

Homework–Check Your Nutrition Knowledge



Review the entire list of Vocabulary and Definitions section before doing this assignment.

Provide the word that matches these definitions:

1. _____ They contain the entire grain kernel: the bran, germ, and endosperm. Examples: bulgur, oatmeal, cornmeal, brown rice.
2. _____ The recommended amounts of key nutrients, based on 2,000 calories a day. The amounts shown for the DV nutrient levels for 2,000 and 2,500 calories are provided on many Nutrition Facts labels.
3. _____ Types of foods that are important sources of calcium for teens. Adolescents have a very critical need for calcium during their growth spurt. All calcium-rich food sources can help bones grow.
4. _____ The food guidance system developed by the U.S. Department of Agriculture to guide healthful eating and physically active living. It gives the amounts and kinds of foods you need daily from the five food groups, plus oils.
5. _____ Substances, found in food, that nourish your body. They should come primarily from foods. Some foods are fortified with them to meet a recognized public health need.
6. _____ Forms of fats that are liquid at room temperature.
7. _____ A fat that is solid at room temperature, such as the fat in meat, poultry skin, and foods made from whole milk. It increases blood cholesterol levels and the risk for heart disease.
8. _____ A lifestyle that is moderately physically active—that includes physical activity equivalent to walking about 1½ to 3 miles at 3 to 4 miles per hour, in addition to the light physical activity typical in day-to-day life.

Define or explain the meaning of three of the following words:

Calcium

Calories

Fluids

Lactose Intolerance

Serving Size

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Homework Lesson 1. MyPyramid Amounts of Foods—For YOU

Using the **MyPyramid Amounts of Foods—for YOU** chart, write the amounts YOU need from each food group. Identify the approximate amount of calories you need for a day. Write down how much more, or less, you need than the amounts of food recommended for each food group, at 2,000 calories.



	Your Age: _____ years		
Your Activity Level: Inactive _____ Somewhat Active _____ Active _____ Your Gender: Girl _____ Boy _____	Amounts of food for 2,000 calories.	Fill in the amounts of food for YOU	How much more (+) or less (-) do YOU need, compared to the amount recommended for 2,000 calories a day?
Fruits	2 cups	cups	(+) or (-) cups
Vegetables Group	2½ cups	cups	(+) or (-) cups
Milk Group	3 cups or equivalent	cups or equivalent	(+) or (-) cups or equivalent
Meat & Beans Group	5½ ounces or equivalent	ounces or equivalent	(+) or (-) cups or equivalent
Grains Group	6 ounces or equivalent	ounces or equivalent	(+) or (-) cups or equivalent

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Homework Lesson 3. Choose Foods for Their Nutrients

Locate some Nutrition Facts labels at home. Make a list of four foods that are HIGH (20% DV or higher) in calcium, fiber, or saturated fat, and give 5 foods that are LOW (5% DV or less) in saturated fat, cholesterol, or any vitamin.

Food(s) 1. low-fat milk 2. _____ 3. _____ 4. _____ 5. _____

HIGH in 1. calcium 2. _____ 3. _____ 4. _____ 5. _____

Foods 1. _____ 2. _____ 3. _____ 4. _____ 5. _____

LOW in 1. _____ 2. _____ 3. _____ 4. _____ 5. _____



Homework Lesson 4. Estimate the Amounts of Foods

Write down an estimate of the amount of each food you eat and each beverage you drink for one evening meal. Use the objects introduced in the class session to estimate amounts.

Food and Beverages	Estimated Amounts in cups or ounces
<p>Example: fat-free milk</p>	<p>12 ounces (or 1½ cups)</p>

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Homework Lesson 5. Put it all Together—Food for a Day

Describe another evening meal that has the same amount of food group foods as in Mom's Oriental Stir-Fry Dinner. Identify at least one food HIGH in calcium. Write the amounts of foods that you probably would eat.



DINNER Food and Beverages Amounts	In cups or ounces	Fruits Group	Vegetables Group	Milk Group	Meat & Beans Group	Grains Group
Green beans	1/2 cup		1/2 cup			

Foods HIGH in Calcium 1. _____ 2. _____ 3. _____

Amounts 1. _____ 2. _____ 3. _____

Homework Lesson 6. Move It to Keep Your Health in Balance

- Write three ways teens can be physically active almost every day.
- Write three health benefits of being physically active.
- Explain the "talk-sing test" as a way to measure a level of physical activity.

