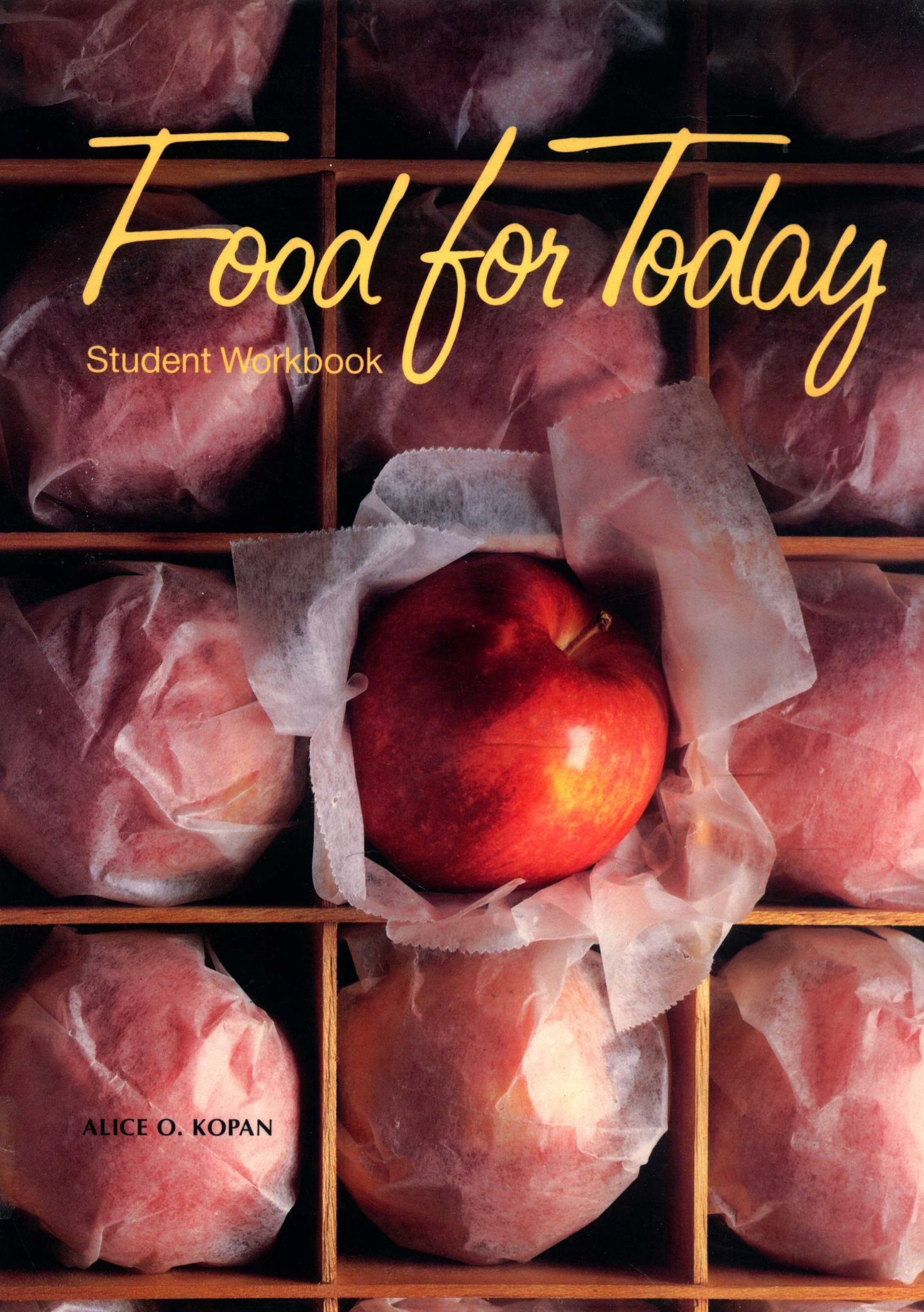




Food for Today

Student Workbook

ALICE O. KOPAN

FOOD FOR TODAY STUDENT WORKBOOK

Fourth Edition

By Alice Orphanos Kopan

Educational Consultant, C.H.E.
Former Supervisor of Home Economics
Chicago Public Schools

Keyed to the 1990 Edition of
FOOD FOR TODAY

GLENCOE

McGraw-Hill

New York, New York

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Chapter 1: Your Food Choices

CHARTING YOUR CHOICES

Directions: Trace the influences that control what you eat. Find the word hidden in each and trace it with one continuous line. The line may go up, down, forward, or backward. It does not go diagonally. Below each puzzle is a clue to help you find the word. Write the word in the sentence. The first puzzle is done for you.

