

• ACTIVITY 1

Write each word listed below in the space next to the statement that best defines it.

vitality	nutrients	resistance
regulate	absorbed	protein
vitamins	minerals	essential
metabolism	stamina	hemoglobin
fecal	obesity	calories

- _____ 1. Ability of the body to protect itself from disease
- _____ 2. Group of substances necessary for normal metabolism, growth, and body function
- _____ 3. Ability of an organism to go on living
- _____ 4. The body's process of using food to make energy and nutrients
- _____ 5. Substances that nourish the body
- _____ 6. Body's strength or energy
- _____ 7. To control or adjust
- _____ 8. Necessary
- _____ 9. Complex chemical in the blood; carries oxygen and carbon dioxide
- _____ 10. Extreme fatness; abnormal amount of fat on the body
- _____ 11. Taken up or received
- _____ 12. Inorganic elements that occur in nature; essential to every cell
- _____ 13. Complex compound found in plant and animal tissues; essential for heat, energy, and growth
- _____ 14. Units of measurement of the fuel value of food
- _____ 15. Pertaining to feces, a solid waste product

• ACTIVITY 2

Make a poster identifying foods that supply different nutrients such as vitamins and their sources. Food pictures can be found in magazines, on the Internet, or you may draw them.

● **ACTIVITY 3**

1. Name the four functions of food.

1. _____
2. _____
3. _____
4. _____

2. Name the five basic nutrients, and explain how they maintain body function.

Basic Nutrients

How They Maintain Body Function

- | | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |

3. Explain the importance of water in the diet.

4. List at least three foods that are high in calcium.

1. _____
2. _____
3. _____

5. List at least three foods that are high in iron.

1. _____
2. _____
3. _____

6. List at least three foods that are high in iodine.

1. _____
2. _____
3. _____

7. Identify sources of fat in the diet.

8. Explain the difference between saturated and unsaturated fats.

9. Describe MyPlate, and explain why it is important.

10. Predict the health risks associated with inadequate and excessive intake of proteins, carbohydrates, fats, elements, vitamins, and water.

● ACTIVITY 4

1. Following the example in this first question, keep a record of what you eat for two full days. At the end of each day, determine whether you had a balanced diet. If not, how could you have balanced it?

Example:

MEAL	FOOD EATEN	FOOD GROUP/SERVING AMOUNT
Breakfast	1 banana	2 servings fruit
	1 slice toast with jelly	1 serving bread and cereal
	1/2 cup milk	1/2 serving dairy
	tea	zero
Lunch	fast-food hamburger:	
	3 oz. meat patty	1 serving meat
	bun	2 servings bread and cereal
	lettuce and tomato	1/2 serving fruit and vegetable
	20 French Fries	2 servings vegetable
	8 oz. soda	zero
Snack	apple	1 serving fruit
Dinner	spaghetti with tomato sauce:	
	2/3 cup spaghetti	1 serving bread and cereal
	1/2 cup tomato sauce	1 serving fruit and vegetable
	Lettuce salad	1 serving vegetable
	1 cup milk	1 serving dairy
Snack	candy bar	zero

2. Total the number of servings from each food group on your daily menu. Show how it is balanced, or what you could add to balance your diet. If you are an adult, you might add cheese and a glass of milk to lunch. A teen might add cheese to lunch and ice cream for an evening snack.

Day 1			
Meal	Food Eaten	Food Group/ Serving Amount	Foods Needed to Balance Diet
Breakfast			
Lunch			
Dinner			
Snack			
Total from each food group:			
To balance diet add:			

Day 2			
Meal	Food Eaten	Food Group/ Serving Amount	Foods Needed to Balance Diet
Breakfast			
Lunch			
Dinner			
Snack			
Total from each food group:			
To balance diet add:			

• ACTIVITY 5

1. Summarize what you learned from Activity 4 in the space below.

I Need to Eat More:

I Need to Eat Less:

2. Write a realistic action plan to help you follow the MyPlate guidelines.

● ACTIVITY 6

Prepare a one-week menu for your family. Total the food group servings for each day and demonstrate whether the daily intake is balanced according to MyPlate. Report your findings to the class.

● ACTIVITY 7

Complete each of the following conversions.

1. 6 teaspoons = _____ ml
2. 4 tablespoons = _____ cc
3. 8 tablespoons = _____ cup (s)
4. 2 pints = _____ fluid ounces
5. 250 ml = _____ cc
6. 12 teaspoons = _____ tablespoons
7. 4 tablespoons = _____ teaspoons
8. 10 fluid ounces = _____ ml
9. 3 pints = _____ cc
10. 2 cups = _____ ml

● ACTIVITY 8

Solve the following problems.

1. A dose of medicine is 1 tablespoon. How many doses does a 12-ounce bottle contain? _____
2. A container holds 10 pints of water. How many milliliters are needed to fill the container? _____
3. A patient receives 720 cc of blood. How many pints of blood did the patient receive? _____

• OBJECTIVES

When you have completed this section, you will be able to do the following:

- Match key terms with their correct meaning.
- List three factors that influence food habits.
- Select a correct therapeutic diet for physical disorders.
- Discuss characteristics and treatment of common eating disorders
- List four commonly abused substances and their negative impacts on the human body.

• ACTIVITY 1

Write each word listed below in the space next to the statement that best defines it.

therapeutic	preferences	metabolic
edema	gastrointestinal	deficient
colitis	ileitis	diabetes mellitus
soluble	atherosclerosis	anorexia nervosa
hypertension	lactation	

- _____ 1. Pertaining to all of the physical and chemical changes that take place in living organisms and cells
- _____ 2. Lacking something
- _____ 3. Pertaining to the treatment of disease or injury
- _____ 4. Able to break down or dissolve in liquid
- _____ 5. Priorities; first choices
- _____ 6. Condition of hardening of the arteries due to fat deposits that narrow the space through which blood flows
- _____ 7. Body's process of producing milk to feed newborns
- _____ 8. Swelling; abnormal or excessive collection of fluid in the tissues
- _____ 9. Inflammation of the ileum
- _____ 10. Pertaining to the stomach and intestine
- _____ 11. Inflammation of the colon
- _____ 12. Condition that develops when the body cannot change sugar into energy
- _____ 13. Loss of appetite with serious weight loss; considered a mental disorder
- _____ 14. High blood pressure

● **ACTIVITY 2**

1. List three factors that influence food habits.

1. _____
2. _____
3. _____

2. Name the therapeutic diet for each of the following.

- a. For a patient having trouble chewing or swallowing: _____
- b. To soothe the gastrointestinal system: _____
- c. For a patient with anorexia nervosa: _____
- d. To regulate the cholesterol in the blood: _____
- e. To reduce salt intake: _____
- f. To replace fluids lost by vomiting: _____
- g. For a patient with diabetes mellitus: _____
- h. For a patient with gallbladder and liver disease: _____

● **ACTIVITY 3**

Choose a therapeutic diet and make a poster depicting the foods in the diet. Tell why the diet is necessary.

● **ACTIVITY 4**

Compare and contrast anorexia nervosa with bulimia nervosa. Include a description of the disorders and their treatments.

• **ACTIVITY 5**

List four commonly abused substances and their impacts on the body.

1. Substance: _____
Impact: _____

2. Substance: _____
Impact: _____

3. Substance: _____
Impact: _____

4. Substance: _____
Impact: _____