Ways to be Active

Health Benefits

1. _____ 1. _____

2. _____ 2. _____

3. _____ 3. _____

The **Talk-Sing Test** means that you can—(complete the sentence)

Vocabulary Challenge-Test



Provide the word that matches these definitions:

1. _____ Forms of fats that are liquid at room temperature.
2. _____ The food guidance system developed by the U.S. Department of Agriculture to guide healthful eating and physically active living. It gives the amounts and kinds of foods people need daily from the five food groups, plus oils.
3. _____ A fat that is solid at room temperature, such as the fat in meat, poultry skin, and foods made from whole milk. It increases blood cholesterol levels and the risk for heart disease.
4. _____ The recommended amounts of key nutrients, based on 2,000 calories a day. The amounts of nutrients for 2,000 calories or 2,500 calories is provided on many Nutrition Facts food labels.
5. _____ A description of living in a way that is moderately physically active. This lifestyle includes physical activity that is equal to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity of day-to-day life.
6. _____ Types of foods that are important sources of calcium for teens. Adolescents have a critical need for calcium during the growth spurt. All calcium-rich food sources can help bones grow.

Define the following three words:

Calcium _____

Calories _____

Serving Sizes _____

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Using the Nutrition Facts Panels–Test



Using the Nutrition Facts Panels below:

- Circle the nutrients that have a HIGH % DV for nutrients.
- Circle the Serving Size, and amount of calories on each label.

Write the name of a common object (a deck of cards, for example) equal to the Serving Size amount for each label.

30. Candy, red licorice

Nutrition Facts	
Serving Size 1 strip (9g)	
Servings Per Container 8	
Amount Per Serving	
Calories 30	
	%Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 20mg	1 %
Total Carbohydrate 6g	2 %
Dietary Fiber 0g	0 %
Sugars 4g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑

31. Cantaloupe

Nutrition Facts	
Serving Size 1/4 melon (157g)	
Servings Per Container 4	
Amount Per Serving	
Calories 50	
	%Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 30mg	1 %
Total Carbohydrate 12g	4 %
Dietary Fiber 2g	7 %
Sugars 14g	
Protein 1g	
Vitamin A 120% • Vitamin C 100%	
Calcium 2% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑

32. Carrots, canned

Nutrition Facts	
Serving Size 1/2 cup (73g)	
Servings Per Container 4	
Amount Per Serving	
Calories 20	
	%Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 30mg	1 %
Total Carbohydrate 4g	1 %
Dietary Fiber 1g	4 %
Sugars 2g	
Protein 0g	
Vitamin A 200% • Vitamin C 4%	
Calcium 0% • Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑

Extra Credit: Using food labels above, add up the total foods, for each of three nutrients.

	Vitamin A	Fiber	Iron
Carrots	_____	_____	_____
Cantaloupe	_____	_____	_____
Total	_____ % DV	_____ % DV	_____ % DV

- Write in the recommended amounts of food for each food group for a total of 2,000 calories for a day in the first column.
- Fill in the Amount of Food YOU Need in the second column in the chart:



Fill in your— Gender: Activity level:	Age:
MyPyramid food group amounts at 2,000 calories	Fill in YOUR Amounts
Fruits Group	cups
Vegetables Group	cups
Milk Group	cups or equivalent
Meat & Beans Group	ounces or equivalent
Grains Group	ounces or equivalent

Know Your Amounts–Test



On the chart below, fill in the foods, and amounts of foods, in common measures (such as ½ cup, 1 cup) that would take up an equal amount of space on a plate as the object in Column 1. (Include at least one food from each of the food groups.)

Object	Amount of Common Measure (in cups or ounces)	Examples of Foods From the Food Groups
baseball	1 cup – 8 ounces	
1 CD (and ½" thickness)		waffle
1 deck of cards		slice of meat
2 computer mice	1 cup – 8 ounces	
an 8-ounce carton		
small juice box		
9-volt battery	1 tablespoon	

Describe three health benefits of being physically active.

