.

9. According to the MyPyramid plan, pasta and breads belong to the
   a. meat and beans group.
   b. vegetables group.
   c. fruits group.
   d. grains group.

10. Which is not a tip that can help you follow the Dietary Guidelines and the MyPyramid plan?
    a. Skip breakfast if you do not have time.
    b. Choose unbuttered popcorn at the movies.
    c. Use mustard or ketchup instead of mayonnaise.
    d. Choose a grilled chicken sandwich instead of a burger.
Write the letter of the correct answer in the space provided.

1. nutrient made by living things; assists many chemical reactions in the body
   a. carbohydrate
   b. fat
   c. protein
   d. vitamin
   e. mineral
   f. water

2. nutrient that supplies energy, maintains body temperature, protects nerves, forms cells
   a. carbohydrate
   b. fat
   c. protein
   d. vitamin
   e. mineral
   f. water

3. nutrient that occurs naturally in rocks and soil; needed only in small amounts
   a. carbohydrate
   b. fat
   c. protein
   d. vitamin
   e. mineral
   f. water

4. nutrient that supplies energy for body functions; can be simple or complex
   a. carbohydrate
   b. fat
   c. protein
   d. vitamin
   e. mineral
   f. water

5. nutrient that is important for the growth and repair of body tissues
   a. carbohydrate
   b. fat
   c. protein
   d. vitamin
   e. mineral
   f. water

Write the word that best completes each sentence in the space provided.

6. Food provides ________________, which are substances that the body needs to regulate bodily functions, promote growth, repair body tissues, and obtain energy.
   a. carbohydrate
   b. fat
   c. protein
   d. vitamin
   e. mineral
   f. water

7. The amount of energy released from food is measured in units called ________________.

8. ________________ is a type of complex carbohydrate found in plants that cannot be digested by the body.

9. Vitamins called ________________ help protect healthy cells from damage during aging.

10. Foods that are ________________ contain lots of vitamins and minerals relative to the number of calories.

Decide whether each statement is true or false. Write true or false in the space provided.

11. A series of chemical reactions take place in cells to release the energy from nutrients.
   true

12. All vitamins are soluble in water.
   false

13. Potassium is one mineral that you need in significant amounts.
   true

14. The MyPyramid plan is the same for people of all ages.
   true

15. Physical activity is a part of the MyPyramid plan.
   true
Chapter 8: **Test** (continued)

Write the letter of the correct answer in the space provided.

_____ 16. A fat that is solid at room temperature and has all the hydrogen the carbon atoms can hold is a(an)
   a. unsaturated fat.  
   b. saturated fat.  
   c. monounsaturated fat.  
   d. polyunsaturated fat.

_____ 17. The chemical process by which the body breaks down foods to release energy is called
   a. anemia.  
   b. metabolism.  
   c. homeostasis.  
   d. dehydration.

_____ 18. Which is *not* a tip to help you follow the Dietary Guidelines?
   a. Consume every food group at every meal.  
   b. Satisfy your sweet tooth with fruit.  
   c. Instead of fried meats or fish, try them grilled.  
   d. Limit pastries, eggs, and bacon.

*Use complete sentences to answer the following questions.*

19. Give at least three reasons why water is an essential nutrient for the body.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

20. What factors should you consider to create your own MyPyramid plan? According to the MyPyramid plan, which kind of foods should you eat most of, and which should you eat least of?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________