



B. Food Management

Basic

Knows to wash hands before eating and preparing food	Observation of task performance
Knows what “My Plate” is and foods that contribute to a healthy lifestyle	“Hungry? Eat Healthy” M-1, M-1a, M-1b, M-1c
Knows how to order in a cafeteria or fast food restaurant	“Hungry? Eat Healthy” M-2, M-2a
Knows the names and uses of cooking utensils	“Hungry? Eat Healthy” M-4, M-4a

WHAT DO YOU THINK?

List the foods that you think are good for you and bad for you. List reasons for your decisions.

 Good for you? Food Reasons	 Bad for you? Food Reasons
(i.e. vegetables Have vitamins, minerals, low calories)	

Check your nutrition knowledge! Place a T in front of true answers and an F in front of false answers.

- 1. Dried beans are a good source of complete protein.
- 2. Orange juice is a rich source of Vitamin C which helps to hold cells together.
- 3. Milk's only purpose is for the building of bones and teeth.
- 4. Donuts belong in the bread and cereal group since they are made of flour.
- 5. Fats are not good for you because they make you fat.
- 6. Deep yellow/orange vegetables are one of the richest sources of vitamin A.

Answers with explanations:

1. False. There are 22 different building blocks (called amino acids) in protein. It is necessary to have nine of these building blocks to build and repair body tissues such as muscles. Only animal products like eggs and meat are considered **complete proteins** since they have all nine of the necessary building blocks. Foods like dried beans, rice, and legumes are **incomplete protein**. These sources can, however, be combined with other protein foods to get all of the necessary amino acids. They do not have all of the necessary ones by themselves. Vegetarians need to combine protein sources carefully to stay healthy. Remember that dried beans and legumes are still excellent, inexpensive protein sources.
2. True. Fruits and vegetables furnish many of the vitamins and minerals necessary for regulating body processes. Oranges are a rich source of vitamin C that builds the collagen that holds cells together. Since vitamin C doesn't store well in the body, it needs to be replaced daily. (B vitamins also need to be replaced daily.)
3. False. Milk is nature's most perfect food. It's a rich source of protein, minerals, and many vitamins.
4. False. Donuts are so full of fat and sugars that they are placed in the fats, oils, and sweets group. The bread and cereal group is the chief source of carbohydrates (used for energy), vitamins and minerals. It's a rich source of the B vitamins that are used for such things as healthy nerves and regulating body processes.
5. False. Fats are necessary nutrients. They are a rich source of energy and are used for such things as storage of fat soluble vitamins A and D. A diet should include no more than 1/3 of its calories from fats. Only 10% of fats should be saturated (found in meat, milk, palm oil, and coconut oil.) 20% should be unsaturated (found in vegetable oils, nuts and high-fat fish.) Partially hydrogenated vegetable oils such as those in margarines and shortenings, contain a form of unsaturated fat that may raise blood cholesterol. **Weight is gained by eating too many calories from any kinds of foods.**
6. True. Deep yellow, orange and green vegetables are the richest sources of vitamin A that help to keep skin and mucous membranes healthy. Other examples: prevents night blindness and helps build bones.



DO YOU KNOW WHERE FOODS FIT?



Keeping track of nutrients you need each day is very complicated. You would need to add grams of each food eaten for: calories, protein, fat, cholesterol, carbohydrates, calcium, phosphorus, iron, potassium, sodium, all vitamins, etc. Nutritionists have come to your rescue with the food pyramid! They figured a simple way.

