



\_\_\_\_\_  
Pathfinder's Name

## Nutrition

---

1. Draw and explain the Healthy Plate guide in its various forms.

Date completed \_\_\_\_\_

List the number of servings required from each group per day.

Food Pyramid	Number of servings
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

Why is it important to eat a balanced diet?

\_\_\_\_\_  
\_\_\_\_\_

2. Explain the difference between the following:

Lacto-ovo vegetarian \_\_\_\_\_

Ovo vegetarian \_\_\_\_\_

Vegan vegetarian \_\_\_\_\_

3. Plan a two-day menu, containing a balanced lacto-ovo vegetarian diet utilizing the food pyramid guide. (Complete chart)

4. What is another name for

Vitamin B1 \_\_\_\_\_

Vitamin B2 \_\_\_\_\_

5. List at least three significant food sources of the following nutrients:

	Source 1	Source 2	Source 3
Vitamin C	_____	_____	_____
Vitamin A	_____	_____	_____
Vitamin B1	_____	_____	_____
Vitamin B2	_____	_____	_____
Iron	_____	_____	_____
Calcium	_____	_____	_____

6. Why is it important to drink plenty of water every day?

\_\_\_\_\_  
\_\_\_\_\_

How much water should you drink every day?

\_\_\_\_\_

7. Name three common diseases that can be controlled by diet.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

8. What is the difference between whole wheat flour and white flour.

Whole wheat flour \_\_\_\_\_

White flour \_\_\_\_\_

Which one has the higher nutritive value?

\_\_\_\_\_

9. What does Dietary Reference Intake mean?

\_\_\_\_\_

10. Why is it important not to take excessive amounts of some vitamins and minerals?

\_\_\_\_\_

\_\_\_\_\_

## Nutrition Chart

---

Plan a two day menu containing a balanced lacto-ovo vegetarian diet from the food pyramid

	BREAKFAST	LUNCH	DINNER
Day 1			
Day 2			

## Nutrition, Advanced

---

1. Have the Nutrition Honor.

2. Read a book about Nutrition.

Date completed \_\_\_\_\_

3. Do the following:

a. Keep a food diary on yourself for one week using a computer program and/or nutrition app.

a. Calculate (many computer programs or apps will do this automatically) the total nutrients for each day of the following: calories, protein, carbohydrates, total fat, saturated fat, iron, calcium, vitamin A, thiamine, riboflavin, niacin and vitamin C or ascorbic acid

Date completed \_\_\_\_\_

4. How does this compare with the Dietary Reference Intake chart?

\_\_\_\_\_  
\_\_\_\_\_

5. Explain why a high fiber diet is important and tell how this can be obtained.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Name three diseases due to malnutrition, and describe the symptoms of each.

Diseases	Symptoms
1. _____	_____
2. _____	_____
3. _____	_____

7. What are the symptoms of vitamin B12 deficiency?

\_\_\_\_\_  
\_\_\_\_\_

8. What advice would you give a person who decided to be a total vegetarian?

---

---

---

---

9. What is the difference between saturated and unsaturated fats?

Saturated fats \_\_\_\_\_

Unsaturated fats \_\_\_\_\_

Which is the most healthful, and why?

---

---

Why \_\_\_\_\_

---

10. Why is it advisable to use less sugar in the diet?

---

---

Suggest ways in which this may be accomplished.

---

---

---

---

11. What are amino acids?

---

---

How many are needed to make all the proteins in the body?

---

---

What is meant by essential amino acids?

---

---

How many of them are essential?

---

---

Where can you get all the essential amino acids?

---

---

12. Know the difference between water and fat soluble vitamins.

Water soluble vitamins \_\_\_\_\_

Fat soluble vitamins \_\_\_\_\_

What are two common vitamins that are fat soluble?

1. \_\_\_\_\_ 2. \_\_\_\_\_

What are two vitamins that are water soluble?

1. \_\_\_\_\_ 2. \_\_\_\_\_

13. Using the book *Counsels on Diet and Foods*, write a paragraph on the benefits of a lacto-ovo vegetarian diet.

---

---

---

---

---

14. Explain why you need to balance exercise with your food intake. Why is it important not to take excessive amounts of some vitamins and minerals.

---

---

---

---

---

# Nutrition, Advanced Chart

Do the following:

1. Keep a food diary for one week on yourself.
2. Calculate the total nutrients each day
3. Compare the nutrients in your diet with the RDA.

	MORNING	NOON	EVENING	Nutrient Totals		RDA
Day 1	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C		Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	
Day 2	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C		Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	
Day 3	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C		Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	
Day 4	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C		Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	

## Nutrition, Advanced Chart (cont.)

- Do the following:
1. Keep a food diary for one week on yourself.
  2. Calculate the total nutrients each day
  3. Compare the nutrients in your diet with the RDA.

	MORNING	NOON	EVENING	Nutrient Totals		RDA
Day 5	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C		Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	
Day 6	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C		Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	
Day 7	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C		Calories Protein Iron Calcium Vitamin A Thiamin Riboflavin Niacin Vitamin C	