1. _____
2. _____
3. _____

• Identify the recommended amount of time teens should be physically active, and how often during the week.

minutes _____ days of the week _____

Extra credit-Test

- Fill in amounts (in household measures) for each food listed below to show how to meet the recommended amounts for the each food group, for 2,000 calories a day.
- Add up the total amounts in each food group and compare to what is needed for 2,000 calories a day.



Your Food for a Day

Fill in: your age: _____ gender: _____ physical activity level: _____

Amounts you need		2 cups	2½ cups	3 cups	5½ oz or equivalent	6 oz or equivalent
Food and Beverages	Amounts in cups or ounces	Fruits Group	Vegetables Group	Milk Group	Meat & Beans Group	Grains Group
Example: Green Beans	½ cup		½ cup			
Milk						
Cereal						
Orange Juice						
Sandwich						
tomato						
cheese						
meat						
Apple						
Milk						
Frozen juice bar						
Chili with meat						
beans						
tomatoes						
meat						
Cornbread						
Soft Margarine						
Carrot slices						
Milk						
Cookies						
	Total amount you ate					
Did you eat what you need?		Yes/No	Yes/No	Yes/No	Yes/No	Yes/No

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Answers to Test Questions



Vocabulary Challenge—ANSWERS

Provide the word that matches the following definitions:

- 1. Oils or Unsaturated Fats** Forms of fats that are liquid at room temperature.
- 2. MyPyramid** The food guidance system developed by the U.S. Department of Agriculture. It is a guide for healthful eating and active living. It gives the amounts and kinds of foods needed daily from the five food groups, plus oils.
- 3. Saturated Fat or *Trans* Fat** A fat that is solid at room temperature. It increases blood cholesterol levels and the risk for heart disease.
- 4. Daily Values** Daily Values (DVs) are recommended amounts of key nutrients, based on 2,000 calories a day. The amounts shown for the DV nutrient levels for 2,000 and 2,500 calories are provided on many Nutrition Facts labels.
- 5. Somewhat Active** A lifestyle that is moderately physically active. It includes physical activity that is equal to walking about 1.5 to 3 miles at 3 to 4 miles per hour, in addition to day-to-day life activities.
- 6. Milk or foods made from milk** Types of foods that are important sources of calcium for teens. Adolescents have a critical need for calcium during the growth spurt. All calcium-rich food sources can help bones grow.

Explain the meanings of the following three words:

Calcium A mineral nutrient that helps build and renew bones and teeth. It is also important in regulating the function of the heart, muscles, and nerves.

Calories (Food Energy) A way to measure the energy used by the body, and the energy that food supplies to the body.

Serving Size A fixed amount of food, such as 1 cup or 1 ounce, that can be used in making comparisons among similar foods. Serving Sizes are found on the Nutrition Facts label.

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Using the Nutrition Facts panels—ANSWERS



- Circle the nutrients that have a HIGH % DV.
- Circle the Serving Size and Calories on each label.
- Write the name of a common object (such as a deck of cards) equal to the Serving Size amount for each label.

30. Candy, red licorice

Nutrition Facts		
Serving Size 1 strip (9g)		
Servings Per Container 8		
Amount Per Serving		
Calories 30		
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	20mg	1 %
Total Carbohydrate	6g	2 %
Dietary Fiber	0g	0 %
Sugars	4g	
Protein	0g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

31. Cantaloupe

Nutrition Facts		
Serving Size 1/4 melon (157g)		
Servings Per Container 4		
Amount Per Serving		
Calories 50		
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	30mg	1 %
Total Carbohydrate	12g	4 %
Dietary Fiber	2g	7 %
Sugars	14g	
Protein	1g	
Vitamin A	120%	Vitamin C 100%
Calcium	2%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

32. Carrots, canned

Nutrition Facts		
Serving Size 1/2 cup (73g)		
Servings Per Container 4		
Amount Per Serving		
Calories 20		
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	30mg	1 %
Total Carbohydrate	4g	1 %
Dietary Fiber	1g	4 %
Sugars	2g	
Protein	0g	
Vitamin A	200%	Vitamin C 4%
Calcium	0%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Extra Credit: Using food labels above, add up the total % DV in two foods, for each of three nutrients.