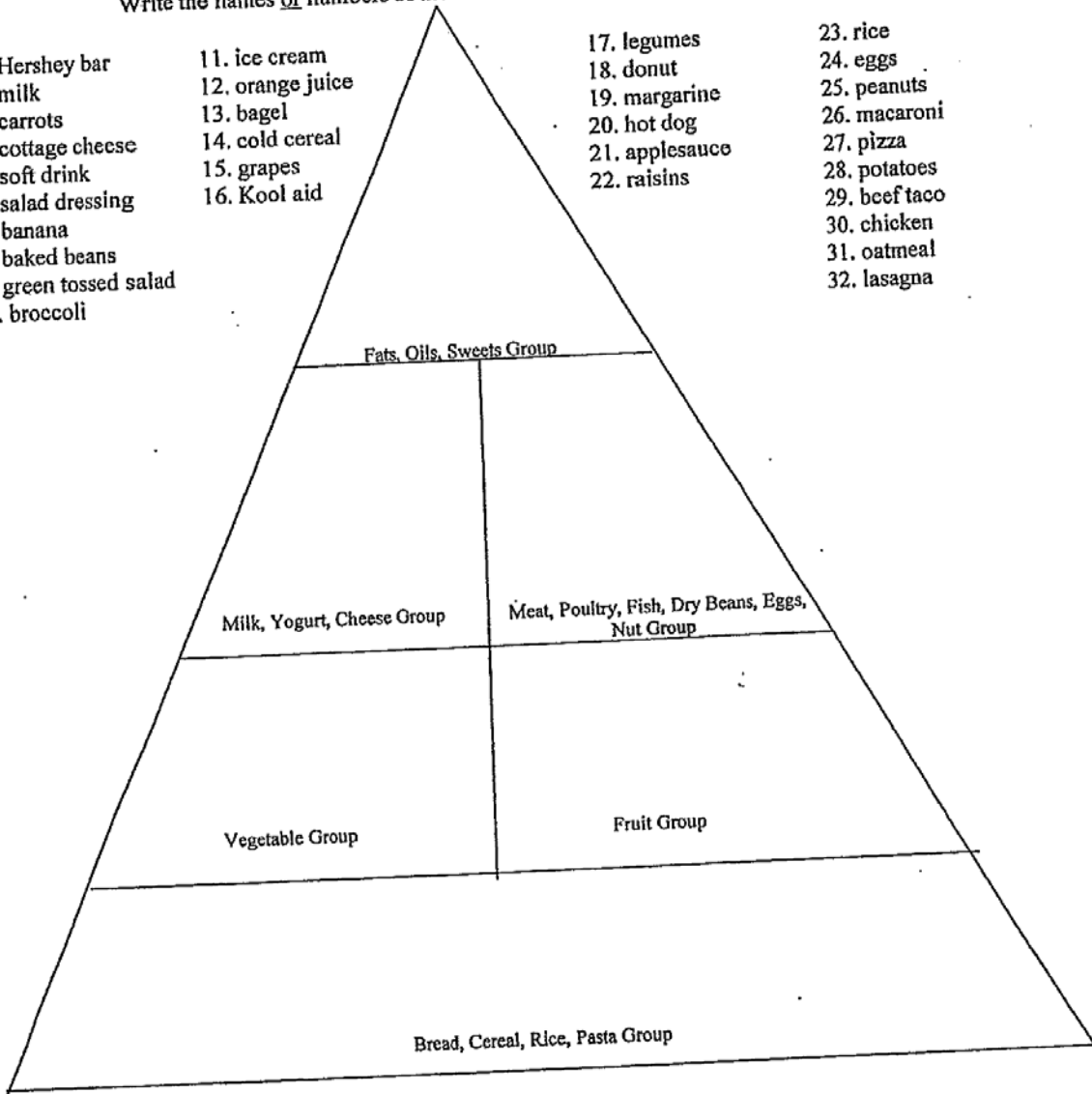
Write the names or numbers of the foods where they belong on the food pyramid.

1. Hershey bar
2. milk
3. carrots
4. cottage cheese
5. soft drink
6. salad dressing
7. banana
8. baked beans
9. green tossed salad
10. broccoli

11. ice cream
12. orange juice
13. bagel
14. cold cereal
15. grapes
16. Kool aid

17. legumes
18. donut
19. margarine
20. hot dog
21. applesauce
22. raisins

23. rice
24. eggs
25. peanuts
26. macaroni
27. pizza
28. potatoes
29. beef taco
30. chicken
31. oatmeal
32. lasagna



Questions:

1. Did some foods fit into more than one group?
2. How do you judge where to put them?
3. Is this type of food pyramid used by people in other countries?
4. What different types of foods might be placed on the pyramid in other countries?



