

Food, Nutrition & Wellness

Reteaching Activities



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What's in Your Salad?

Directions: Below are names of ingredients commonly used in salads. Decide to which food group each ingredient belongs and write it on the correct place on the chart.

Salad Ingredients

- | | | |
|-----------|----------------|------------------|
| romaine | watermelon | mushrooms |
| macaroni | rice | vinaigrette |
| garbanzos | carrots | tofu |
| raisins | bananas | spinach |
| cabbage | yogurt | cheddar |
| croutons | cottage cheese | orange sections |
| apples | green peppers | walnuts |
| escarole | chicken | broccoli sprouts |
| | | mayonnaise |

Bread, Cereal, Rice, & Pasta Group	Vegetable Group
Fruit Group	Milk, Yogurt, & Cheese Group
Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group	Fats, Oils, & Sweets

Great Soups and Stews

Directions: Find soup and stew terms that are hidden in the puzzle. The words appear vertically, horizontally, and diagonally. They may be read either forward or backward. Some letters may be used more than once and some words may be overlapping.

```

I D G E R E U Q S I B A J S
L S I M M E R L L I H C E T
I B E Y R R E B W A R T S O
H T F P R O T E I N A H U C
C Y R I C E T E E R U P E K
Y I E F Q S E L D O O N O L
O L E W T T M Y E L R A B I
G A Z P A C H O B Q C T M R
U R E D W O H C P E A N U T
R S J U B E A N S I K P G V
T T B R O T H A P R N L L U
E R A D E S N E D N O C I S
M C I C N O L L I U O B V M
    
```

- _____ 1. Meat, poultry, beans, and fish add this important nutrient.
- _____ 2. A type of West African soup.
- _____ 3. A popular red fruit soup.
- _____ 4. Long, flat pasta often added to soup.
- _____ 5. Seasoned liquid strained off after cooking meat, poultry, fish, or vegetables; also called stock.
- _____ 6. Canned soups with part of their water removed.
- _____ 7. A thick, chunky soup made with clams, for example.
- _____ 8. The cooking method for soups and stews.

Continued on Next Page

Great Soups and Stews *continued*

- _____ 9. A thick, hearty mixture of vegetables and often meat that's cooked slowly in liquid.
- _____ 10. A chilled tomato and cucumber soup.
- _____ 11. A small, oval, white or brown grain often used in soup.
- _____ 12. A spicy Creole soup.
- _____ 13. A liquid dairy product often used in chowder (or as a beverage).
- _____ 14. A concentrated form of broth; consommé is another.
- _____ 15. What you can do to store soups and stews for up to three months.
- _____ 16. A Russian beet soup.
- _____ 17. Another word for broth.
- _____ 18. A thick, spicy dish usually made with tomatoes and kidney beans.
- _____ 19. Grain products are good sources of this nutrient.
- _____ 20. Adding this thick, tangy dairy food can give soups a creamy texture and boost calcium.
- _____ 21. To finely mash or grind food using a blender or a food processor.
- _____ 22. A small brown grain that adds a nutty flavor to soups.
- _____ 23. When you do this to broth, the fat rises to the top and hardens.
- _____ 24. A thick, rich soup made with mashed or ground poultry, seafood, or vegetables.
- _____ 25. Part of the meat group, these legumes add texture and protein to soups and stews.

Mixed-Up Mixtures

Directions: Casseroles, stir-fries, and similar mixtures can provide great nutrition. Read each description to help you fill in the missing words. Then write the circled letters in the spaces at the bottom of the page to spell out a secret message.

1. Casseroles are usually _?_ in the oven.

_____ _____
1

2. _?_ are made by rolling a soft tortilla around a filling and topping with salsa and cheese.

_____ _____ _____ _____
2 3 4

3. When you _?_, you cook small pieces of food quickly in a little oil over high heat.

_____ _____ _____
5 6

4. _?_ add extra flavor to foods.

_____ _____ _____ _____
7 8 9

5. Choose _?_ ingredients for the best nutrition.

_____ _____ _____
10 11 12

6. _?_ is a spicy Creole mixture with tomatoes and rice.

_____ _____ _____
13 14 15

7. For casseroles, most ingredients need to be _?_.

_____ _____
16

8. A _?_ is the traditional utensil for stir-frying.

_____ _____
17

Secret Message:

9 6 7 15 5 2 17 13 14 11 8 1 12 3 16 10 4

Know Your Breads

Directions: Each of the terms below refers to the types of quick or yeast breads or the methods of making them. Place each term in the correct part of the chart. A few terms refer to both quick and yeast breads.

