



Pathfinder's Name

Nutrition

1. Describe the food pyramid guide.

List the number of servings required from each group per day.

| Food Pyramid | Number of servings |
|--------------|--------------------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |

Why is it important to eat a balanced diet?

2. Explain the difference between the following:

Lacto-ovo vegetarian _____

Ovo vegetarian _____

Vegan vegetarian _____

3. Plan a two-day menu, containing a balanced lacto-ovo vegetarian diet utilizing the food pyramid guide. (Complete chart)

4. What is another name for

Vitamin B1 _____

Vitamin B2 _____

5. List at least three significant food sources of the following nutrients:

| | Source 1 | Source 2 | Source 3 |
|------------|----------|----------|----------|
| Vitamin C | _____ | _____ | _____ |
| Vitamin A | _____ | _____ | _____ |
| Vitamin B1 | _____ | _____ | _____ |
| Vitamin B2 | _____ | _____ | _____ |
| Iron | _____ | _____ | _____ |
| Calcium | _____ | _____ | _____ |

6. Why is it important to drink plenty of water every day?

How much water should you drink every day?

7. Name three common diseases that can be controlled by diet.

1. _____ 3. _____

2. _____

8. What is the difference between whole wheat flour and white flour.

Whole wheat flour _____

White flour _____

Which one has the higher nutritive value?

9. What does RDA stand for?

What does it mean?

- ❑ 10. Why is it important not to take excessive amounts of some vitamins and minerals?

Nutrition Chart

Plan a two day menu containing a balanced lacto-ovo vegetarian diet from the food pyramid

| | BREAKFAST | LUNCH | DINNER |
|-------|-----------|-------|--------|
| Day 1 | | | |
| Day 2 | | | |

Nutrition, Advanced

- 1. Have the Nutrition Honor.
- 2. Read a book about Nutrition.
- 3. Keep a food diary on yourself for one week. (See chart)
- 4. Calculate the total nutrients of the following in your diet each day: (See chart)
 - a. Calories
 - b. Protein
 - c. Iron
 - d. Calcium
 - e. Vitamin A
 - f. Thiamine
 - g. Riboflavin
 - h. Niacin
 - i. Vitamin C or ascorbic acid
- 5. How do the number of nutrients in your diet compare with the Recommended Daily Allowance chart? (See chart)
- 6. Explain why a high fiber diet is important, and tell how this can be obtained.

- 7. Name three diseases due to malnutrition, and describe the symptoms of each.

| Diseases | Symptoms |
|----------|----------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |

8. What are the symptoms of vitamin B12 deficiency?

9. What advice would you give a person who decided to be a total vegetarian?

10. What is the difference between saturated and unsaturated fats?

Saturated fats _____

Unsaturated fats _____

Which is the most healthful, and why?

Why _____

11. Why is it advisable to use less sugar in the diet?

List several ways in which this may be accomplished.

12. What are amino acids?

How many are needed to make all the proteins in the body?

What is meant by essential amino acids?

How many of them are essential?

Where can you get all the essential amino acids?

13. Know the difference between water and fat soluble vitamins.

Water soluble vitamins _____

Fat soluble vitamins _____

What are two common vitamins that are fat soluble?

1. _____ 2. _____

What are two vitamins that are water soluble?

1. _____ 2. _____

14. Using the book *Counsels on Diet and Foods* by Ellen G. White, write a paragraph on the benefits of a lacto-ovo vegetarian diet.

Nutrition, Advanced Chart

Do the following:

1. Keep a food diary for one week on yourself.
2. Calculate the total nutrients each day
3. Compare the nutrients in your diet with the RDA.

| | MORNING | NOON | EVENING | Nutrient Totals | | RDA |
|-------|---|---|---|-----------------|---|-----|
| Day 1 | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | |
| Day 2 | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | |
| Day 3 | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | |
| Day 4 | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | |

Nutrition, Advanced Chart (cont.)

- Do the following:
1. Keep a food diary for one week on yourself.
 2. Calculate the total nutrients each day
 3. Compare the nutrients in your diet with the RDA.

| | MORNING | NOON | EVENING | Nutrient Totals | | RDA |
|-------|---|---|---|-----------------|---|-----|
| Day 5 | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | |
| Day 6 | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | |
| Day 7 | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | | Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C | |