

Florida Nutrition Training Guide

Nutrition Education Series

Workbook

for the

Basic Nutrition Module

Revised June 2007



Staff Member: _____

Local Agency: _____

Supervising Nutritionist: _____

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Introduction to the Workbook for the Staff Member

After completing each assigned set of *Self-Check* questions in your *Workbook*, you should **immediately** correct your responses by using the *Answer Key to the Self-Check Questions* that follows the *Self-Check* questions.

If you do not know the answer to one of the questions, reread the text to find the correct answer.

When you have finished reading/studying the module and have completed and corrected your own *Self-Check* responses, go to the *Practical Activity* in this *Workbook* and complete the assignments there. Be sure to read the *Instructions for Doing the Practical Activity*, which can be found at the beginning of the *Practical Activity*.

When you complete the *Practical Activity*, turn in your completed *Workbook* to your Supervising Nutritionist who will, in turn, correct/evaluate your completed *Practical Activity*. Also, he/she will do a quick review of your Self-Check answers for completeness.

Record all your answers directly in this Workbook.

Self-Check Questions

for the Basic Nutrition Module

- 1) There are several factors that influence how we make food choices. List 5 of these factors.
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
- 2) Define nutrition:

- 3) Food is only one factor that can help make a person healthy. List 3 other factors that must be considered when we consider a person's health status.
 - a) _____
 - b) _____
 - c) _____
- 4) What is digestion?

- 5) All digested foods are absorbed through the:
 - a) esophagus
 - b) stomach
 - c) small intestine
 - d) large intestine

- 6) Bile is a digestive juice to help in the digestion of fat and is normally stored in the:
- a) small intestine
 - b) liver
 - c) pancreas
 - d) gallbladder

Stop now and check your answers against the Answer Key before proceeding to the next section. The Answer Key to the Self-Check Questions for the Basic Nutrition Module begins on page 21 of this Workbook.

The line that divides each group of Self-Check Questions indicates that you should STOP NOW to check your answers before you move ahead to the next section of the Module.

- 7) List the 4 reasons nutrients are needed by the human body.
- a) _____
 - b) _____
 - c) _____
 - d) _____
- 8) List the 6 categories of nutrients needed by the human body.
- a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
 - f) _____
- 9) What are the 3 nutrients that provide energy to the body?
- a) _____
 - b) _____
 - c) _____

10) _____ is the unit of measurement of energy in a food.

11) Write the number of calories contained in one gram of the following:

- _____ water
- _____ protein
- _____ carbohydrates
- _____ fat
- _____ alcohol

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statement:

12) _____ “Empty calorie foods” are generally foods that are high in nutrients and low in calories.

13) Water is the most abundant nutrient in the body, making up about _____% of an adult’s body weight.

- a) 30%
- b) 90%
- c) 60%

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

14) _____ The vast majority of healthy people adequately meet their daily water needs by letting thirst be their guide.

15) _____ Moisture in food accounts for less than 5 percent of total water intake.

Remember, a bold line means: Stop now and check your answers.

Fill in the blank with one of the choices provided below the statement:

- 16) _____ are the building blocks of all proteins.
- a) Insulin
 - b) Enzymes
 - c) Amino acids
 - d) Red blood cells
- 17) Complementary proteins are 2 foods which each supply the amino acids which are in limited amounts in the other. List 3 examples of 2 foods which are complementary proteins.
- a) _____ and _____
 - b) _____ and _____
 - c) _____ and _____

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statement:

- 18) _____ Consuming *extra* protein is necessary to build *extra* muscles.
-

- 19) The brain and central nervous system’s main source of energy is supplied in the form of:
- a) ketones
 - b) glucose
 - c) protein
 - d) fats
- 20) There are 2 categories of sugars. List the 2 categories and give 2 examples of each category.
- a) _____ Examples: _____
 - b) _____ Examples: _____

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

- 21) _____ It is common practice for nutritionists to encourage a low carbohydrate diet.
- 22) _____ Meats and fats do not contain any carbohydrates.
- 23) _____ Concentrated sugars usually contain only a few, if any, vitamins and minerals.
- 24) _____ Fiber cannot be broken down by the human digestive enzymes and is not absorbed by the body.

25) List 2 categories of complex carbohydrates:

- a) _____
- b) _____

26) Circle the type of fiber that may help lower cholesterol levels in the body.

- a) insoluble
- b) soluble

27) List 3 benefits of fiber in the diet.

- a) _____
- b) _____
- c) _____

28) The National Academy of Sciences recommends that an individual consuming 2,000 calories per day should consume _____ grams of dietary fiber per day.

- a) 14
- b) 28
- c) 35
- d) 42
-

29) The basic units of fat in the body are:

- a) cholesterol
- b) fatty acids
- c) hormones
- d) omega 3-fatty acids

30) List 3 functions of fat in the body.

- a) _____
- b) _____
- c) _____

31) List 2 foods that are high in the following types of fats.

Saturated fats:

- a) _____
- b) _____

Unsaturated fats:

- a) _____
- b) _____

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

32) _____ Cholesterol is found only in animal foods.

33) _____ A product labeled “fat free” is also “calorie free.”

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

34) _____ Vitamins and minerals are needed by the body to supply calories.

35) _____ It is normally safe to take vitamin and mineral supplements that provide up to 10 times the amount needed by the body.