Bread Terms

punch down	baking soda	breadsticks	focaccia
pancakes	rising period	griddle	muffins
batter	bagels	knead	baking powder
pizza	biscuits	sandwich bread	corn bread
loaf pan	cut in	yeast	bread machine

Quick Breads	Yeast Breads
Types:	Types:
Methods:	Methods:

Sandwich and Pizza Magic

Directions: In each lettered square of the puzzle, write the number of the term that best fits the description having that letter. If your answers are correct, the total of the numbers will be the same in each row across and down. This total is the Magic Number. Write the Magic Number in the space provided.

Terms

1. fiber
2. empanada
3. wrap
4. burger
5. open-faced
6. calzone
7. gyro
8. grilled
9. pita
10. hero
11. minerals
12. filling

A	B	C
D	E	F
G	H	I

The Magic Number is _____

Descriptions

- A. Whole-grain bread is a good source.
- B. A small pizza with the filling between two crusts.
- C. Sandwiches cooked in a skillet.
- D. This sandwich has only a bottom slice of bread.
- E. A Greek sandwich.
- F. A flat bread rolled around a filling.
- G. Bread with a hollow center.
- H. A Spanish or South American sandwich with a pastry crust.
- I. A meat patty on a bun.

What's for Dessert?

Directions: To solve the puzzle, read each clue. Decide which word or words fit the definition and have the same number of letters as the spaces in the corresponding line. The letter given in the puzzle must come in the position shown. Write in your answer, putting one letter in each space.

1. _____ **D** _____
2. _____ **E** _____
3. _____ **S** _____
4. _____ **S** _____
5. _____ **E** _____
6. _____ **R** _____
7. _____ **T** _____
8. _____ **P** _____
9. _____ **L** _____
10. _____ **E** _____
11. _____ **A** _____
12. _____ **S** _____
13. _____ **E** _____

Clues

1. A quick-to-fix dairy filling for a pie.
2. A creamy frozen dessert made with sweetened fruit juice, water, and milk.
3. A baked fruit dessert with a spicy-sweet oat topping.
4. A sweetened mixture of eggs and milk that has been cooked.
5. Cakes that include solid fat, whole eggs, and baking soda or powder.
6. A colorful, nutritious dessert.
7. Can be used as a base for desserts or salads.
8. The most common type of pie crust.
9. Cookies that are shaped by hand just before baking.
10. A popular foam cake.
11. This type of cookie is baked in a pan and cut into pieces.
12. A frozen fruit dessert without milk.
13. A fruit dessert topped with sweetened biscuit dough, then baked.

Answer Key

Unit 1

1. Food: A Mirror Image

Answers will vary.

2. Food Pleasures

1. emotions
2. hunger
3. appetite
4. flavor
5. papillae
6. etiquette
7. flatware
8. family style
9. comfort foods
10. boredom
11. twenty minutes
12. family meals

A Matter of Manners

Answers will vary.

Unit 2

3. Tasty Traditions

Answers will vary. Sample foods for each region (mentioned in the chapter):
New England—clam chowder
South—key lime pie, peach desserts, pecan pies, grits, hushpuppies, okra, catfish
Midwest—pork, corn on the cob
Southwest—barbecued beef, tamales, enchiladas
West Coast—sourdough bread, creative fruit and vegetable dishes
Alaska/Hawaii—game, pineapple

4. Pairing Them Up

1. L
2. G
3. J
4. N
5. P
6. O
7. D
8. E
9. C
10. B
11. H
12. A
13. 1

Unit 3

5. Are You Safe in the Kitchen?

Answers will vary.

Unit 4

6. Go, Team, Go!

1. a) carbohydrates
b) fats
c) proteins
d) minerals
e) vitamins
f) water
 2. energy
 3. build
 4. systems
 5. team
 6. nutrient deficiency
 7. calories
 8. metabolic
- Secret Message: need the nutrients on your team

7. Go, Team, Go!

1. fibre
 2. incomplete
 3. riboflavin
 4. antioxidants
 5. essential
 6. iron
 7. nutrients
 8. protein
 9. spinach
 10. salt
 11. heart disease
 12. caffeine
 13. vitamins
 14. carbohydrates
 15. orange
 16. calcium
 17. water
 18. dry beans
 19. cholesterol
 20. saturated
 21. dietary supplements
- Secret Message: Food nourishes your body!

