

Food, Nutrition & Wellness

Reteaching Activities



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Food: A Mirror Image

Directions: The food you eat is a reflection of you. List your ten favorite foods. Then mark the boxes that apply to your food choices.

	Mark <i>H</i> for foods you eat at home with your family.	Mark <i>F</i> for all the foods your friends eat.	Mark <i>\$</i> for all the foods you think are expensive and <i>¢</i> for those that are not.	Mark <i>Y</i> for those foods that you prepare yourself.	Mark <i>S</i> for those foods you eat as snacks and <i>M</i> for those you eat at mealtime.	Mark <i>X</i> for those foods you eat when you are bored or frustrated.	Mark <i>H</i> for those foods you think are healthful.	Mark <i>L</i> for foods you might limit in your eating plan.
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								

Now look at the chart you have completed. What can you say about your food choices? Complete these unfinished sentences.

My food patterns are _____.

Food is _____.

My food choices are also influenced by _____.

Food Pleasures

Directions: Read the definitions to help you unscramble the words. Write the correct word(s) on the lines provided.

- | | | |
|---|----------------|-------|
| 1. Psychological influences on food choices. | MONESIOT | _____ |
| 2. A physical desire to eat. | GENURH | _____ |
| 3. A psychological desire to eat. | PATPEIET | _____ |
| 4. A combination of food's taste, smell, and texture. | RVOLAF | _____ |
| 5. The part of the tongue used to detect sweet, sour, salty, and bitter tastes. | ELIPAAPL | _____ |
| 6. Polite conduct that shows respect and consideration for others. | QITEETUET | _____ |
| 7. The knives, forks, and spoons you eat with. | WEFTAARL | _____ |
| 8. Foods in serving dishes on the dining table. | YMIAFL YSELT | _____ |
| 9. Foods that have special meaning from your childhood. | FMORTOC DOFOS | _____ |
| 10. A situation which may lead to overeating. | EOMROBD | _____ |
| 11. The time it takes to get the message of fullness to the brain. | WNETYT UISETMN | _____ |
| 12. A relaxing time spent together sharing the day's events. | MAYLFI LAMES | _____ |

A Matter of Manners

Directions: Select two different places to watch people eating. One might be the school cafeteria, another might be a restaurant. Record your observations in the spaces provided.

Situation 1. Describe or name the place: _____

Good or correct eating practices noted: _____

Incorrect eating practices noted: _____

Situation 2. Describe or name the place: _____

Good or correct eating practices noted: _____

Incorrect eating practices noted: _____

Conclusions

Directions: Answer the following on the back of this sheet or a separate sheet of paper.

1. Did the eating practices tend to make you feel comfortable or uncomfortable? Explain.
2. Did you find yourself forming opinions of the people you watched eating? Explain.
3. Does this make you aware of your own eating habits? Explain.