Example:

```

C O D G C G V P
C M M X N H E T
|
H S U N R A M E
|
O R R I T Y F O
|
I - C - E F L U P M
|
K Q S M U A V B

```

The more you know about the factors that shape your eating habits, the better your choices will be.

```

E M C T H S Q B
V O T T Z E A S
F N I O Y S D Y
C E C N A L K H
R A C V Q E L B
W Q I O C M X S

```

1. The food you eat affects your physical and

_____ well-being.

```

A T K V Q S U X
N G W I F S O E
B A S R T E A D
T K X E M C H L
M I I E R U K M
B V J Q O X M P

```

4. When people have enough to eat, they feel safe and more _____.

```

M A E J R Z A L
U P U L A Q I V
E O I R V A T A
G S T A I V I I
N C T U O A O H
A M G X N B N H

```

2. Hunger, in its extreme form, is known as

_____.

```

S E U R B B C Y
G S P H A I I N
R O Q E X L H D
S J O Y M E R V
U N P E Z N B A
L E W E R T G N

```

5. Food is a source of _____ which comes from the senses of taste, smell, sight, and touch.

(Continued on next page)

```

A O D C O Z Y J
T M M X N H E T
K S U N C E N T
A R R I T Y F R
S G V F L U P A
K Q T M U A E T

```

3. Students who are hungry find it difficult to

_____ on anything.

```

D C N O L E J A
M I G V E M D S
G N I V B T O H
O G C B O J D Q
M O H T N L E X
K S U L B G I S

```

6. Food helps people to have a sense of _____ and be accepted by others.

O F E R K M P C
D D H W Y D I X
E C O S Y S I A
C S M X E R C Q
I U C S C E G S
S I O N O P E R

7. Every day you make many
_____ about
food.

D O F Y A V C C
X O W L E K P O
C N H J D H B R
C K U M G R W M
E S L R E T E H
U M C Z D G S N

10. One of the easiest
resources to increase without
the use of money is
_____.

A D V F P G R E
M O E N W L S N
E Y R A P S E G
T D T I S I O M
M T Q V J N X U
A I W Y F G N R

13. One of the greatest
influences on food choices
today is _____.

G U R A B B C Y
R S P H A I I N
C O Q E X L H D
S I L U E F R V
U B A E S N B A
L X V E R J G N

16. Your _____
determine which influences
on your food choices are
most important to you.

B D O J R S A L
U P U L A E I V
E O I U R C P A
G P K O I V W I
N R E S O A D H
S U S X N J O W

8. To meet your goals, you use
available _____.

F O I T Y L T O
O N S P S F O E
T B S R G W J N
H O D E C Y Q B
T M K N I N H T
U D P Y R Z B E

11. American food customs
include many
_____ foods
from other cultures.

D C F O O E J A
M I F V U M D S
S D N E P T O H
O G C R O J D Q
F I N T N L E X
K S U L B G I S

14. Food producers influence
food supply by analyzing
current _____.

O R C T H A L P
V M U T Z N O R
A K G N I N D Y
C E C I C T Z H
K H A V Q E L P
W Q I V C M X S

17. Important decisions
require thought and
_____ as well as
action.

H Z F V Q S U X
O G W I F C E T
B A S R T H A D
G C O L O N H L
M I G G N L K M
B V Y Q O X M P

9. Food choices are extensive
in the U.S. due to advanced
_____.

A O E N A W R G
S G D K L Q A M
L R E G D E L U
W J D I M B L E
L C L O N A D C
E V P N Y L X B

12. American food specialties
that develop in particular
areas of the U.S. are known
as _____ foods.

C R P D I B F I
A D E S T P O R
H C F F Y R I B
M W I O L H V U
M J L K E N A T
F D N S R N A E

15. Your _____
is the way you live and the
things you do which affect
your food choices.

E N L U A T U Z
E V A K T N O N
B Y K A E S E G
T D C R H R O M
M T Q V J A X U
A I W Y F D N R

18. After carrying out a plan,
you should _____
the results.

Chapter 1: Your Food Choices

LIKES AND DISLIKES

Directions: Feelings and opinions about food determine many of your food choices. List your 10 favorite foods. Then list 10 foods you don't like and explain why. Finally, answer the questions about your food choices.

My Favorite Foods

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Foods I Dislike**Food****Reason**

Food	Reason
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

- Look over your lists. Do most of your favorite foods fit into one or two food categories? Explain. _____
- Are most of your favorites nutritious? _____ Do they reflect your cultural and/or religious heritage? _____
- What do the foods you dislike have in common? _____
- Do you like to try new foods? _____
- What could you do to expand the variety of foods you enjoy? _____

Chapter 1: Your Food Choices

DEALING WITH DECISIONS

Directions: Every day you are faced with problems to be solved, decisions to be made, and needs or wants to be met. Following the five management steps described in your textbook can help. Write these management steps in the spaces provided on the left side of the page. Then think of a food-related situation in which you might use these steps. In the space to the right of each management step, explain how you would apply that step in the situation you have chosen.

MANAGEMENT STEPS**YOUR EXAMPLES****STEP 1**

STEP 2

STEP 3

STEP 4

STEP 5