8. Advice for Healthful Eating

1. I
2. C
3. E
4. A
5. D
6. H
7. G
8. B
9. F
10. I

Unit 5

9. The Life Cycle

1. snacks
2. prenatal
3. food jag
4. antibodies
5. slower
6. bottle
7. smaller
8. iron
9. active
10. low birth weight
11. calcium
12. calories
13. nutrient dense
14. life cycle
15. protein
16. strained
17. before
18. fetus
19. nuts
20. reward

10. What Am I?

1. eating disorder
2. anorexia nervosa
3. bulimia nervosa
4. ill person
5. lactose intolerance
6. food allergy
7. insulin
8. diabetes
9. low-fat diet
10. low-sodium diet
11. high-fiber diet
12. medicine

10. Vegetarian Menu Plans

Part A

1. Eats dairy foods and eggs in addition to foods from plant sources. The most common vegetarian eating style.
2. Eats dairy foods in addition to foods from plant sources.

3. Eats eggs in addition to foods from plant sources.
4. Eats only foods from plant sources.

Part B

Menus will vary.

11. For Now and Forever

1. endurance
2. aerobic
3. weight
4. coordination
5. activity
6. intense
7. muscle
8. habit
9. fitness
10. strength
11. stress
12. thirty
13. daily
14. flexibility
15. weight-bearing

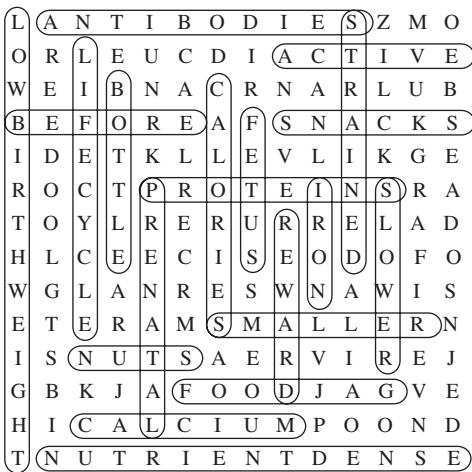
12. How Active Am I?

Answers will vary

Fuel for Fitness

- A. 2
- B. 7
- C. 18
- D. 12
- E. 8
- F. 5
- G. 11
- H. 15
- I. 13
- J. 17
- K. 6
- L. 3
- M. 16
- N. 10
- O. 4
- P. 9

The Magic Number is 39



13. Body Mass Math

1. 62 inches
2. Rosa; 2 inches
3. 165 pounds
4. 66.7 inches
5. 19.48
6. 18.55

Unit 6

14. Fact or Fiction?

1. F
2. T
3. F
4. T
5. F
6. F
7. T
8. T
9. F
10. T

15. Breakfast Beaters

Menus will vary, but should include nutritious foods and take into account the needs of each teen described.

16. Unit Pricing

Answers will vary.

Unit 7

17. Planning for Health

Answers will vary.

18. Hints for Eating Out

1. fast-food
2. menu
3. server
4. tips
5. fruit
6. milk
7. entree
8. portions
9. sandwich
10. fried

11. toppings
12. au gratin
13. primavera
14. ethnic

19 Which Equipment?

Preferences will vary.

Equipment options:

1. Two knives, fork, pastry blender, mixing bowl
2. Mixing spoon, wire whisk, mixing bowl
3. Mixing spoon, sifter, mixing bowl
4. Rotary beater, mixer, mixing bowl
5. Wire whisk, rotary beater, mixer, mixing bowl
6. Wire whisk, rotary beater, mixer, mixing bowl
7. Sifter, mixing bowl
8. Mixing spoon, wire whisk, rotary beater
9. Chef's knife, shredder, food processor
10. Shredder, food processor
11. Mixing spoon, rubber scraper, mixing bowl
12. Chef's knife, food processor, blender
13. Wire whisk, rotary beater, mixer, mixing bowl
14. Wire whisk, mixing spoon, mixing bowl
15. Paring knife, peeler
16. Tongs, turner

20 Kitchen Organization

Cold Storage Center

Location: Around the refrigerator-freezer

Activities: Storing groceries, storing leftovers

Items stored there: Food storage containers, foil, plastic

wrap and bags

Cooking Center

Location: Around the range

Activities: Cooking food Items stored there: Pots and

pans; cooking tools; small cooking appliances; pot holders and oven mitts

Cleanup Center

Location: Around the sink

Activities: Washing fruits and vegetables, rinsing and washing dishes

Items stored there: Vegetable brush, colander, peeler, soaps, detergents; dish towels, dishcloths, other cleaning supplies

