

14

Choosing Nutritious Food

CLASSROOM RESOURCES CONTENTS

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Answers to Classroom Resources

Application 14 WorksheetCR 14-6

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|---------|----------------|--|
| C | orange juice | 1. Jason |
| E | 2 eggs | 2. Answers will vary but should include: adding more fruit; vegetables; and bread, cereal, rice, or pasta. |
| D | 8 oz. milk | 3. Toast, crackers, bran muffin |
| A | toast | eggs, milk, tuna salad |
| C | 1/2 grapefruit | milk, veggie pizza |
| A | corn flakes | apple, bran muffin, veggie pizza, salad |
| D | 8 oz. milk | orange juice, eggs, milk, veggie pizza |
| B, E | tuna salad | |
| C | 1 apple | |
| D | 8 oz. milk | |
| A | crackers | |
| E | hot dog | |
| A | roll | |
| D | 8 oz. milk | |
| A, D, F | cookies | |
| D | 8 oz. milk | |
| A | bran muffin | |
| F | soft drink | |
| B, F | potato chips | |
| A, B, D | veggie pizza | |
| B | salad | |
| D | 8 oz. milk | |
| E | roast beef | |
| A | rice | |
| B | peas | |
| F | gelatin | |
| D | 8 oz. milk | |

Reinforcement 14 WorksheetCR 14-7

- | ACROSS | DOWN |
|---------------------------|-----------------------|
| 1. food guide pyramid | 2. incomplete protein |
| 5. nutritionally dense | 3. unsaturated fat |
| 8. complex carbohydrates | 4. fiber |
| 9. minerals | 6. carbohydrates |
| 12. saturated fat | 7. water |
| 13. essential amino acids | 8. complete protein |
| 14. cholesterol | 10. proteins |
| 16. simple carbohydrates | 11. fats |
| 17. amino acids | 15. nutrients |
| 18. nutrition | |
| 19. vitamins | |

Chapter 14 TestCR 14-8

- | | | |
|------|-------|-------|
| 1. c | 6. a | 11. b |
| 2. b | 7. b | 12. a |
| 3. d | 8. b | 13. d |
| 4. d | 9. c | 14. a |
| 5. c | 10. a | |
15. Eat a variety of foods to give you the nutrients and calories your body needs. The six main classes of nutrients are carbohydrates, proteins, fats, minerals, vitamins, and water.
- The Food Guide Pyramid provides an outline of what you need to eat each day. It can be used to choose food for a healthy diet.

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