KEEP TRACK OF YOUR DIET FOR 4 DAYS



List all foods that you eat each day. Include any snacks and soft drinks. List according to cup measurements for fruits and vegetables unless whole pieces are eaten. Meat should be listed by ounces (a 3 oz serving is about the size of a deck of cards.)

DAY 1	Amount Eaten	DAY 2	Amount Eaten
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	
DAY 3	Amount Eaten	DAY 4	Amount Eaten
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	



HOW DID I DO???

It's time to analyze your diet. Find out if you ate the foods needed for being the best you can be. Remember the Pyramid Food Group requirements:

<u>Milk, Yogurt, and Cheese</u>	<u>Vegetable</u>	<u>Fruit</u>
1 cup milk or yogurt	1 c raw leafy vegetables	1 medium apple, banana, orange
1 1/2 oz of natural cheese	1/2 c of other vegetables	1/2 c chopped, cooked, canned
2 oz process cheese (3" cube)	cooked or chopped raw	1/2 c fruit juice
2 c cottage cheese	3/4 c vegetable juice	1 c fresh berries
1 1/2 slices American processed cheese		1/2 cantaloupe or grapefruit
1 3/4 c ice cream		
<u>Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts</u>	<u>Bread, Cereal, Rice, and Pasta</u>	
2-3 oz cooked lean meat, poultry, or fish	1 slice bread	
1/2 c cooked dry beans, dry peas, or lentils.	1/2 to 3/4 c cooked cereal, rice, or pasta	
1 egg or 2 T peanut butter count as 1 oz lean meat	1 oz ready-to-eat cereal	
1/3 c canned tuna or salmon	1 enriched or whole grain roll, biscuit, or muffin	
1/2 c nuts	1/2 bagel, 1 pancake, or 1 tortilla	

Fats, Oils, and Sweets

These are not counted since advice is "USE SPARINGLY" (includes candy, donuts, pies, sodas, etc.)

<u>DAY 1</u>				<u>DAY 2</u>			
Group	# Required	# Eaten	# Needed	Group	# Required	# Eaten	# Needed
Milk	2-3	_____	_____	Milk	2-3	_____	_____
Vegetable	3-5	_____	_____	Vegetable	3-5	_____	_____
Fruit	2-4	_____	_____	Fruit	2-4	_____	_____
Meat	2-3	_____	_____	Meat	2-3	_____	_____
Bread	6-11	_____	_____	Bread	6-11	_____	_____
<u>DAY 3</u>				<u>DAY 4</u>			
Group	# Required	# Eaten	# Needed	Group	# Required	# Eaten	# Needed
Milk	2-3	_____	_____	Milk	2-3	_____	_____
Vegetable	3-5	_____	_____	Vegetable	3-5	_____	_____
Fruit	2-4	_____	_____	Fruit	2-4	_____	_____
Meat	2-3	_____	_____	Meat	2-3	_____	_____
Bread	6-11	_____	_____	Bread	6-11	_____	_____