36) List 3 examples of times when the body may need vitamin and mineral supplements in addition to what a balanced and varied diet can provide.

- a) _____
- b) _____
- c) _____

37) List 3 functions of vitamin C.

- a) _____
- b) _____
- c) _____

38) Vitamins A, D, E, and K are known as the fat-soluble vitamins. List one function for each vitamin **and** 2 foods rich in each vitamin.

Vitamin A

Function:_____ List 2 Foods:_____

Vitamin D

Function:_____ List 2 Foods:_____

Vitamin E

Function:_____ List 2 Foods:_____

Vitamin K

Function:_____ List 2 Foods:_____

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

- 39) _____ Water-soluble vitamins are stored in the body.
- 40) _____ Intakes of excess amounts of vitamin A supplements have been found to cause birth defects.
- 41) _____ Ascorbic acid is another name for vitamin K.
- 42) _____ Current research supports taking megadoses of vitamin C to prevent colds and infections.
- 43) _____ People who smoke need about twice as much vitamin C each day as compared to non-smokers.

44) List 3 tips to help retain vitamin C in foods.

- a) _____
- b) _____
- c) _____

45) Folic acid is especially important for women of child-bearing age to help prevent _____ in newborns.

- a) blindness
- b) neural tube defects
- c) rickets
- d) scurvy

46) The amount of synthetic folic acid that a woman of child-bearing age should consume from supplements or fortified foods, in addition to consuming food folate from a varied diet, is _____ micrograms of folic acid per day.

- a) 200
- b) 400
- c) 20
- d) 40

47) The 2 main categories of minerals are major and trace minerals. Both categories are essential, however, trace minerals are needed in smaller amounts. ***Place a check mark beside the appropriate category for each mineral listed.***

	Major	Trace
Calcium	_____	_____
Fluoride	_____	_____
Iodine	_____	_____
Iron	_____	_____
Sodium	_____	_____

- 48) Goiter is a condition of an enlarged thyroid caused by a deficiency of _____.
This is the reason that this mineral is added to salt.
- a) zinc
 - b) sodium
 - c) iron
 - d) iodine
- 49) _____ is a mineral important for the formation and maintenance of bones.
- a) sodium
 - b) iron
 - c) calcium
 - d) zinc
- 50) Nearly _____ percent of the body's bone mass is formed during adolescence.
- a) 10
 - b) 30
 - c) 50
 - d) 70
- 51) A disease/condition that occurs when bones become porous or full of holes is called _____.
- 52) The body needs vitamin _____ to make calcium available to the bloodstream.
- a) D
 - b) A
 - c) E
 - d) K
- 53) Those individuals likely to not get enough calcium include:
- a) _____ Why? _____
 - b) _____ Why? _____
 - c) _____ Why? _____

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

- 54) _____ Around the age of twenty, the body’s bone mass begins to lose more calcium than it gains.
- 55) _____ Fluoride is important for preventing and controlling dental caries.
- 56) _____ All children should be given fluoride supplements to help prevent dental caries.
- 57) _____ Substances in coffee and tea decrease iron absorption.
- 58) _____ Eating vitamin C-rich foods with foods containing iron decreases iron absorption.
- 59) Iron is needed to form hemoglobin in the body. This hemoglobin combines with _____ to turn the blood red.
- a) carbon dioxide
 - b) oxygen
 - c) magnesium
 - d) potassium
- 60) List the 2 forms of iron found in foods **and** give 2 food sources for each form:
- a) Form _____ List 2 Food Sources _____
 - b) Form _____ List 2 Food Sources _____

61) List 4 diseases linked to poor diet and physical inactivity.

- a) _____
- b) _____
- c) _____
- d) _____

Fill in each blank with the correct word:

- 62) The *Dietary Guidelines for Americans* provides science-based advice to promote health and to reduce the risk for chronic diseases through _____ and _____.

Circle each phrase which correctly completes the statement below. There can be more than one correct answer.

63) The *Dietary Guidelines for Americans* recommends:

- a) that nutrients consumed should come primarily from vitamin and mineral supplements.
- b) that Americans limit intake of saturated fat and *trans* fat.
- c) a diet that provides all nutrients needed for growth and health.
- d) that nutrients consumed should come primarily from foods.

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

- 64) _____ Poor diet and physical inactivity are the most important factors contributing to the increase in overweight and obesity in the United States.
- 65) _____ Americans generally eat nutrient-dense forms of foods.
-

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

- 66) _____ Preventing excess weight gain is critical because prevention is easier to accomplish than trying to lose weight once you are overweight or obese.
- 67) _____ One measure used to approximate body fat is the body mass index (BMI).
- 68) _____ Portion sizes have not increased significantly over the past 20 years.
- 69) _____ Diets that provide very low or very high amounts of protein, carbohydrates, or fat are not advisable for long-term use.
-

- 70) List the 4 types of foods that most people should be encouraged to eat:
- a) _____
 - b) _____
 - c) _____
 - d) _____
- 71) For a 2,000 calorie daily intake, how many cups of fruits and vegetables are recommended per day?
- a) 1 cup ($\frac{1}{2}$ cup each of fruits and vegetables)
 - b) 3 cups (1 cup of fruits and 2 cups of vegetables)
 - c) $4\frac{1}{2}$ cups (2 cups of fruits and $2\frac{1}{2}$ cups of vegetables)
 - d) 6 cups (3 cups each of fruits and vegetables)
- 72) How many cups of fat free or lowfat milk or equivalent milk products should be consumed daily by adults and children 9 years of age and older?
- a) 2
 - b) 3
 - c) 4
 - d) 5
- 73) How many ounce-equivalents of **whole grain** products should be consumed each day?
- a) 1 or more
 - b) 2 or more
 - c) 3 or more
 - d) There is no recommended amount.

