

# Food, Nutrition & Wellness

## **Reteaching Activities**



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## Fact or Fiction?

**Directions:** Read each statement. For statements that are true, place a *T* on the line provided. For those that are false, place an *F* on the line provided.

- \_\_\_\_\_ 1. Radio and television talk shows are a good source of information regarding nutrition and food supplements.
- \_\_\_\_\_ 2. The title “doctor” is no guarantee that a person is an expert in the field of nutrition.
- \_\_\_\_\_ 3. A nutritionist working as a clerk in a health-food store must hold a college degree in nutrition.
- \_\_\_\_\_ 4. Internet sources with the extension “.edu” are generally reliable.
- \_\_\_\_\_ 5. Food advertisers want to make sure you make the best choices for your health.
- \_\_\_\_\_ 6. If a respected actor is featured in an advertisement, you can be sure the product is a good choice.
- \_\_\_\_\_ 7. Even products made from herbs can be dangerous in certain quantities.
- \_\_\_\_\_ 8. If a health claim sounds too good to be true, it’s time to look for more information before acting on the claim.
- \_\_\_\_\_ 9. Carefully selecting a dietary supplement can eliminate the need to include balance and variety in your eating plan.
- \_\_\_\_\_ 10. Because nutrition is a very young science, research linking food and health that is reported in the news needs to be debated and repeated before it can be considered reliable advice.

## Breakfast Beaters

For many people, an early-morning meal is a problem. Many people skip or skimp on their early-morning meal. Their reasons may seem justified, but quick, easy, and nutritious alternatives take only imagination and planning. Other people want hearty breakfasts to satisfy hearty appetites. What is your breakfast pattern?

**Directions:** In the chart that follows, write two nutritious menus to meet the needs of each teen. Then describe your own breakfast pattern, and write two menus for yourself. Use the Food Guide Pyramid for planning your meals.

Description	Menu 1	Menu 2
1. Kayla prefers to skip breakfast to control weight.		
2. Alex likes to sleep late rather than spend time eating.		
3. Stephanie enjoys very sweet foods for breakfast.		
4. Mark has a huge early-morning appetite. He'll eat anything.		

**Breakfast Beaters** continued

Description	Menu 1	Menu 2
5. Saronna thinks breakfast foods are boring, so she doesn't bother eating.		
6. Eduardo just isn't hungry until mid-morning, so he skips an early-morning meal.		
7. Your own breakfast pattern:		

## Unit Pricing

**Directions:** Visit a supermarket and compare prices of five products in different sizes. Record your data on the chart below. In the far right column, mark an X next to the size that has the lowest unit price. Discuss your findings in class.

**Store:**

Product	Size	Total Price	Unit Price	Lowest Unit Price