

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.

Snack Inspection

Activity B

Name _____

Chapter 4

Date _____ Period _____

Compare the nutritional value of four familiar snack foods—potato chips, pretzels, tortilla chips, and a snack mix made from nuts and dried fruit. Before reading the food labels, make predictions about the nutritional value of these snacks. In the middle column of the chart below, record your predictions. Then inspect the food labels to complete the third column. Finally, write your conclusions in the space provided at the bottom of the page.

| | Prediction | Inspection |
|--------------------------|------------|------------|
| 1. Fewest calories | | |
| 2. Most calories | | |
| 3. Lowest sodium | | |
| 4. Lowest total fat | | |
| 5. Lowest sugar | | |
| 6. Highest saturated fat | | |
| 7. Highest trans fat | | |
| 8. Highest cholesterol | | |
| 9. Highest dietary fiber | | |
| 10. Highest protein | | |
| 11. Highest vitamin C | | |
| 12. Highest calcium | | |
| 13. Highest iron | | |

Conclusions:

(Continued)