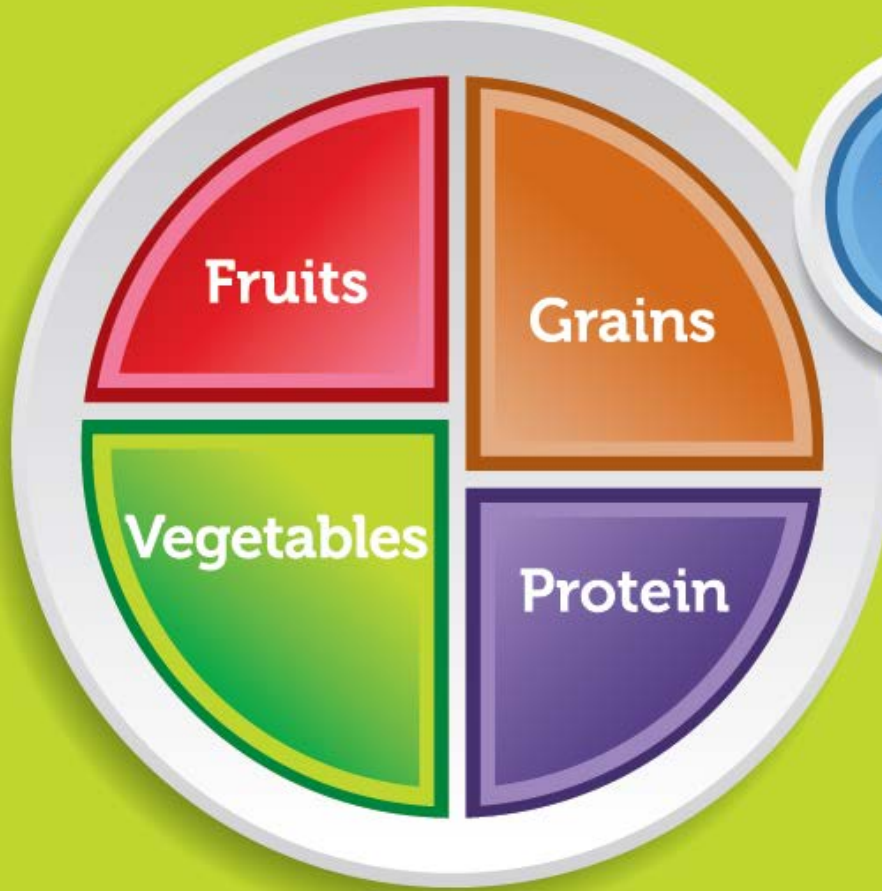
??? QUESTIONS TO CONSIDER ???

1. Are you pleased with your eating habits and diet?
2. What are some of the things you have control over in your food choices?
3. What are some of the things you don't have control over in your food choices?
4. What alternatives do you have to make changes you desire?
5. What changes could you make to meet your basic food requirements?
6. What are the consequences of the changes you choose to make?

MAKE A PLAN!

Changes to Make	Starting Date	One Week Evaluation		
		Did it!	Almost	Not yet!

Signed _____ Date _____



Choose **MyPlate**.gov



“ARE FAST FOODS GOOD OR BAD FOR ME?”
THE ANSWER IS.....YES!! It’s a bit of both.

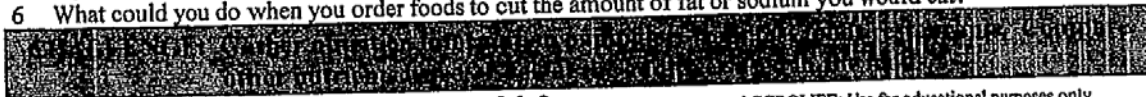
Fast foods can be good because they have many needed nutrients in them. They can also be bad if too many are eaten. Remember that the Dietary Guidelines for Americans recommends:

- * a diet low in fat, salt, and sodium
- * maintaining a healthy weight
- * sugar in moderation
- * eating a variety of fruits, vegetables, and grains

Look at the fast food items below and see how they compare with the recommended allowances of fat and sodium (salt) per day. (Based on a 2,200 calorie diet, you need less than : 73 g of fat; 2,400 mg of sodium.) Also note the calories and compare them with your own needs per day.

