

Tools for Healthful Eating

Activity A

Name _____

Chapter 4

Date _____ Period _____

Read the following statements about tools for planning a healthful diet. Circle *T* if the statement is true. Circle *F* if the statement is false.

- T F 1. RDAs are average daily intakes of nutrients required to meet the needs of most healthy people.
- T F 2. RDA stands for *Recommended Daily Allowances*.
- T F 3. RDAs are available for every known nutrient.
- T F 4. The EAR of a nutrient is the recommendation estimated to meet the needs of half the people in a group.
- T F 5. The UL is the amount of a nutrient you should consume every day.
- T F 6. The *2010 Dietary Guidelines for Americans* focuses on maintaining calorie balance over time and consuming nutrient-dense foods.
- T F 7. The *Physical Activity Guidelines for Americans* serves as the basis of most nutrition education programs in America.
- T F 8. A nutrient-dense food is one that provides vitamins, minerals, and other substances that have positive health effects but supply relatively few calories.
- T F 9. The *Dietary Guidelines* recommends increasing daily choices of foods that are SoFAS.
- T F 10. The MyPlate system divides foods into four main food groups.
- T F 11. Oils are not a food group.
- T F 12. MyPlate uses volume and weight measures to describe food amounts.
- T F 13. The Exchange Lists for Meal Planning system can be used to plan a healthy meal or follow a special diet.
- T F 14. The Exchange Lists classify foods using the same food groups as MyPlate.
- T F 15. Foods within an exchange list can be substituted for each other.
- T F 16. A doctor or dietitian should determine the number of exchanges from each list needed to meet your daily requirements.
- T F 17. Percent Daily Values on Nutrition Facts panels are based on a 2,000-calorie diet.
- T F 18. The best times to record food intake in a food diary are holidays and special occasions.
- T F 19. If you do not have a computer, you cannot do diet analysis.

Personal Plate

Activity C

Name _____

Chapter 4

Date _____ Period _____

For each section of the MyPlate graphic below, write in the name of the food group represented. Based on a 2,000-calorie diet, write in the recommended daily amounts for each of the five food groups. Then, list three of your favorite foods from each.

Name: _____

Name: _____

Amount: _____

Amount: _____

Favorites:

Favorites:

1. _____

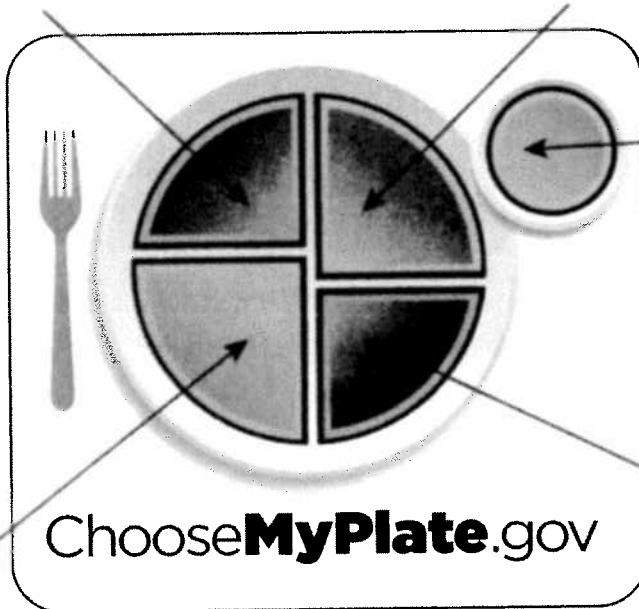
1. _____

2. _____

2. _____

3. _____

3. _____



Name: _____

Amount: _____

Favorites:

1. _____

2. _____

3. _____

Name: _____

Amount: _____

Favorites:

1. _____

2. _____

3. _____

Name: _____

Amount: _____

Favorites:

1. _____

2. _____

3. _____