Fill in each blank with the correct number:

- 74) To reduce the risk of chronic disease, adults should engage in _____ minutes of physical activity on most days of the week.
- 75) To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood, an individual should participate in _____ minutes of moderate-intensity to vigorous-intensity physical activity on most days of the week while not exceeding calorie intake requirements.
-

Fill in each blank with the correct number:

76) Americans should consume less than _____ percent of calories from saturated fat.

77) For adults, total fat intake should be between _____ to 35 percent of calories.

Circle the one correct response:

78) Most fats should come from polyunsaturated fats found mainly in:

- a) nuts
- b) whole milk
- c) fish
- d) butter
- e) vegetable oils
- f) all of the above
- g) a, c, and e

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

79) _____ *Trans* fat intake should be increased.

80) _____ Refined grains are usually high in fiber.

81) _____ Legumes such as dry beans and peas should be consumed several times per week.

82) _____ Regular soft drinks are the major source of added sugars in the American diet.

Fill in each the blank with the correct number:

83) The Dietary Guidelines recommends that Americans consume less than _____mg of sodium (approximately 1 teaspoon of salt) per day.

84) Approximately _____ percent of salt is derived from salt added by food manufacturers.

85) List 2 dietary measures that may help people lower their blood pressure:

- a) _____
- b) _____

86) List 4 foods that are very good sources of potassium.

- a) _____
- b) _____
- c) _____
- d) _____

87) List 5 groups of individuals who should avoid alcoholic beverages.

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

- 88) _____ Alcoholic beverages supply calories but few essential nutrients.
- 89) _____ Heavy drinkers of alcoholic beverages are not at risk of malnutrition when calories from alcohol are substituted for those in nutritious foods.
-

90) The temperature range in which bacteria is most likely to growth in food is between _____°F and _____°F.

- a) 0 and 140
- b) 40 and 140
- c) 145 and 165
- d) 160 and 180

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

- 91) _____ When preparing food, it is essential to wash hands often, particularly before and after handling raw meat, poultry, and seafood.
- 92) _____ Moisture on produce may promote survival and growth of harmful pathogens. Therefore, drying the food is critical if the item will not be eaten or cooked right away.
- 93) _____ Raw meat and poultry should be washed before cooking.
- 94) _____ Pregnant women and older adults are at risk of developing listeriosis.

Fill in each blank with the correct word:

95) The refrigerator should be set no higher than ____ °F and the freezer at ____ °F or lower.

96) Refrigerator leftovers may become unsafe in ____ to ____ days.

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

97) ____ The MyPyramid symbol illustrates personalization, gradual improvement, physical activity, variety, moderation, and proportionality.

98) ____ The MyPyramid food guidance system utilizes interactive technology found on the MyPyramid.gov website.

99) ____ MyPyramid’s daily calorie levels are based on a person’s age, gender, and physical activity level.

100) There are 5 food groups within MyPyramid. They are:

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

101) What is the difference between portion size and serving size?

102) List 3 ways you can increase your physical activity.

- a) _____
- b) _____
- c) _____

Fill in each blank with the correct word:

103) Oils are _____ at room temperature while solid fats are _____ at room temperature.

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

104) _____ The net quantity listed on a food package is the weight of the food and the package combined.

105) _____ The % Daily Value is the term used to describe how much of the recommended amount is contained in one serving of the food.

106) _____ The Food Allergen Labeling and Consumer Protection Act of 2004 requires that the label of a food declare the presence of a major food allergen. The major food allergens are milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans.

107) A “reduced” product must have been altered to contain at least _____ percent less of a nutrient or calories to be listed as such.

- a) 10
- b) 15
- c) 25
- d) 30

108) For a food product to be labeled “low fat,” it must contain _____ grams or less of fat per serving.

- a) 0.5
- b) 1
- c) 3
- d) 10

109) List 5 pieces of information about a food item's nutritional content that must be listed on the Nutrition Facts panel.

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

110) Daily Values, which allow you to compare various foods, are based on an intake of _____ calories a day.

- a) 1,200
 - b) 1,800
 - c) 2,000
 - d) 2,500
-

111) List 3 underlying factors that influence a person's food choices and briefly describe how each affects the choice.

- a) _____
 - b) _____
 - c) _____
-

112) The 4 categories of vegetarians are listed below. Match the category to the description that best matches the type of vegetarian. ***Write the letter of your answer in the blank beside each category.***

- | | |
|-----------------------------------|---|
| _____ Semi-vegetarian | a) Consumes foods of plant origin, plus milk and milk products. |
| _____ Lacto-ovo-vegetarian | b) Eats plant foods as well as eggs, milk and milk products, plus small amounts of fish or poultry on occasion. |
| _____ Vegan | c) Eats foods of plant origin as well as milk, milk products, and eggs. |
| _____ Lacto-vegetarian | d) Consumes only plant foods; no animal products at all. |

