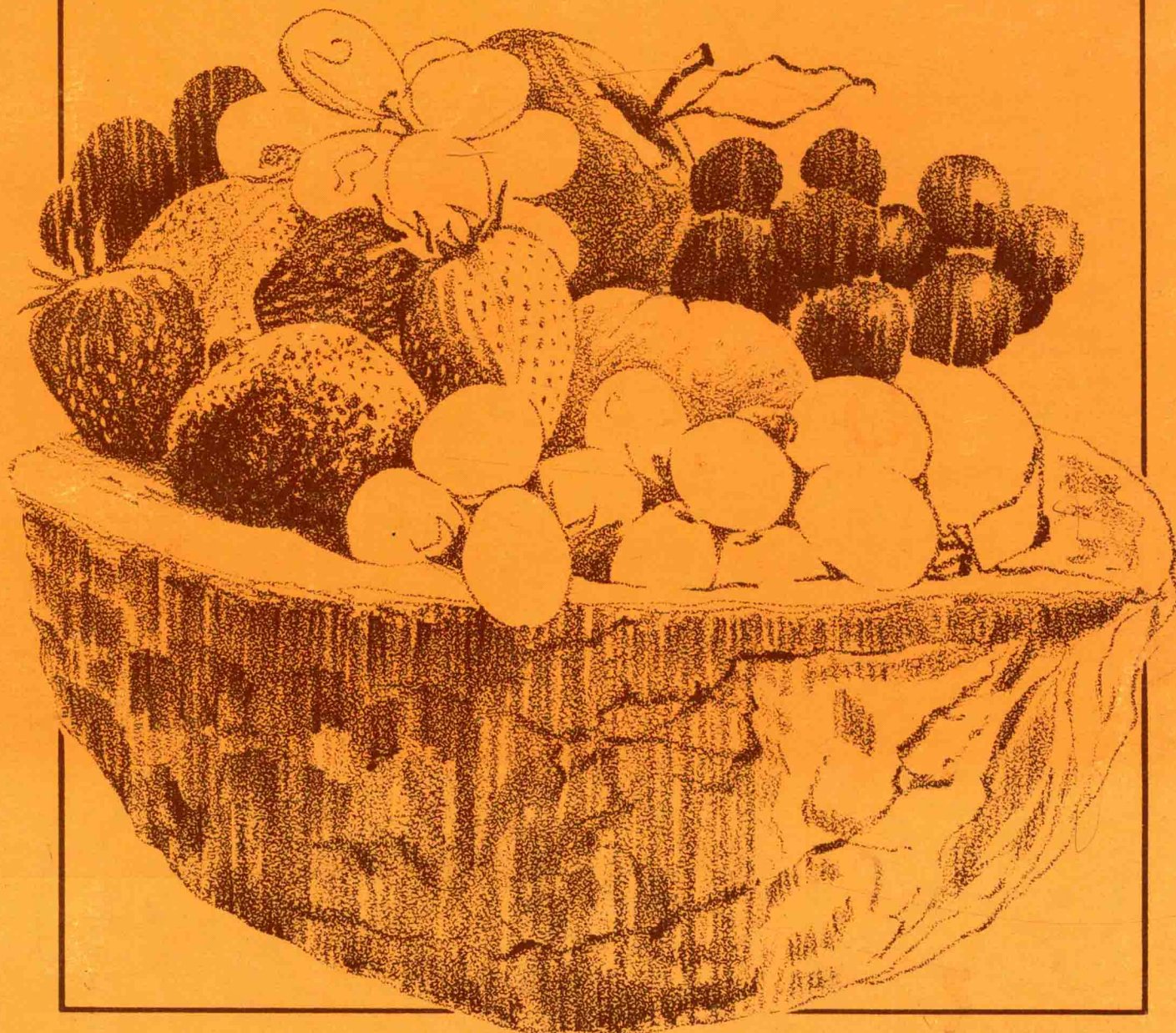


STUDENT GUIDE

DISCOVERING NUTRITION



HELEN KOWTALUK



DISCOVERING NUTRITION STUDENT GUIDE

Second Edition

HELEN KOWTALUK
Home Economist

For use with the 1980 and 1986 editions of
DISCOVERING NUTRITION

GLENCOE

McGraw-Hill

New York, New York

Columbus, Ohio

Mission Hills, California

Peoria, Illinois

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INTRODUCTION

The *Discovering Nutrition Student Guide* is designed to help you study the basics of nutrition presented in *Discovering Nutrition*. The activities will help you to review the nutrition facts you learn and to put them to use in your everyday life.

The activities in the guide vary. They include true and false questions, fill-in and matching exercises, and puzzles. Other activities ask you to put into practice the information you have learned so far.

Detailed instructions are given at the be-

ginning of each activity. Follow the instructions carefully. Blanks or lines are given for your answers. An average amount of space is allowed for those activities that call for writing, such as a 250-word newspaper article. If you need more space, please use a sheet of notebook paper and clip it to the page carrying the activity.

