

Food, Nutrition & Wellness

Reteaching Activities



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Go, Team, Go! continued

6. If you don't get enough of a nutrient, you have a _____
_____ 17 _____ 18 _____
_____ 19 _____ 20 _____ 21 _____. This can cause poor health or lack of energy.
7. The energy your body uses is measured in _____
_____ 22 _____ 23 _____ 24 _____.
8. The amount of energy you use for basic body functions—such as breathing and digesting
food—is called the basal _____
_____ 25 _____ 26 _____ rate.

SECRET MESSAGE: To feel and look your best now and for a lifetime, you

18 24 7 19 8 2 16 9 13 10 23 20 3 6 25 14
26 21 12 5 17 1 4 11 22 15!

Continued on Next Page

Why Do You Eat?

Directions: Why do you eat? To discover the answer, write the word(s) that fit each description in the blanks provided, one letter per blank. Then write the circled letters in the appropriate spaces in the secret message on the next page.

1. A substance in plant sources that cannot be digested:
○ _____
2. Protein from plant sources:
_____ ○ _____
3. B vitamin in milk that helps resist infection:
_____ ○ _____
4. Protect your body from cell damage:
_____ ○ _____
5. Amino acids your body cannot make:
_____ ○ _____
6. A mineral that is an essential part of the hemoglobin in the blood:
_____ ○ _____
7. All the elements of an eating plan needed by the body:
_____ ○ _____
8. Composed of a combination of amino acids to build body tissue:
_____ ○ _____
9. Vegetable source of vitamin A and iron:
_____ ○ _____
10. Major source of sodium:
○ _____

Why Do You Eat? continued

11. Eating too much fat, especially saturated, increases your risk of developing this later in life:

12. Substance in drinks that causes your body to lose water:

13. A group of nutrients that help other nutrients work well:

14. The body's main source of energy:

15. Source of vitamin C (and a color!):

16. Inadequate intake of this mineral may lead to osteoporosis:

17. A nutrient whose lack for several days can result in death:

18. Good sources of complex carbohydrates, fiber, and protein:

19. Produced by the body and contained in foods from animal sources:

20. Fats that are usually hard at room temperature:

21. Pills taken to obtain extra nutrients:

Secret Message:

_____ !
1 2 3 4 5 6 7 8 9 10 11 12 13
14 15 16 17 18 19 20 21

Advice for Healthful Eating

Directions: Do you know how to put the Dietary Guidelines into action in your eating plan? In the blank to the left of each statement, place the letter of the Guideline that applies.

Dietary Guidelines for Americans, 2000

- A. Aim for a healthy weight.
- B. Be physically active each day.
- C. Let the Pyramid guide your food choices.
- D. Choose a variety of grains daily, especially whole grains.
- E. Choose a variety of fruits and vegetables daily.
- F. Keep food safe to eat.
- G. Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- H. Choose beverages and foods to moderate your intake of sugars.
- I. Choose and prepare foods with less salt.

Statements

- _____ 1. Taste first! Foods may have plenty of flavor already.
- _____ 2. You need a variety of foods each day: grain products, vegetables, fruits, milk and milk products, and protein-rich foods.
- _____ 3. Enjoy snacking on carrots, grapes, broccoli florets, or a peach.
- _____ 4. Consider your overall growth and physical development, not just a number on a scale.
- _____ 5. Add rice, pasta, or barley to soups.
- _____ 6. Check food labels for names such as fructose, honey, maltose, molasses, and syrup.
- _____ 7. Remove skin from chicken and turkey.
- _____ 8. Move more in daily life—take the stairs instead of the escalator.
- _____ 9. Wash your hands before and after you handle food.
- _____ 10. Flavor foods with herbs, spices, citrus peel, vinegar, or lemon.