	Vitamin A	Fiber	Iron
Carrots	200	7	2
Cantaloupe	120	4	0
Total	320% DV	11% DV	2% DV

- Write in the recommended amounts of food for each food group for a total of 2,000 calories for a day in the first column.
- Fill in the Amount of Food YOU Need in the second column in the chart:



Fill in your – Gender: Activity level:	Age:
MyPyramid food group amounts at 2,000 calories	Fill in YOUR Amounts
Fruits 2 cups	cups
Vegetables 2½ cups	cups
Milk 3 cups or equivalent	cups or equivalent
Meat & Beans 5½ ounces or equivalent	ounces or equivalent
Grains 6 ounces or equivalent	ounces or equivalent

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Know Your Amounts—ANSWERS



On the chart below, fill in the foods, and amounts of foods, in common measures (such as 1/2 cup, 1 cup) that would take up an equal amount of space on a plate as the object in Column 1. (Include at least one food from each of the food groups.)

Object	Amount of Common Measure (in cups or ounces)	Examples of Foods From the Food Groups
baseball	1 cup	apple, orange, scoop of rice, cereal
1 CD (and 1/2" thickness)	1-ounce slice	bread, waffle
1 deck of cards	2 to 3 ounces or 1 1/2 cup	meat, French fries
2 computer mice	1 cup – (= 2 half cups)	peach slices, peas, pasta
an 8-ounce carton	1 cup – (or 8 fluid ounces)	yogurt, low-fat milk
small juice box	1/2 cup	juice
9-volt battery	1 tablespoon	peanut butter

Describe three health benefits of being physically active

- Makes the most of physical appearance.
- Helps you feel good about yourself.
- Helps improve body weight.
- Increases physical fitness.
- Lowers the risk of type 2 diabetes, heart disease, hypertension, obesity, and some cancers.
- Builds muscle strength and stamina.
- Builds and maintains healthy bones, muscles, and joints.
- Promotes fun with family and friends.
- Improves relationships within your family.
- Reduces feelings of stress.
- Helps you sleep better.

Identify the recommended amount of time teens should be physically active, and how often during the week.

60 minutes every day or most or all days of the week.

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Extra credit:—ANSWERS



- Fill in amounts (in household measures) for each food listed below to show how to meet the recommended amounts for the each food group, for 2,000 calories a day.
- Add up the total amounts in each food group and compare to what is needed for 2,000 calories a day.

Your student's amounts of food may not reflect the pattern as shown on this answer page. Total amounts for each column should be close to the 2, 2½, 3, 5½, 6 pattern. Students will need to estimate how some foods need to be described as "equivalent" amounts (i.e. cheese is equivalent to cups of milk; beans can be counted in cups as part of the Vegetable Group or in ounces in the Meat and Beans Group.)

Your Food for a Day

Fill in: your age: _____ gender: _____ physical activity level: _____

Amounts you need		2 cups	2 1/2 cups	3 cups	5 1/2 oz	6 oz or equivalent
Food and Beverages Amounts	In cups or ounces	Fruits Group	Vegetables Group	Milk Group	Meat & Beans Group	Grains Group
Example: Green Beans	(1/2 cup)		(1/2 cup)			
Milk	1 cup			1 cup		
Cereal	1 cup					1 oz
Orange Juice	8 oz	1 cup				
Sandwich	2 slices bread					2 oz
tomato	2 slices tomato		¼ cup			
cheese	2 slices cheese			1 cup		
meat	ham = 2 oz				2 oz	
Apple	1 small apple	1 cup				
Milk	1 cup			1 cup		
Frozen juice bar	4 oz	½ cup				
Chili with meat						
beans	½ cup		½ cup			
tomatoes	½ cup		½ cup			
meat	2 oz				2 oz	
Cornbread	3 inch square					1 oz
Soft Margarine	1 Tbsp					
Carrot slices	1 cup		1 cup			
Milk	1 cup			1 cup		
Cookies	2 small					1 oz
	Total amount you ate	2½ cups	2¼ cups	4 cups	4 oz	5oz equivalent
Did you eat what you need?		Yes	No	Yes	No	No