Student's own center

Answers will vary. Sample answer:

Mixing Center

Location: A countertop with free work space

Activities: Mixing ingredients, rolling and kneading

dough, preparing baking pans

Items stored there: Mixing bowls, measuring cups and spoons, baking ingredients (flour, sugar, spices, etc.), rolling pin, pastry board, baking pans

21 Recipe Math

Crunchy Bean Salad:

garbanzo beans: 1 $\frac{1}{2}$ cups

kidney beans: 1 $\frac{1}{2}$ cups

green peas: 1 cup

bean sprouts: $\frac{1}{2}$ cup

celery: $\frac{1}{2}$ cup

scallions: 4 Tbsp. or $\frac{1}{4}$ cup

yogurt: $\frac{1}{2}$ cup

mayonnaise: 4 Tbsp. or $\frac{1}{4}$ cup

garlic salt: 1 tsp.

celery salt: 1 tsp.
 pepper: 2 dashes or 1/4 tsp.
Buttermilk Toaster Pancakes
 eggs: 1 1/2 (students may round off to 1 or 2)
 brown sugar: 1/4 Tbsp. or 1/2 m tsp.
 flour: 1/2 cup
 baking powder: 1/2 Tbsp. or 1/2 tsp.
 salt: 1/4 tsp.
 buttermilk: 1/3 cup
 oil: 1 Tbsp.

Cooking Terms

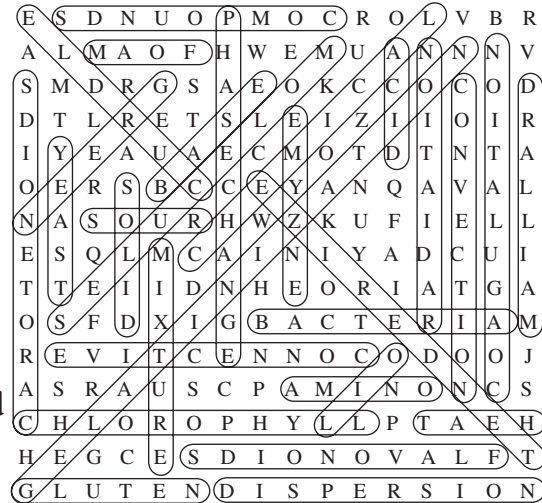
Examples will vary.
 Boil: To heat liquid (or cook in liquid) at the boiling point; saucepan
 Bread: To coat with crumbs or a flour-and-egg mixture; bowl or plate
 Chill: To refrigerate until cold; refrigerator
 Chop: To cut with an up-and-down motion into small irregular pieces; knife and cutting board
 Cream: To soften a fat before or while mixing it with another ingredient (usually sugar) to make the mixture light and fluffy; spoon or mixer, bowl
 Cut in: To distribute solid fat in small pieces evenly through dry ingredients; two knives, fork, or pastry blender, bowl
 Dice: To cut into small square pieces that are 1/4 inch or less on a side; knife, cutting board
 Fold: To blend delicate ingredients gently; rubber scraper, bowl

Grease: To rub cooking utensil lightly with a fat; paper towel
 Knead: To work dough with the hands by repeatedly folding, pressing, and turning it; board
 Preheat: To heat oven to desired temperature before putting in the food; oven

Roast: To cook uncovered in dry heat; oven, roasting pan, rack
 Simmer: To heat liquid (or cook in liquid) just below the boiling point; saucepan

Strain: To separate liquid from solid food; sieve or strainer

- 23. bacteria
- 24. heat
- 25. solid
- 26. green
- 27. tenderize
- 28. sour
- 29. carotenoids
- 30. acid



Hidden Science

- 1. amino
- 2. chlorophyll
- 3. base
- 4. curdle
- 5. enzyme
- 6. coagulation
- 7. mixture
- 8. convection
- 9. molecules
- 10. foam
- 11. gelatinization
- 12. gluten
- 13. chemical
- 14. radiation
- 15. phase change
- 16. flavonoids
- 17. connective
- 18. Maillard
- 19. yeast
- 20. dispersion
- 21. compounds
- 22. oil

24 Planning for Variety

Answers will vary.

