

## ACTIVITY 1B:

### THE SIX NUTRIENTS STUDENT WORKSHEET

- List the six nutrients. \_\_\_\_\_
- What are simple sugars? \_\_\_\_\_
- What are complex carbohydrates? \_\_\_\_\_
- Why is fiber important? \_\_\_\_\_
- What do amino acids build? \_\_\_\_\_
- What can happen if you eat too much saturated fat? \_\_\_\_\_
- What are vitamins? \_\_\_\_\_
- If a person cannot digest milk products, where can they get calcium? \_\_\_\_\_
- What does the body use water for? \_\_\_\_\_
- What happens if your body does not have the right amount of water? \_\_\_\_\_

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### ACTIVITY 4A FOOD LABELS STUDENT WORKSHEET

Remember that an important recommendation especially for Americans, is to keep the percent of calories from fat less than or equal to 30%. To find the percent of calories from fat:

Example:

#### Nutrition Facts

Serving Size 1 cup (252g)  
Servings Per Container about 2

Amount Per Serving

Calories 220    Calories from Fat 30

- Divide the calories from fat by the total number of calories.  

$$\frac{\text{calories from fat}}{\text{total calories}} = \frac{30}{220} = 0.1363636$$
- Multiply by 100 to change the decimal into a percent.  

$$0.1363636 \times 100 = 13.63636\%$$
- Round to the nearest whole percent.  

$$13.63636\% = 14\%$$

#### REFRIED BEANS

Nutrition Facts	
Serving Size: $\frac{1}{2}$ cup (128g) Servings Per Container about 3.5	
Amount Per Serving	% Daily Value
Calories 120    Calories from Fat 20	
Total Fat 2g	3%
Saturated Fat 0.5g	1%
Sodium 550mg	23%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	24%
Sugars 1g	
Protein 7g	

- How much is one serving of beans? \_\_\_\_\_
- How many calories are in one serving of beans? \_\_\_\_\_
- How many calories from fat are in one serving of beans? \_\_\_\_\_
- Find the percent of calories from fat in these beans. \_\_\_\_\_
- How many calories are in one cup of beans? \_\_\_\_\_

#### PEANUT BUTTER SANDWICH CRACKERS

Nutrition Facts		% DV*		% DV*	
Serving Size 1 package (38g) Servings Per Container 8					
Calories 130    Calories from Fat 60					
Total Fat 2g	4%	Total Carbohydrate 22g	7%	Sugars 4g	
Saturated Fat 2g	4%	Dietary Fiber less than 1g	3%	Protein 5g	
Cholesterol less than 5mg	1%				
Sodium 420mg	18%				
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%					

- What is the serving size of the peanut butter sandwich crackers? \_\_\_\_\_
- How many calories are in one serving of crackers? \_\_\_\_\_
- How many calories from fat are in one serving of crackers? \_\_\_\_\_
- Find the percent of calories from fat in the crackers. \_\_\_\_\_
- If there are six crackers per package, how many calories in one cracker? \_\_\_\_\_

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## ACTIVITY 2A: STUDENT WORKSHEET

### CLASSIFYING FOODS

1. Place the following foods in the correct food group.

Pinto beans	Macaroni	Zucchini	Spaghetti	Meatballs
Tomatoes	Oatmeal	Broccoli	Pickle	Mushrooms
Watermelon	Corn	Rice	Toast	American cheese
Saltine crackers	Carrots	Pancake	Grapes	Orange juice
Peanut butter	Yogurt	Sausage	Chicken	Vegetable soup
Hamburger patty	Potato	Tortilla	Raisins	Green beans
Cauliflower	Apple	Biscuit	Muffin	Tuna fish
Raisin bran	Squash	Catfish	Egg	Cornbread
Cucumber	Ham	Spinach	Banana	Hot dog
Noodles	Milk	Shrimp	Strawberry	Swiss cheese

Bread Group	Fruit Group	Vegetable Group	Protein Group	Dairy Group
Breads, cereals, rice, and pasta	Fruits	Vegetables	Meat, poultry, fish, dry beans, eggs, and nuts	Milk, cheese, and yogurt

- Add one food to each group which is not on the list.
- Circle your favorite food in each group.

## ACTIVITY 2D: STUDENT WORKSHEET

### COMBINATION FOODS

There is one other category of food. This category is the fat and sugar category. Fat and sugar are not a food group. Fat and sugar are in many of the foods we eat, and our bodies need fat and sugar. However, foods that contain more fat and sugar than anything else are not good for us. Some examples of foods in this category are soda, candy bars, butter, and mayonnaise.

Many of the foods we eat are combined from different ingredients and different food groups. Break down each food into its ingredients. Use the code to mark which food group each ingredient belongs to.

**Code:**

**B** (*Bread*) — Breads, cereals, rice and pasta

**F** (*Fruits*) — Fruits

**V** (*Vegetables*) - Vegetables

**P** (*Protein*) — Meat, poultry, fish, dry beans, eggs, and nuts

**D** (*Dairy*) — Milk, cheese and yogurt

**S** (*Sugar*) — Sugar and fat \**remember this is not a food group*\*

Ex. Fajita with guacamole

<b>Ingredients</b>	<b>Code</b>
Tortilla	B
Meat	P
Avocado	F

Ex. French fries

Potato	V
Oil	S

- Pepperoni pizza
- Lasagna
- Cheese enchilada

- Peanut butter & jelly sandwich
- Cheeseburger with mayonnaise and pickles