The pages of the *Guide* are perforated so you can tear them out easily for grading. After they are graded, you can punch holes in them and keep them in a ringed binder.

Chapter 1**NUTRITION JUST FOR YOU****Activity 1**

• Locate the term that completes each sentence. Write the letter of that term in the blank to the left of the proper sentence. Use each term only once.

Sentences

- _____ 1. Poor nutrition is related to major illnesses such as _____.
- _____ 2. _____ has more meaning for most people than just supplying chemicals for the body.
- _____ 3. _____ can help you perform better at work.
- _____ 4. Some of the more common nutrients include fats, proteins, _____, vitamins, and minerals.
- _____ 5. How you feel about the type of life you lead is sometimes called _____ of life.
- _____ 6. _____ means the food you eat and how the body turns the food into nutrients.
- _____ 7. When you plan your personal nutrition program, you can keep your good eating _____.
- _____ 8. Your body always uses its supply of _____, whether you are awake or asleep.
- _____ 9. Poor nutrition can cause irritability and _____ problems.
- _____ 10. _____ food is essential for good health.

Terms

- A. atherosclerosis
- B. carbohydrates
- C. chemicals
- D. food
- E. good nutrition
- F. habits
- G. nutrition
- H. nutritious
- I. physician
- J. quality
- K. skin

Chapter 1

NUTRITION JUST FOR YOU

Activity 2

• *What can good nutrition give you?* To find the answer, fill in the blanks to the left of each definition with the correct term.

1. ○ _ _ _ _
2. _ ○ _ _ _ _ _ _ _ _ _
3. _ _ _ _ _ _ _ _ ○ _
4. _ _ _ _ ○ _ _ _ _ _ _ _ _
5. ○ _ _ _ _ _ _ _ _ _
6. _ _ _ _ _ _ _ _ ○ _ _ _
7. _ _ _ _ _ _ _ _ ○ _
8. _ _ _ _ ○ _ _ _
9. _ _ _ _ _ _ _ _ _ _ _ _ _
10. _ _ _ _ _ _ _ _ _ _

Definitions

Another word for your plans.

Eating foods that lead to poor health.

The process through which your body turns food into energy and nourishment.

Eating foods that lead to good health.

Many health experts feel that this major disease is related to poor nutrition.

Chemicals found in food and in the body.

Food is important in these activities.

The things that are important to you.

How you feel about the life you lead.

Food is made up of these.

• One letter in each of the above terms is circled. Write that same letter in the appropriate blank below. For example, the circled letter from term 5 goes in blank 5 below.

1 2 3 4 5 6 7 8 9 10

Date _____

Name_____

Chapter 1

NUTRITION JUST FOR YOU

Activity 3

- Survey six students and six adults to find out what the word “nutrition” means to them. Write a 90-second radio newscast comparing the results of your survey with the information given in this chapter.

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal black lines running across the width of the page. The lines are thin and consistent in thickness. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Chapter 2**CAREERS IN NUTRITION****Activity 1**

• Locate the term that matches the statement. Place the letter of that term in the blank to the left of the proper statement. Some of the terms may be used more than once.

Statement	Term
_____ 1. Has passed the examination for registration and also qualifies as a member of the American Dietetic Association.	A. clinical dietitians
_____ 2. Provides job opportunities in planning and preparing nutritious meals for students.	B. food service
_____ 3. Besides planning menus, has responsibilities such as supervising employees and controlling quality and costs of food.	C. food service dietitian
_____ 4. Work in hospitals as assistants, technicians, and clerks.	D. nutrition education assistants
_____ 5. Employed by local Cooperative Extension Service to help people shop wisely and to plan and prepare nutritious meals.	E. paraprofessionals
_____ 6. Provides nutrition education programs to help students understand what nutrients do for the body.	F. researchers
_____ 7. Have had a one- or two-year course in food and nutrition in a community college or on-the-job training.	G. registered dietitian
_____ 8. One of the fastest growing industries in the country, providing plentiful job openings.	H. school food service
_____ 9. Dietitians who work in hospitals.	
_____ 10. Need advanced degrees such as a master's or doctor's, to work in medical centers or with food or equipment manufacturers.	

Date _____ Name _____

Chapter 2

CAREERS IN NUTRITION

Activity 2

• Careers in nutrition call for specific training in food and nutrition. However, most jobs in this area also require a knowledge of other subjects. For instance, a clinical dietitian in charge of a department needs to know how to work with people, how to supervise employees, how to keep department records, and how to write accurate, clear department reports.

Select a career in nutrition such as an extension assistant or a food service dietitian. Interview a person employed in that career. Find out what skills besides a knowledge of food and nutrition are needed for success in that particular job. List the skills in the chart below. Include such information as why that particular skill is needed and how the skills were obtained, such as in school or on-the-job training. Compare your findings with your classmates.

INTERVIEW RESULTS

Person interviewed _____

Job title _____

Employed by _____

Skill	Why needed	Where obtained