**Food & Nutrition Unit 3a Study Guide**

**For Unit 3a Test (Chapters 10—11)**

Be able to define the words below.

**From Chapter 10**

|  |
| --- |
| Nutrient density |
| Nutrition Facts Panel |
| Daily Value |
| Dietary Supplement |
| Herbal |
| Fraud |

**From Chapter 11**

|  |
| --- |
| Body mass index (BMI) |
| Overweight |
| Obese |
| Body fat percentage |
| Behavior modification |
| Emotional eating |
| Aerobic exercise |
| Anaerobic exercise |
| Fad diet |
| Minimize |

**Questions to think about and ponder while you study for the test**

**From Chapter 10**

Key Ideas:

* People need reliable \_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to make smart dietary choices.
* Dietary Guidelines for Americans is a source of \_\_\_\_\_\_\_\_\_\_\_\_-based advice on nutrition and fitness.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a guidance system that categorizes food into groups.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ are labels with information about the calories and nutrients and Daily Values of foods sold in containers.
* Dietary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can be useful additions to a healthful diet for some people.
* It is important to separate \_\_\_\_\_\_\_\_ from \_\_\_\_\_\_\_\_\_\_\_ when making choices about diet and nutrition.
* Name the three best reliable sources of nutrition information for consumers:
	1. –
	2. –
	3. –
* Foods with \_\_\_\_\_\_\_\_\_ nutrient density are low in nutrients.
* It is important to obtain calories from good sources and eat a \_\_\_\_\_\_\_\_\_\_\_ diet that meets nutritional needs.
* What are three principles of healthy eating?
	1. –
	2. –
	3. –
* Dietary supplements may be \_\_\_\_\_\_\_\_\_ for some people, like those who are ill.
* Most people do **not** need supplements because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a very large amount of a supplement, sometimes called high-potency.
* Many \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have been used for many years to treat illnesses.

Look at the chart on page 138. What quantities or amounts make up 1 serving of each of the following food groups?

|  |  |
| --- | --- |
| Fruits | * \_\_\_\_\_\_\_ medium fresh fruit
* \_\_\_\_\_\_\_ fresh, frozen, or canned fruit
* \_\_\_\_\_\_\_ dried fruit
* \_\_\_\_\_\_\_ fruit juice
 |
| Vegetables | * \_\_\_\_\_\_\_ raw, leafy vegetables
* \_\_\_\_\_\_\_ cooked or chopped raw vegetable
* \_\_\_\_\_\_\_ vegetable juice
 |
| Grains | * \_\_\_\_\_\_\_\_ bread (1 oz.)
* \_\_\_\_\_\_\_\_ dry cereal (1 oz.)
* \_\_\_\_\_\_\_\_ cooked rice, pasta, or cereal (1 oz.)
* \_\_\_\_\_\_\_\_ dry pasta or rice
 |
| Meat, Poultry, Fish, Dry Beans, Eggs, Nuts and Seeds | * \_\_\_\_\_\_\_\_ cooked lean meat, poultry, or fish
* \_\_\_\_\_\_\_\_ cooked, dry beans or peas (2 oz.)
* \_\_\_\_\_\_\_\_ egg (1 oz.)
* \_\_\_\_\_\_\_\_peanut butter (2 oz.)
* \_\_\_\_\_\_\_\_ nuts (1.5 oz.)
* \_\_\_\_\_\_\_\_seeds (1/2 oz.)
 |
| Milk, Yogurt, and Cheese (low fat or fat free) | * \_\_\_\_\_\_\_\_ milk (8 oz.)
* \_\_\_\_\_\_\_\_ yogurt
* \_\_\_\_\_\_\_\_ natural cheese
* \_\_\_\_\_\_\_\_ processed cheese
 |
| Fats and Oils | * \_\_\_\_\_\_\_\_soft margarine
* \_\_\_\_\_\_\_\_ low-fat mayonnaise
* \_\_\_\_\_\_\_\_ light salad dressing
* \_\_\_\_\_\_\_\_ vegetable oil
 |

* Briefly describe “nutrition fraud”.
* What are the seven advertising strategies used to convince you to buy products. Give a brief description of each strategy.
	1. –
	2. –
	3. –
	4. –
	5. –
	6. –
	7. –
* Be able to find information on a Nutrition Facts Panel

Draw MyPlate and label the colors and recommendations:

**From Chapter 11**

•The ideal body myth does not reflect how \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_.

•Many people risk their health to attain the kind of body they see in the media, rather than embrace their \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ and height, which are shaped by genetics.

•The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ epidemic is a serious problem with many consequences and causes.

•To maintain a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_, you should determine the weight that is right for you.

•Setting \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ goals, managing \_\_\_\_\_\_\_\_\_\_\_\_\_, and evaluating weight-loss plans are part of achieving a healthy weight.

It is possible to \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ weight through effort, discipline, and healthful eating and activities.

•The ideal body is a \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_.

•Overall \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are shaped by genetics.

•Many people risk their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to attain an unrealistic ideal.

•To achieve and maintain a healthy weight:

•\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the weight that is right for you.

•set \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

•manage \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

•\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ weight-loss plans.

* What is *the ideal body*?
* Name three factors or causes of the overweight epidemic.
1. –
2. –
3. –
* If energy intake and energy expenditure are out of balance, what can happen?
* What are four important components of a healthy weight loss plan?
1. –
2. –
3. –
4. –
* What is the difference between aerobic exercise and anaerobic exercise?
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_ weight can be just as challenging as losing weight.