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

- 113) _____ The most reliable and practical source of calcium for vegans is calcium-fortified soymilk.
- 114) _____ A “food intolerance” is the body’s abnormal response to a food or food additive that does not involve an immune mechanism.
- 115) Foods of plant origin usually lack adequate amounts of certain essential amino acids, so they are known as _____ proteins.
- 116) List 2 vitamins that vegan children and adolescents may not be receiving in adequate amounts.
- a) _____
- b) _____
- 117) List 3 foods vegans can eat to help ensure an adequate intake of iron.
- a) _____
- b) _____
- c) _____
- 118) _____ is a life-threatening, whole-body allergic reaction to a food or substance.
- a) Diarrhea
- b) Ezcema
- c) Analphylactic shock
- d) Hives
- 119) People, who have difficulty digesting milk, usually do not have enough _____, to digest the sugar, _____, that is naturally present in milk.
- a) lactose
- b) lactase
- c) lactalose
- d) lactaid
-

120) List 3 categories of adults for whom weight loss therapy is not appropriate.

- a) _____
- b) _____
- c) _____

121) Describe how “stimulus control” is used as a form of behavior therapy for weight loss.

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

122) _____ Physical activity should never be encouraged for any individual just beginning a weight loss regimen.

123) _____ Herbal medications are usually considered safe for weight loss.

124) _____ Weight loss drugs approved by the Food and Drug Administration (FDA) may be helpful as an addition to diet and physical activity for clients with a BMI of greater than or equal to 30 and without accompanying obesity-related risk factors or diseases.

125) List 3 healthy food choices when eating away from home (foods high in nutrients and low in fat) for each of the following:

Breakfast _____

Beverages _____

Entrees _____

Salad bars _____

Answer Key to the Self-Check Questions

for the Basic Nutrition Module

- 1) Any 5 of the following are correct:
 - Whether foods taste good
 - Whether foods are familiar, convenient, available, or affordable
 - Culture
 - Family background
 - Religion
 - Ethical reasons
 - Moral beliefs
 - Life experiences
 - Income level
 - Nutrition and health reasons, such as food intolerance or allergies
 - Knowledge and beliefs about nutrition and health
 - Advertising and marketing issues
 - Foods provided by the government or other assistance programs
 - Availability of cooking equipment and the ability to purchase, store, and prepare food
 - 2) Nutrition is the study of food that a person eats and the way the human body uses that food.
 - 3) Any 3 of the following are correct:
 - Physical and mental conditions
 - Environment: poverty; adverse living or work conditions
 - Lifestyle: activity level; stress; adequate sleep; use of alcohol, cigarettes, or drugs
 - Heredity or genetics
 - Mental attitude and beliefs regarding health
 - 4) Digestion is the process by which food and drink are broken down into their smallest parts so that the body can use them to build and nourish cells and to provide energy.
 - 5) c) small intestine
 - 6) d) gallbladder
-

- 7) Energy
 - Growth
 - Maintenance and repair of body tissue
 - Regulation of body functions
 - 8) Water
 - Protein
 - Carbohydrates
 - Fats
 - Vitamins
 - Minerals
 - 9) Carbohydrates
 - Proteins
 - Fats
 - 10) Calorie
 - 11) 0 Water
 - 4 Protein
 - 4 Carbohydrates
 - 9 Fat
 - 7 Alcohol
 - 12) F “Empty calorie foods” are generally low in nutrients and high in calories.
 - 13) c) 60
 - 14) T
 - 15) F Moisture in food accounts for about 20 percent of total water intake.
-
- 16) c) Amino acids
 - 17) Black beans and rice
 - Pinto beans and corn tortillas
 - Peanut butter and bread

- 18) F Consuming *extra* protein will not help build *extra* muscles. Any extra protein, over what the body needs, will be used for energy or stored as body fat.
-

19) b) glucose

20) Simple sugars: glucose, fructose, and galactose

Double sugars: sucrose, lactose, and maltose

21) F Nutritionists strongly discourage a low carbohydrate diet.

22) T

23) T

24) T

25) Starch

Fiber

26) b) soluble

27) Any 3 of the following are correct:

Aids normal bowel function

May lower risk of colon and rectal cancer

May lower blood cholesterol levels and reduce risk of heart disease

May help control diabetes

May contribute to weight loss

28) b) 28

29) b) fatty acids

30) Any 3 of the following are correct:

Provides energy to fuel muscular work

Is an important component of the membranes surrounding all of the body's cells

Protects vital organs from shock

Provides insulation against rapid body temperature changes

Fat is needed to transport some nutrients

Fat is converted to some hormones

31) **Saturated fats**

Any 2 of the following: cheese, whole milk, cream, butter, ice cream, fatty meats, skin and fat of poultry, lard, palm oil, and coconut oil.

Unsaturated fats

Any 2 of the following: vegetable oils, nuts, olives, avocados, and fatty fish like salmon.

32) T

33) F Fat free foods can contain a large number of calories.

34) F Vitamins and minerals do not provide calories for the body.

35) F Some vitamin and mineral supplements can be harmful in large doses.