Unit 8

25. Go with the Grain

- Grains:*
 brown rice
 pearl barley
 popcorn
 millet
 quinoa
- Cereals:*
 oatmeal
 bran flakes
 grits
 cornflakes
- Pasta:*
 noodles
 macaroni
 bow ties
 couscous
 spaghetti

Bread:
 bagel
 pita
 English muffin
 pizza crust
 biscuits
 tortillas
 muffins

26. Mixed Vegetables

1. wash
2. grilling
3. leafy greens
4. fiber
5. legumes
6. produce
7. snacks
8. tomato
9. tender-crisp
10. canned
11. deli
12. phytochemicals
13. corn
14. potatoes
15. in season
16. finger foods
17. spinach
18. edible
19. color
20. salad bar
21. crisper
22. frozen
23. carbohydrates

24. three
25. dried

27. Fruit Fun

1. citrus
2. fiber
3. peach
4. frozen
5. raisins
6. two
7. ripe
8. apple
9. avocado
10. jam
11. bruises
12. watermelon
13. juice
14. seeds
15. concentrate
16. flavor
17. nectar
18. dried
19. aroma
20. vitamin C
21. canned
22. carbohydrates
23. prune
24. pulp
25. red

28. Delicious

1. curdle
2. mozzarella
3. calcium
4. protein
5. yogurt
6. fat-free
7. lactose
8. evaporated
9. pudding
10. pasteurized

29. Protein Power

- A. 4
- B. 10

- C. 9
- D. 16
- E. 6
- F. 17
- G. 3
- H. 13
- I. 11
- J. 5
- K. 15
- L. 8
- M. 18
- O. 12
- P. 2

Magic Number: 39

30. Cracking the Code

1. complete protein
2. omelet
3. hummus
4. soft-cooked
5. unsaturated
6. complex
7. silken tofu
8. pods

Unit 9

31. What's in Your Salad?

Bread, Cereal, Rice, and Pasta Group:

macaroni
 croutons
 rice

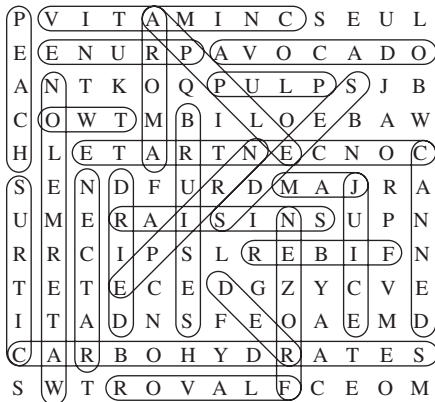
Vegetable Group:

romaine
 cabbage
 escarole
 carrots
 green peppers
 mushrooms
 spinach
 broccoli sprouts

Fruit Group:

raisins
 apples

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Continued on Next Page

watermelon
 bananas
 orange sections
Milk, Yogurt, and Cheese Group:
 yogurt
 cottage cheese
 cheddar
Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group
 garbanzos
 tuna
 chicken
 tofu
 walnuts
Fats, Oils, and Sweets:
 vinaigrette
 mayonnaise

32 Great Soups and Stews

1. protein
2. peanut
3. strawberry
4. noodles
5. broth
6. condensed
7. chowder
8. simmer
9. stew
10. gazpacho
11. rice
12. gumbo
13. milk

14. bouillon
15. freeze
16. borscht
17. stock
18. chili
19. carbohydrates
20. yogurt
21. puree
22. barley
23. chill
24. bisque
25. beans

33. Mixed-up Mixtures

1. baked
2. enchiladas
3. stir-fry
4. seasonings
5. nutrient-dense
6. jambalaya
7. precooked
8. wok

Secret Message:

Great combinations

34 Know Your Breads

Quick Breads-Types:

pancakes
 biscuits
 muffins
 cornbread

Quick Breads-Methods:

batter
 loaf pan
 baking soda

cut in griddle
 knead
 baking powder
Yeast Breads-Types:
 pizza
 bagels
 breadsticks
 sandwich bread
 focaccia
Yeast Breads-Methods:
 punch down
 loaf pan
 rising period
 knead
 yeast
 bread machine

35 Sandwich and Pizza Magic

- A. 1
- B. 6
- C. 8
- D. 5
- E. 7
- F. 3
- G. 9
- H. 2
- I. 4

The Magic Number is 15.

36 What's for Dessert?

1. pudding
2. sherbet
3. crisp
4. custard
5. shortened
6. fruit
7. gelatin
8. pastry
9. molded
10. angel food
11. bar
12. sorbet
13. cobbler

