

# Directed Reading

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## Lesson: Nutrition and Diet

1. \_\_\_\_\_ is the study of how your body uses the substances found in food to maintain your health.

### NUTRITION AND YOUR HEALTH

2. List three ways your body uses food to stay healthy.

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### HOW YOUR BODY USES FOOD

3. \_\_\_\_\_ is the process in which food is broken down into a form that your body can use.
4. List the steps involved in digestion.

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5. \_\_\_\_\_ are the substances found in food that your body needs to function properly.

6. The body turns nutrients into usable energy through a process called \_\_\_\_\_.

### YOUR DIET AND FOOD CHOICES

7. What is a diet?

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**Directed Reading** *continued*

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**8.** List six factors that affect food choices.

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**9.** Describe two reasons why people might eat even when they aren't hungry.

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**Lesson: The Six Essential Nutrients**

**THE NUTRIENTS YOU NEED**

**10.** The nutrients you get from food are called \_\_\_\_\_.

**11.** List the six essential nutrients.

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**CARBOHYDRATES**

**12.** Carbohydrates can be \_\_\_\_\_ or

\_\_\_\_\_.

**13.** Give two examples of starches.

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**14.** All sugars are eventually broken down to give you \_\_\_\_\_.

**Directed Reading *continued***

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**FATS**

\_\_\_\_\_ 15. Fats

- a. are unnecessary in your diet.
- b. store energy and some vitamins.
- c. make foods smell and taste bad.
- d. are low in calories.

16. Fats contain more \_\_\_\_\_ than any other nutrient does.

**PROTEINS**

17. List two benefits of proteins.

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18. Name three good sources of proteins.

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**VITAMINS AND MINERALS**

19. Organic compounds that control many body functions are

\_\_\_\_\_.

20. Name two minerals that help regulate blood pressure.

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21. \_\_\_\_\_ is necessary for your blood to deliver oxygen to your cells.

**WATER**

22. Your body uses water to \_\_\_\_\_ food and nutrients.

23. Name six good sources of water.

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**Directed Reading** *continued*

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**Lesson: Balancing Your Diet**

**24.** Which three tools can help you make a healthy food choice?

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\_\_\_\_\_

**THE DIETARY GUIDELINES FOR AMERICANS**

**25.** Following the dietary guidelines will help you develop healthy

\_\_\_\_\_.

**26.** What are the ABCs for good health?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**THE FOOD GUIDE PYRAMID**

**27.** Why should you follow the Food Guide Pyramid? Explain your answer.

\_\_\_\_\_

\_\_\_\_\_

**28.** A food group is made up of foods that contain similar

\_\_\_\_\_.

**THE NUTRITION FACTS LABEL**

**29.** Name the four sections on a Nutrition Facts label.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**30.** You can tell whether a food is high or low in a nutrient by looking at its

\_\_\_\_\_.

**Directed Reading** *continued*

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**WHAT IS A SERVING SIZE?**

**31.** The Food Guide Pyramid and the Nutrition Facts Label tell you how much food makes up one \_\_\_\_\_.

**32.** What is a serving size?

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**WHAT IS A PORTION?**

**33.** Our \_\_\_\_\_ size depends on how much we want to eat.

**34.** A portion is not the same as a \_\_\_\_\_.

**Lesson: Building Healthful Eating Habits**

**35.** An important meal that gives you energy to start the day is

\_\_\_\_\_.

**EATING A HEALTHY BREAKFAST**

**36.** Why do some teens skip breakfast?

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**37.** Give an example of a healthy breakfast.

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**SNACKING WELL**

\_\_\_\_\_ **38.** Snack foods

- a.** are always bad for you.
- b.** can be low in fat and healthful.
- c.** will make you hungrier at mealtimes.
- d.** should be bought from vending machines.

**Directed Reading** *continued*

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**EATING OUT**

**39.** Explain how eating fast food can fit into a well balanced diet.

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**40.** \_\_\_\_\_ is a method of cooking that is usually low in fat.

**EATING AT HOME**

**41.** Using the \_\_\_\_\_ and the \_\_\_\_\_ can help you make healthy eating choices at home.