36) Any 3 of the following are correct:

Someone experiencing rapid growth

Someone experiencing stress to the body

Older adults

Someone who has little exposure to sunlight

Infants, children, and adolescents drinking less than 16 fluid ounces of vitamin-D fortified milk (or formula) per day

People who seldom eat dairy products or other rich sources of calcium

Women who could become pregnant--folic acid supplements

People who eat no animal foods

- 37) Any 3 of the following are correct:
- Increases resistance to infection
 - Necessary for collagen formation
 - Helps to heal wounds, develop healthy gums and teeth
 - Strengthens blood vessels
- 38) **A:** promotes healthy eyes and skin; food sources are liver, carrots, sweet potatoes, apricots, mango, and dark green leafy vegetables
- D:** maintains the proper levels of calcium and phosphorus in the blood; food sources are vitamin D-fortified milk, fish oils, and liver
- E:** helps preserve body cells; food sources are whole grains, vegetable oils, liver, and nuts
- K:** needed for normal blood clotting; food sources are pork, liver, dark green leafy vegetables
- 39) F Water-soluble vitamins not used by the body are excreted.
- 40) T
- 41) F Ascorbic acid is another name for vitamin C.
- 42) F
- 43) T
- 44) Any 3 of the following are correct:
- Avoid soaking fresh fruits and vegetables for a long time.
 - Steam vegetables or cook in a small amount of water for a short time.
 - Cook potatoes in their skin.
 - Cover and refrigerate juices.
 - Choose fresh produce that is not wilted.
 - Grow your own fruits and vegetables.
 - Choose fresh produce in season or frozen products and fewer canned ones.
- 45) b) neural tube defects
- 46) b) 400
-

- 47) **Calcium:** major
Fluoride: trace
Iodine: trace
Iron: trace
Sodium: major
- 48) d) iodine
- 49) c) calcium
- 50) c) 50
- 51) osteoporosis
- 52) a) D
- 53) **Women and girls:** most females do not consume enough calcium
Vegans: do not consume dairy products
Persons with lactose intolerance: tend to avoid dairy products
- 54) F After age 30 or 35 the body's bone mass begins to lose more calcium than it gains.
- 55) T
- 56) F In areas with fluoride-deficient drinking water, dietary fluoride supplements may be considered.
- 57) T
- 58) F Eating vitamin C-rich foods with foods containing iron increases iron absorption.
- 59) b) oxygen
- 60) **Heme:** beef, pork, poultry, fish
Non-heme: dry beans, tofu, blackstrap molasses, baked potatoes, dried fruit, fortified cereals
-

- 61) Any of the following are correct:
cardiovascular disease
type 2 diabetes
hypertension (high blood pressure)
osteoporosis
certain types of cancer
- 62) diet, physical activity
- 63) b, c, and d
- 64) T
- 65) F Americans generally eat foods that are not nutrient dense.
-
- 66) T
- 67) T
- 68) F Portion sizes have increased significantly over the past 20 years.
- 69) T
-
- 70) fruits, vegetables, whole grains, fat free or lowfat milk and milk products
- 71) c) 4¹/₂ cups (2 cups of fruits and 2¹/₂ cups of vegetables)
- 72) b) 3
- 73) c) 3 or more
- 74) 30
- 75) 60
-

76) 10

77) 20

78) g) a, c, and e

79) F *Trans* fat intake should be decreased.

80) F Refined grains are generally low in fiber.

81) T

82) T

83) 2,300

84) 75

85) reduce salt intake and consume a diet rich in potassium

86) any foods shown in Figure 23 on page 90 of the module

87) Any 5 of the following are correct:

individuals who cannot restrict their alcohol intake

women of childbearing age who may become pregnant

pregnant and lactating women

children and adolescents

individuals taking medications that can interact with alcohol

individuals with specific medical conditions

88) T

89) F Heavy drinkers are at risk of malnutrition when calories from alcohol are substituted for those in nutritious foods.

90) b) 40 and 140

91) T

92) T

93) F Raw meat should not be washed before cooking.

94) T

95) 40, 0

96) 3, 4

97) T

98) T

99) T

100) grains, fruits, vegetables, milk, meat & beans

101) See box on page 106 for appropriate answer to this question.

102) See pages 111-112 of the module for ways you can increase physical activity.

103) liquid, solid

104) F The net weight is the weight of the food only.

105) T

106) T

107) c) 25

108) c) 3

109) Any 5 of the following are correct:

- serving size
- servings per container
- amount per serving
- calories
- calories from fat, total fat, saturated fat, and *trans* fat
- cholesterol
- sodium
- total carbohydrates
- dietary fiber and sugars
- protein
- vitamin A
- vitamin C
- calcium
- iron

110)c) 2,000

111) Any three of the following are correct: (An explanation of how these affect food choices may expand on these ideas.)

Cultural: Family traditions, ethnicity, religious and traditional beliefs

Social: Parental eating practices, peer groups, family events, holidays, food fads

Personal: Taste, emotional attachment, ethnic or philosophical beliefs

Economic: Poverty, lack of skills, rural/city

Medical: Hypertension, heart disease, diabetes, iron-deficiency anemia, substance abuse

Education: Lack of education can lead to poor diets; changing lifestyles for those with advanced education leading to increases in convenience and snack foods.

112) **Semi-vegetarian:** b) Eats plant foods, eggs, milk and milk products, plus small amounts of fish and poultry on occasion.

Lacto-ovo-vegetarian: c) Eats foods of plant origin, milk and milk products, and eggs.

Vegan: d) Consumes only plant foods; no animal products at all.

Lacto-vegetarian: a) Consumes foods of plant origin, plus milk and milk products.

