

LESSON 4

Nutrition Survey

Use food list from 24 Hour Food Recall

Nutrients	Amount	Milk & Milk Products	Breads & Cereals	Fruits & Vegetables	Meat & Alternates	Other
protein	3:	-milk -cheese	-cereals		-lentils -eggs -meats -beans -nuts -fish	X
Vitamin C						
B ₁						
B ₂						
Vitamin A						
Vitamin D						
Vitamin E						
Vitamin K						
Carbohydrates						
Calcium						
iron						
Magnesium						
phosphorus						
potassium						
zinc						

TOTAL _____

What I Should Have _____
 (Refer to Lean Diet Guide)

From this exercise I learned that: _____



LESSON 4

What a Cheeseburger Can Do For You

Use the words in the box to fill in the blanks. (You can use some words more than once.)

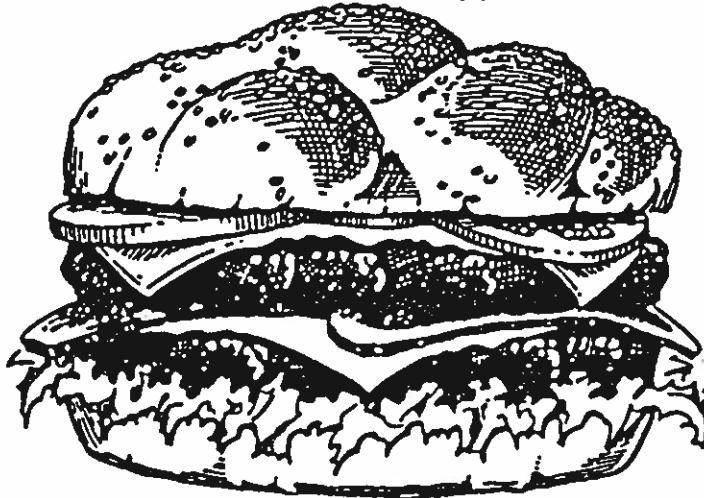
Fruits and Vegetables	energy	B vitamins	vitamin B12
Meat, Fish, Poultry and Alternates		vitamin A	fibre
Breads and Cereals	vitamin D	protein	calcium
Milk and Milk Products	vitamin C	riboflavin	iron

The bun belongs to the _____ food group.

It provides _____ which aids in digestion and elimination, _____ which fuels activity and _____ which help release the energy from food.

The hamburger patty belongs to the _____ food group.

This group provides _____ for growth and repair of body tissues, _____ which release the energy from foods and _____ which builds hemoglobin in red blood cells to transport oxygen and carbon dioxide.



The cheese belongs to the _____ food group. It provides _____, _____, and _____ which work together to build strong bones and teeth, _____ which is used for growth and repair of body tissues and _____ which maintains healthy blood.

The lettuce & tomato belong to the _____ food group. It is the major source of _____ which is important in normal growth, good vision, healthy skin and resistance to infection and _____ which is necessary for healthy teeth, gums and blood vessels.

This indicates the major nutrients in each food group. Other nutrients are present in smaller amounts.

Condiments such as relish, ketchup, and mayonnaise add calories but few nutrients.

