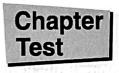


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Foods for Good Nutrition

Write T or F to tell whether the statements are true or false.

- **1.** Our bodies run on enzymes.
 - 2. Nutrients are substances in food that provide energy and other things your body needs.
 - **3.** Carbohydrates are the nutrients that should be the body's main source of energy.
 - **4.** The energy in food is measured in carbohydrates.
- **5.** A food allergy is caused by germs in uncooked or undercooked food.

Write the letter of the correct answer on the line at the left.

6. The nutrients that contain the most calories per gram are _____

- A carbohydratesB fatsC proteinsD minerals
- 7. In which food group would you find peanut butter?

F Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

- **G** Fruits
- **H** Vegetables
- J Bread, Cereal, Rice, and Pasta
- **8.** _____ are the nutrients your body uses for growth.
 - A CarbohydratesB FatsC ProteinsD Vitamins

9. Which of these can affect a person's food choices?

F familyH cultureG emotionsJ all of these

10. The food coloring found in some packaged foods is a(n) _____

- A additive
- **B** nutrient



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C preservative

D protein

Name.

Match the definition in Column A with a term in Column B. Write the correct letter on the line at the left.

Column A

Column B

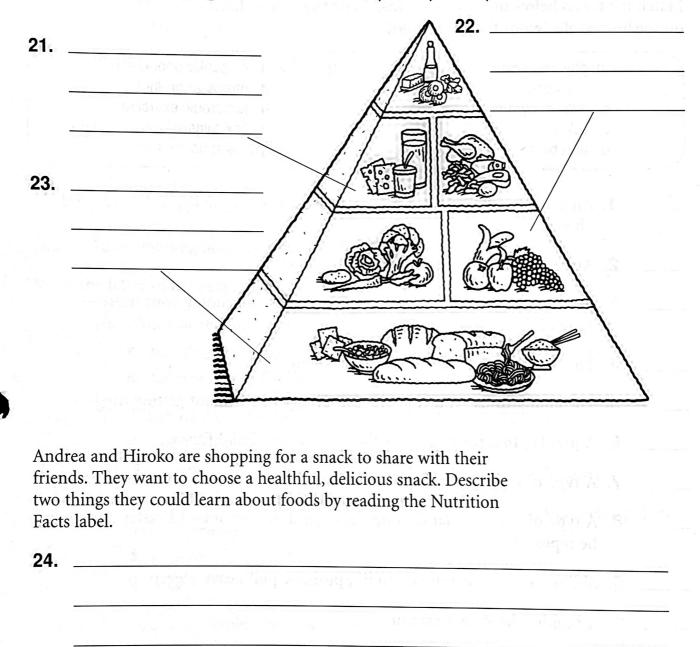
- _____ **11.** A measure of energy in food
- **12.** A tool that helps people plan a healthful diet
 - **13.** Chemicals added to foods to keep them from spoiling
- ____ **14.** Taking in the same number of calories you use
 - ____ **15.** Excessive dieting
- **16.** A measured amount of food recommended for a meal or snack
- **17.** Limiting the number and size of servings you eat
- **18.** A bad reaction to a food most other people can eat
- ____ **19.** The nutrients your body uses for most of its energy
 - **20.** All the things that make up a prepared food

- **a** calories
- **b** carbohydrates
- **c** preservatives
- **d** food allergy
- e portion control
- **f** energy balance
- **g** Food Guide Pyramid
- **h** serving
- i ingredients
- **j** anorexia

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Name.

The Food Guide Pyramid is a tool you can use to plan a healthful diet. Complete the pyramid below by writing the number of daily servings from the listed food groups that the government suggests people should have each day to stay healthy.



25.

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