113) T

114) T

115) Incomplete

116) Vitamins D and B₁₂

117) Any three of the following are correct:

Fortified breakfast cereals

Blackstrap molasses

Legumes

Tofu

Dried fruits

Enriched pasta and bread

118) c) Anaphylactic shock

119) first blank: b) lactase

second blank: a) lactose

120) Pregnant or breastfeeding women

Persons with a serious uncontrolled psychiatric illness

Persons who have a variety of illnesses and for whom caloric restriction might exacerbate the illness.

121) Stimulus control changes involve learning what social or environmental cues seem to encourage undesired eating and then modifying those cues.

122) F Under the advice of the person's health care provider, physical activity is an integral part of weight loss therapy.

123)F Herbal medications have unpredictable amounts of active ingredients and unpredictable—and potentially harmful—effects.

124)T


125)**Breakfast:** Fresh fruit/juice
Whole grain bread, bagel, or English muffin with little or no butter
Whole grain cereal
Oatmeal
Omelet or scrambled egg made with egg whites or egg substitute
Boiled egg
Multigrain pancakes or waffles without butter
Fat free yogurt

Beverages: Fat free or lowfat milk
100% fruit juice
Water with lemon and ice
Flavored sparkling water
Juice spritzer
Iced tea without added sugar
Tomato juice (low sodium)

Entrees: Pasta with red sauce
Lean meat, poultry, or fish which is baked, broiled, steamed, poached, lightly sautéed, or stir-fried
Vegetable dishes such as beans and rice

Salad bars: Fresh greens, lettuce and spinach
Fresh vegetables
Beans, chickpeas, and kidney beans
Lower calorie, reduced fat, or fat free dressing, lemon juice or vinegar

You are now ready to:

 **GO TO** the “*Practical Activity for the Performance Objective*,” which immediately follows this Answer Key. Complete the Practical Activity according to the instructions which are presented in the Practical Activity.

Practical Activity for the Performance Objectives

for the Basic Nutrition Module

This *Practical Activity* directly relates to the Performance Objectives that you read at the beginning of this *Module*. Please read the Performance Objectives once again to familiarize yourself with what you will be doing in the following *Practical Activity*.

Instructions for Doing the Practical Activity

- This is an “open book” activity. Use any information from the *Basic Nutrition Module* to help you complete this *Practical Activity*.
- Make 5 copies of the MyPyramid Daily Worksheets (side 1 and side 2) that are on pages 38 and 39 of this workbook.
- You will **not** be “grading” your *Practical Activity* responses; your completed *Practical Activity* will be evaluated by the Supervising Nutritionist. If you complete at least 85% of the assignment **correctly and completely**, this is considered acceptable completion of the *Practical Activity*. If you receive an “unacceptable” rating, then you will be asked to repeat the appropriate sections of the *Practical Activity* until they are done “acceptably.”

Materials Needed for this *Practical Activity*:

- this *Workbook*
- 5 copies of pages 38 and 39 of this *Workbook*
- pencil
- *Basic Nutrition Module* for reference
- Access to MyPyramid.gov website (optional)

I. Determine your MyPyramid Daily Calorie Level

Look at the MyPyramid Daily Calorie Level chart on page 36 of this workbook. The total amount per day that is recommended from each food group depends on your gender (male or female), age, and level of physical activity. Carefully, read the definitions of each level of physical activity: sedentary, moderately active, and active at the bottom of the chart to determine your activity level. Notice how the estimated levels of calories increase with increased levels of physical activity. Also, notice that the estimated daily calorie level is higher for teens and individuals in their twenties. However, calorie needs decrease as individuals reach their thirties, forties, and fifties.

Now, determine your daily calorie level. If you are male, use the columns on the left side of page 36. If you are female, use the columns on the right side of page 36. Go down the column to find your age, then move across to find your calorie level based on your activity level. Note that this calorie level is just a rough estimate of your needs. It may need to be raised or lowered based on other factors such as your height and weight. Talk with your Supervising Nutritionist if you think that your calorie level needs to be

adjusted. Once you start on a specific calorie level and activity level, you should monitor your weight and make adjustments as needed.

Once you have decided upon a daily calorie level, go to page 37 of this workbook to look at the recommended food intake pattern for each calorie level. This will tell you the daily amount of food you should be consuming from each of the five food groups, from oils, and from discretionary calories.

II. Complete Your Food/Beverage Intake and Physical Activity Record for 5 Days

Now make five copies each of the MyPyramid Daily Worksheets (side 1 and side 2) that are shown on pages 38 and 39 of this workbook. These sheets will allow you to keep a daily record of your food and beverage intake and physical activity for 5 days. Use the MyPyramid Daily Worksheet handout to keep track of what you eat each day and compare your daily intake to your goals for each food group as well as oils and discretionary calories. Also compare your physical activity goals with your activities for the day.

For more information about the MyPyramid food guidance system, you can go to the MyPyramid.gov website. To estimate portion sizes more easily, you can view the food gallery photos on the MyPyramid.gov website. When you are at the MyPyramid.gov website, you can access the food gallery by clicking on “Inside the Pyramid” and then clicking on the specific food group name, and then clicking on the “View Food Gallery” selection.

After completing your 5-day record of food/beverage intake and activity, answer these questions:

1. In looking at your intake of grains, were at least half of your grains from whole grains or did you have at least 3 ounces of whole grains per day? _____
If not, what changes can you make to include these foods in your daily food intake?

