

Backtrack

Through Chapter 4

Activity D

Chapter 4

Name _____

Date _____ Period _____

Provide complete answers to the following questions and statements about nutrition guidelines.

Recall the Facts

1. What does each of the following tell you about a nutrient?
 - A. RDA _____
 - B. EAR _____
 - C. AI _____
 - D. UL _____
2. What groups issue the DRIs? _____
3. List the two basic themes of the *2010 Dietary Guidelines for Americans*. _____

4. What is a nutrient-dense food? _____

5. List the names of the food groups in the MyPlate system. For each group, give the daily food amounts needed for a 2,000-calorie plan. _____

6. What does the size of the food group in the MyPlate graphic represent? _____

7. For the general population, the MyPlate system creates personalized food plans based on what factors? _____

8. How are food amounts measured when following a MyPlate food plan? _____

9. What are the six basic lists used to classify foods in the Exchange Lists for Meal Planning? _____

10. What information does the Percent Daily Values on a Nutrition Facts panel give? _____

(Continued)

- 11. Why would a food diary be a useful tool? _____

- 12. How can you use a computer to analyze your diet? _____

- 13. How can you use the MyPlate system in menu planning? _____

Interpret Implications

- 14. Explain who should use DRIs and for what purposes. _____

- 15. Explain why measuring food amounts is so important in learning to eat more healthfully. _____

- 16. Explain why descriptions of *low* and *high nutrient density* are more useful than the terms *junk food* and *health food* in describing the quality of a food. _____

- 17. Explain why someone might want to use the Exchange Lists for Meal Planning. _____

Apply & Practice

- 18. For which group or groups from the MyPlate system are you most likely to have trouble eating the recommended amounts of food? Why? _____

- 19. Identify two behaviors you could change to help you more closely follow the *Dietary Guidelines for Americans*. List four specific actions you will take to meet this goal.

- 20. Use the MyPlate "Food Planner" to plan a one-day menu featuring meals and snacks that meet your nutrient needs. Write in the menu below, making sure to include all needed amounts from each food group.