SANDWICHES, ENTRIES & SIDE ORDERS	Calories	Calories from Fat	Total Fat g	Sodium mg	Sugar g
McDonald’s Filet-O-fish	360	150	16	690	6
Burger King Whopper	600	360	40	900	8
McDonald’s Big Mac	530	250	28	880	8
Wendy’s Grilled Chicken Fillet	310	70	8	790	8
McDonald’s McChicken Sandwich	510	270	30	820	5
Burger King Chicken Tenders/8pcs	350	200	22	940	0
Wendy’s Plain Hamburger	360	150	16	580	5
Wendy’s Garden Veggie Pita	400	150	17	760	8
Wendy’s Taco Salad (no dressing)	380	170	1	1040	9
Wendy’s French Salad Dressing	120	90	10	330	5
McDonald’s Garden Salad	80	35	4	60	5
Burger King French Fries(Medium)	400	190	21	820	0
Wendy’s Cheese Baked Potato	570	210	23	640	5
Wendy’s Chili (Large)	310	90	10	1190	8
McDonald’s Egg McMuffin	290	110	13	730	3
Burger King Croissan’wich (with Sausage/ Egg and Cheese)	530	370	41	13	4
McDonald’s Hotcakes (w/2 pats of Margarine/ Syrup)	580	150	16	760	42
McDonald’s Breakfast Burrito	320	180	20	600	2
DRINKS					
Burger King Chocolate Shake (Medium)	440	90	10	330	75
McDonald’s 1% Lofat Milk	100	20	2.5	115	13
McDonald’s Coca-Cola (Small, 16oz)	150	0	0	15	40
McDonald’s Orange Juice	80	0	0	20	18

- 1 Place a check in front of foods you would order for lunch at a McDonald’s. How many grams of fat will you eat? ____ How many mg of sodium will you eat? ____ Compare with your needs.
- 2 If you were ordering a meal from McDonald’s that included representatives from all food groups, what could you choose?
- 3 Which of the foods in the chart above would you recommend to someone who wants to lose weight?
- 4 Which of the foods in the chart above would you recommend for gaining weight?
- 5 If you were ordering a breakfast that is low in calories and fat, which items would you choose?
- 6 What could you do when you order foods to cut the amount of fat or sodium you would eat?





TIME TO ORDER!

“What’ll you have?”

Fast Food Restaurant Order Board

Hamburger	\$.79
Cheeseburger	.99
Large burger special	1.22
Fish fillet	1.19
Chicken nuggets (5)	1.29
French fries	.59
Tossed salad	1.25
Ice cream cones	.85
Milk shake	.89
Milk (2%)	.59
Orange juice	.69
Coffee	.59
Apple pie	.88

Check the items you would order if you were eating at this fast foods restaurant.

- How would you place your order?
- What would the total cost be? _____
- Whom would you pay for the food?
- What change would you get from \$10.00? _____
- Is tipping necessary? **
- Which food groups are not represented in your choices?
- What other foods would you need to eat to meet your daily needs?

Cafeteria Restaurant Order Board

Today’s special: Lasagna	\$ 5.59
(includes salad and drink)	
Broiled chicken with rice	2.39
Beef and mashed potatoes	2.59
Spaghetti with meat sauce	2.39
Hamburger with fries	1.79
Fruit pie	1.21
Side dishes of vegetables	.69
Fruit salads (small)	.89
Rolls (2)	.45
Pie slices	1.15
Chocolate cake	.99
Coffee	.75
Milk	.59
Ice tea	.70

Check the items you would order if you were eating in this cafeteria.

- How would you place your order?
- What would the total cost be? _____
- Whom would you pay for the food? *
- What change would you get from \$10.00? _____
- Is tipping necessary? **
- Which food groups are not represented in your choices?
- What other foods would you need to eat to meet your daily needs?

* Some cafeterias charge a set price for a whole meal. You may then eat whatever you choose. The meal is paid for before you are allowed to sit at a table and begin choosing your foods. Some cafeterias offer a combination of methods.

** Generally tipping is not necessary in fast foods restaurants. If service is given in a cafeteria, a tip is appreciated by the person waiting on your table. A tip is an amount of money given to a person taking an order and bringing your food in a restaurant. This amount varies from 10-20%, depending on the type of restaurant and amount of service offered.)

