

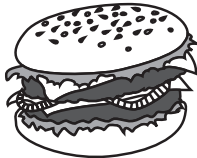

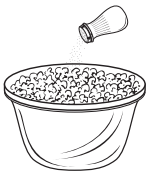

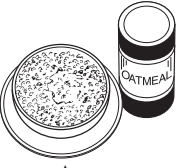







Activity 1

Nutrition Guidelines

Which Dietary Guidelines Apply?

Purpose: To review the Dietary Guidelines for Americans.

Directions: Each box below shows two choices. Circle the letter, A or B, to indicate the more healthful choice in each pair. In the space provided below the drawings, briefly state which of the Dietary Guidelines for Americans helped you determine the more healthful choice. A sample has been completed for you.

<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>A</p> </div> <div style="text-align: center;">  <p>B</p> </div> </div> <p>Balance calories consumed with calories used for energy to maintain a healthy weight.</p>	<p>1.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>A</p> </div> <div style="text-align: center;">  <p>B</p> </div> </div> <hr/> <hr/>
<p>2.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>A</p> </div> <div style="text-align: center;">  <p>B</p> </div> </div> <hr/> <hr/>	<p>3.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>A</p> </div> <div style="text-align: center;">  <p>B</p> </div> </div> <hr/> <hr/>
<p>4.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>A</p> </div> <div style="text-align: center;">  <p>B</p> </div> </div> <hr/> <hr/>	<p>5.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>A</p> </div> <div style="text-align: center;">  <p>B</p> </div> </div> <hr/> <hr/>

Activity 2

Nutrition Guidelines

Nutrition Decisions

Purpose: To evaluate the effect of dietary supplements, food myths, advertising, the Internet, and nutrition fraud on food and nutrition decisions.

Directions: Use your text to answer the questions below. Write your answers in the space provided.

1. How are dietary supplements intended to be used?

2. People in what groups may not be able to get enough nutrients without dietary supplements?

3. What is the nutritional difference between brown and white eggs?

4. What are four advertising techniques companies use to get consumers to use their products?

5. Why is it so easy for consumers to be misled by information on the Internet?

6. What are three things you can do with new information in order to prevent yourself from becoming a victim of false advertising?