2. In looking at your vegetable and fruit intake, have you eaten a variety of fruits and vegetables as discussed on page 76 to 78 of the module? _____
If not, what changes can you make to include these foods in your daily food intake?

3. Did you select lowfat or fat free milk or milk products throughout your day? _____
Did you have at least 3 cups of milk or the equivalent milk product daily? _____
If not, what changes can you make to include these foods in your daily food intake?

4. Did you choose lean meats and poultry and try to bake, broil, or grill it? _____
Did you vary your routine by choosing fish, beans, peas, nuts, and seeds? _____
If not, what changes can you make to include these foods in your daily food intake?

5. Did you meet your goals regarding oils and discretionary calories? _____
(Note: make sure to read labels for calories and fat content to help you meet this goal.) If not, what changes can you make to include these foods in your daily food intake?

6. Were you able to meet your physical activity goals? _____ If not, what changes can be made in your daily physical activity patterns so you can meet your goals?

You have just completed the *Practical Activity*! Turn in your *Workbook* to your supervising nutritionist. He/she will evaluate your *Practical Activity* responses by using the *Evaluation Materials for the Supervising Nutritionist*. (The Supervising Nutritionist will also do a quick review of your self-checks to ensure that they were completed and appropriately “graded” by you.)

When the Supervising Nutritionist is done with evaluating your *Practical Activity*, he/she will set up an appointment with you to discuss the results. At this time, the Supervising Nutritionist will also set up a time for you to take the *Posttest* for the *Basic Nutrition Module*. The Supervising Nutritionist will administer this test.

To prepare for the *Posttest*, you will want to review:

- the Knowledge Objectives listed at the front of the module—remember that the *Posttest* questions are directly related to the Knowledge Objectives
- the *Basic Nutrition Module*
- your completed workbook of *Self-Check* answers and the *Practical Activity*

Remember that this *Posttest* is **not** an “open book” test.

MyPyramid Daily Calorie Levels



MyPyramid assigns individuals to a calorie level based on their sex, age, and activity level. The chart below identifies the calorie levels for males and females by age and activity level. Calorie levels are provided for each year of childhood, from 2–18 years, and for adults in 5-year increments.

MALES				FEMALES			
ACTIVITY LEVEL	SEDENTARY*	MOD. ACTIVE*	ACTIVE*	ACTIVITY LEVEL	SEDENTARY*	MOD. ACTIVE*	ACTIVE*
AGE		A		GE			
2	1000	1000	1000	2	1000	1000	1000
3	1000	1400	1400	3	1000	1200	1400
4	1200	1400	1600	4	1200	1400	1400
5	1200	1400	1600	5	1200	1400	1600
6	1400	1600	1800	6	1200	1400	1600
7	1400	1600	1800	7	1200	1600	1800
8	1400	1600	2000	8	1400	1600	1800
9	1600	1800	2000	9	1400	1600	1800
10	1600	1800	2200	10	1400	1800	2000
11	1800	2000	2200	11	1600	1800	2000
12	1800	2200	2400	12	1600	2000	2200
13	2000	2200	2600	13	1600	2000	2200
14	2000	2400	2800	14	1800	2000	2400
15	2200	2600	3000	15	1800	2000	2400
16	2400	2800	3200	16	1800	2000	2400
17	2400	2800	3200	17	1800	2000	2400
18	2400	2800	3200	18	1800	2000	2400
19–20	2600	2800	3000	19–20	2000	2200	2400
21–25	2400	2800	3000	21–25	2000	2200	2400
26–30	2400	2600	3000	26–30	1800	2000	2400
31–35	2400	2600	3000	31–35	1800	2000	2200
36–40	2400	2600	2800	36–40	1800	2000	2200
41–45	2200	2600	2800	41–45	1800	2000	2200
46–50	2200	2400	2800	46–50	1800	2000	2200
51–55	2200	2400	2800	51–55	1600	1800	2200
56–60	2200	2400	2600	56–60	1600	1800	2200
61–65	2000	2400	2600	61–65	1600	1800	2000
66–70	2000	2200	2600	66–70	1600	1800	2000
71–75	2000	2200	2600	71–75	1600	1800	2000
76 and up	2000	2200	2400	76 and up	1600	1800	2000

*Calorie levels are based on the Estimated Energy Requirements (EER) and activity levels from the Institute of Medicine Dietary Reference Intakes Macronutrients Report, 2002. Calorie needs will vary for individuals depending on age, gender, height, weight, and activity level.

Sedentary = less than 30 minutes a day of moderate physical activity in addition to daily activities.

Moderately (Mod.) Active = at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities.

Active = 60 or more minutes a day of moderate physical activity in addition to daily activities.

Adapted from: United States Department of Agriculture. Center for Nutrition Policy and Promotion, April 2005

MyPyramid Food Intake Patterns

**Be wise
about your
PORTION SIZE**



These are suggested amounts of food to consume from each of the food groups and oils to meet recommended nutrient intakes for each calorie level. Each group's calorie level was based on the lowest-fat form of food in each group (e.g., lean meats cooked without added fat and fat free milk) and was also based on food without added sugars (e.g., plain yogurt instead of yogurt with added sugar). The table also shows the discretionary calorie allowance⁸ that can be used within each calorie level.