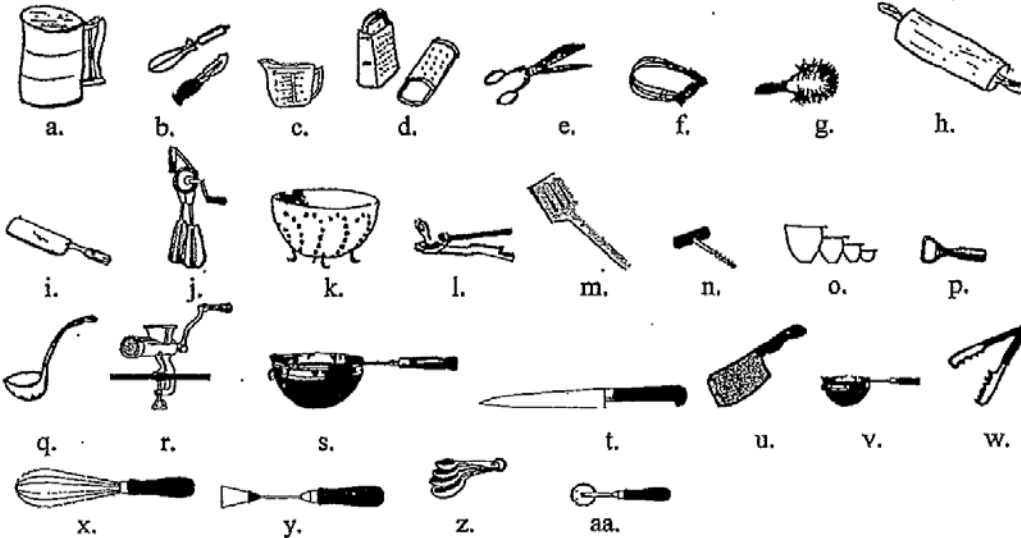
CHANGES I COULD MAKE

What changes could you make so your meal furnishes at least one representative of each food group?

ADVICE TO SHARE WITH OTHERS

If you have eaten in a fast foods restaurant or a cafeteria, list some of your experiences and advice you can offer to others. Share the list with others.

WHICH ONE WILL I USE?



Write the letter of the kitchen utensil in front of its name. Then check the columns.

UTENSIL	I've Used This	I Want to Know More	I Have This	Alternative to Use	I Want This	I Need This
bottle opener						
can opener						
cleaver						
colander						
corkscrew						
egg beater						
flour sifter						
grater						
grinder						
kitchen shears						
knife						
liquid measuring cup						
measuring spoons						
dry graduated measuring cups						
pancake turner						
pastry blender						
pastry brush						
pastry cutter						
peelers						
rolling pin						
soup ladle						
spatula						
strainer						
tea strainer						
tongs						
vegetable brush						
whip						

YOU CHOOSE WHAT TO USE!

FIRST draw pictures of the items listed below that do not have illustrations.



1. Muffin tin

2. Cookie sheet

3. Pie pan

4. Double boiler

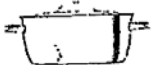


5. Skillet

6. 9 x 13 cake pan

7. Casserole

8. Mixing bowls



9. 6 quart pot

10. Sauce pan

11. Loaf pan

12. Cookie sheet

NOW choose the best container for cooking the following foods. Place the number of your equipment choice in front of the food to be cooked.

- | | | | |
|--|--|---|---|
| <input type="checkbox"/> Fry a hamburger | <input type="checkbox"/> Bake a tuna casserole | <input type="checkbox"/> Bake banana bread | <input type="checkbox"/> Melt chocolate |
| <input type="checkbox"/> Heat canned beans | <input type="checkbox"/> Make soup | <input type="checkbox"/> Bake a birthday cake | <input type="checkbox"/> Bake apple pie |
| <input type="checkbox"/> Bake cupcakes | <input type="checkbox"/> Bake cookies | <input type="checkbox"/> Bake Rice Krispie treats | <input type="checkbox"/> Mix a cake |

WHICH APPLIANCES HAVE YOU USED?

Appliance	I've used it	I have read instructions	I need to know more	How I'll find out how to use it safely	I can demonstrate it!
Refrigerator (self defrosting)					
Refrigerator (not self defrosting)					
Dishwasher					
Microwave					
Electric range					
Gas range					
Convection oven					
Toaster					
Electric coffee pot					
Blender					
Toaster oven					
Electric mixer					
Bread maker					