DAILY AMOUNT OF FOOD FROM EACH GROUP						
Calorie Level ¹	1,000	1,200	1,400	1,600	1,800	2,000
Fruits ²	1 cup	1 cup	1 1/2 cups	1 1/2 cups	1 1/2 cups	2 cups
Vegetables ³	1 cup	1 1/2 cups	1 1/2 cups	2 cups	2 1/2 cups	2 1/2 cups
Grains ⁴	3 oz	4 oz	5 oz	5 oz	6 oz	6 oz
Meat and Beans ⁵	2 oz	3 oz	4 oz	5 oz	5 oz	5 1/2 oz
Milk ⁶	2 cups	2 cups	3 cups	3 cups	3 cups	3 cups
Oils ⁷	3 teaspoons	4 teaspoons	4 teaspoons	5 teaspoons	5 teaspoons	6 teaspoons
Discretionary ⁸ calorie allowance	165	171	171	132	195	267

DAILY AMOUNT OF FOOD FROM EACH GROUP						
Calorie Level ¹	2,200	2,400	2,600	2,800	3,000	3,200
Fruits ²	2 cups	2 cups	2 cups	2 1/2 cups	2 1/2 cups	2 1/2 cups
Vegetables ³	3 cups	3 cups	3 1/2 cups	3 1/2 cups	4 cups	4 cups
Grains ⁴	7 oz	8 oz	9 oz	10 oz	10 oz	10 oz
Meat and Beans ⁵	6 oz	6 1/2 oz	6 1/2 oz	7 oz	7 oz	7 oz
Milk ⁶	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils ⁷	6 teaspoons	7 teaspoons	8 teaspoons	8 teaspoons	10 teaspoons	11 teaspoons
Discretionary ⁸ calorie allowance	290	362	410	426	512	648

- Calorie Levels** are set across a wide range to meet the needs of different individuals. The "MyPyramid Daily Calorie Levels" chart can be used to help assign individuals to their estimated calorie level.
- Fruits Group** includes all fresh, frozen, canned, and dried fruits and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group.
- Vegetables Group** includes all fresh, frozen, canned, and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.
- Grains Group** includes all foods made from wheat, rice, oats, cornmeal, barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, pasta, or cooked cereal can be considered as a 1 ounce equivalent from the grains group. At least half of all grains consumed should be whole grains.
- Meat & Beans Group** In general, 1 ounce of lean meat, poultry, or fish; 1 egg; 1 tablespoon peanut butter; 1/4 cup cooked dry beans; or 1/2 ounce of nuts or seeds can be considered as a 1 ounce equivalent from the meat and beans group.
- Milk Group** includes all fluid milk products and foods made from milk that retain their calcium content, such as yogurt and cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the group. Most milk group choices should be fat free or lowfat. In general, 1 cup of milk or yogurt, 1 1/2 ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.
- Oils** include fats from many different plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft margarine.
- Discretionary Calorie Allowance** These are extra calories that are available after you have eaten all food amounts from each food group. If you are trying to lose weight, you may choose not to use discretionary calories. For those who want to maintain their current weight, discretionary calories may be used to: (1) increase the amount of food selected from each food group; (2) consume food that is not in the lowest fat form (such as 2% or whole milk or medium-fat meat); (3) consume food that contains added sugars; (4) add oil, fat, or sugars to foods; or (5) consume alcohol (non-pregnant adults only).

Adapted from the U.S. Department of Agriculture MyPyramid.gov website.

Food Group	Daily Goal	Food and Beverage Choices for Today	Daily Total
Grains Eat at least 3 ounces of whole grains each day or at least half of your grains should be whole grains.	1 ounce equals: 1 slice of bread 1 cup ready-to-eat cereal 1/2 cup cooked rice, pasta, or cereal 1 small muffin 1/2 of an English muffin, 3" bagel, or hamburger roll 5–6 whole grain crackers 3 cups popped popcorn	_____ _____ _____ _____ _____	<u>ounces</u>
Vegetables Eat more dark-green and orange vegetables. Eat more dry beans and peas.	1 cup equals: 1 cup cut-up or cooked vegetable 1 cup vegetable juice 2 cups leafy salad greens	_____ _____ _____	<u>cups</u>
Fruits Eat a variety of fruit. Choose fresh, frozen, canned, or dried fruit. Go easy on fruit juices.	1 cup equals: 1 cup cut-up or cooked fruit 1 cup fruit juice 1/2 cup dried fruit	_____ _____ _____	<u>cups</u>
Milk Select low-fat or fat-free milk, yogurt, and other milk products. If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified beverages.	1 cup equals: 1 cup (8 fluid ounces) milk or yogurt 1 1/2 ounces natural cheese 2 ounces processed cheese	_____ _____ _____ _____	<u>cups</u>
Meat & Beans Choose lean meats and poultry. Bake it, broil it, or grill it. Vary your routine—choose fish, beans, peas, nuts, and seeds.	1 ounce equals: 1 ounce cooked meat, fish, or poultry 1 egg 1/4 cup cooked dry beans or tofu 1 tablespoon of peanut butter 1/2 ounce nuts or seeds	_____ _____ _____ _____ _____	<u>ounces</u>
Oils Oils include fats from many plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil.	1 teaspoon (5 grams) equals: 1 teaspoon liquid vegetable oil 1 teaspoon margarine with zero trans fat 1 tablespoon low-fat mayonnaise 2 tablespoons light salad dressing	_____ _____ _____ _____	<u>teaspoons</u>



**Florida Department of Health
Bureau of WIC and Nutrition Services**

