



REVIEW AND QUIZ 1

How well do you remember what you have learned? Prepare for Quiz 1 by reviewing the work you have done in Section 1. Before you take the quiz, review the glossary words on page 57 and be sure you know the terms.



Tell your teacher when you are ready for Quiz 1.



SECTION 2



MyPlate: A Basic Plan for Good Health

When you go with your mother to the grocery store, you do not hear her say, “We want 20 pounds of carbohydrates, 10 pounds of protein, and a few grams of vitamins and minerals this week.” You know her grocery list will have things like *bananas, lettuce, carrots, cereal, crackers, flour, hamburger* and *sour cream* on it. All of these foods are complex mixtures of the nutrients your family needs.

Food scientists have grouped foods into a convenient chart that shows at a glance what is needed for proper nutrition. This chart is called MyPlate. You will learn about the nutritional value of the foods in each section of the chart, and about how to prepare them to maintain their nutrition. You will experiment with preparing foods in each group. You will learn how much of each food group you should eat each day.

Section 2 Objectives

Read these objectives. After completing this section, you should be able to –

- name the five groups of foods in MyPlate.
- name the basic nutrients in each of the five groups of foods.
- prepare foods from each of the five groups of foods, plus a dessert.

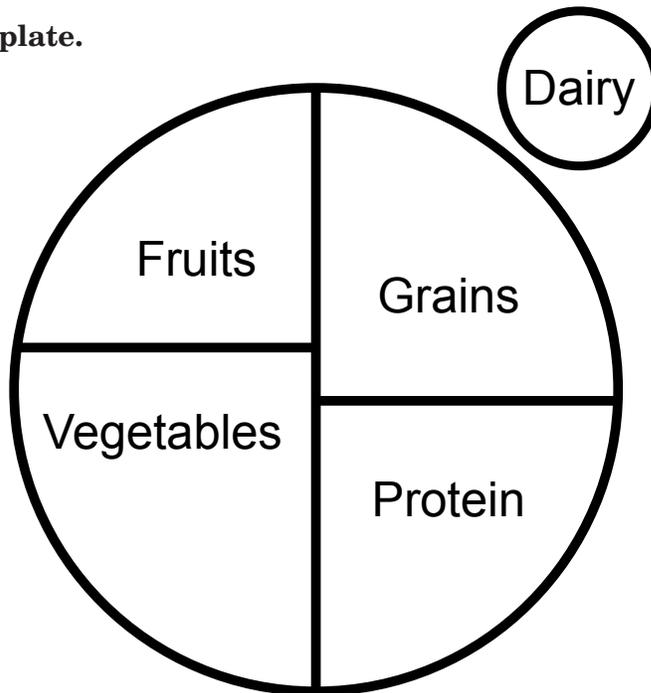


Study the plate diagram and chart. You will be referring to them as you work through this section.



Color the sections of the plate.

- Fruits – red
- Grains – orange
- Vegetables – green
- Protein – purple
- Dairy – blue



Daily amounts recommended for a 2,000 calorie diet:				
Vegetables	Fruits	Grains	Protein Foods	Dairy
2½ cups	2 cups	6 ounces	5½ ounces	3 cups
What equals a cup or an ounce of food?				
1 cup = 1 cup raw or cooked; 2 cups of leafy salad greens	1 cup = 1 cup raw, cooked, or 100% juice; ½ cup dried fruit	1 ounce = 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 oz. of ready-to-eat cereal	1 ounce = 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas	1 cup = 1 cup of milk or yogurt; 1½ oz. natural or 2 oz. processed cheese

COMPARING FOODS

You have learned some things about nutrition and about nutrition facts labels. For this lesson you will take a trip to the grocery store to read and compare the

nutrition facts labels of various foods. If you have these foods at home, you can save yourself a trip. Your teacher may allow you to substitute some of these.



Go to the grocery store. Study the nutrition facts labels on these foods. Use the information to fill in the chart.

○ 1.

	Cal./Serving Fat cal. / Serv.	Amount Fat Sat. fat	Total Carb. Fiber - Sugar	Vitamins	Minerals
pinto beans					
canned refried beans					
red velvet cake					
unfrosted angel food cake					
white bread					
whole wheat bread					
saltine crackers					
cheddar cheese crackers					



Write true or false.

2. _____ The more processed a food, the higher the sodium.
3. _____ The more processed a food, the higher the sugars.
4. _____ The more processed a food, the higher the fats.
5. _____ The more processed a food, the better the nutrition.

Lesson 8

Vegetables

VEGETABLES

Vegetables and fruits fill about half of the MyPlate diagram. They should make up a large part of your daily food. Vegetables provide fiber and many essential vitamins and minerals and are usually low in calories.

Vegetables are at their best when eaten raw as soon after they are picked as possible. Since most of us live where it is not possible to have vegetables fresh from the garden all year, we must preserve those we grow by freezing or canning. Freezing preserves more of the nutrients, but canning is also nutritious if done correctly.

If we cannot grow our own vegetables, we must depend on the produce section of the supermarket. Quick-frozen vegetables are as good as fresh ones picked a week or more before they reach the grocer's shelves. Canned vegetables are also available, but you need to eat the liquid in which they are canned to get their nutrients.

We can include more vegetables in our diet by using red, orange, and dark green vegetables such as tomatoes, sweet potatoes, and broccoli in main dishes. Kidney beans, chick

peas, lentils, or other legumes can be added to salads, soups, or side dishes. They can also be served as a main dish.

Most of us don't want to eat potatoes, lima beans, or yams raw. Since many vitamins and minerals are water soluble, we need to be careful how we cook vegetables.

If you drown green beans in water, cook them for an hour, then pour the water down the drain, the family receives little nutritional value from them except fiber. Boil vegetables with as little water as possible for as short a time as possible. This preserves their nutrients as well as their color, taste, and texture. Placing vegetables on a rack above the water and steaming them for a short time is another way to preserve their nutrients.

Some people claim they do not like vegetables.

Some families eat only a few, such as corn, green beans, and potatoes. God has provided such a wide variety of vegetables with so many pleasing tastes and textures, we surely should not turn up our noses until we at least try them.



Lesson 8



Answer the questions.

1. How many cups of vegetables should you eat each day? _____
- 2. What vegetables does your family eat?

3. To get the most from the fiber, vitamins, and minerals in vegetables:
 - a. eat them _____ soon after they are picked.
 - b. cook them for a _____ time in a little _____.
 - c. _____ them on a rack above the water.
 - d. preserve them by _____ or _____.



Read these vegetable recipes and choose one to try.

SUMMER SALAD

1 c fresh sugar snap peas or snow peas	2 ears corn, cut off cob
4 carrots, sliced thin	4 c red potatoes, cooked and diced
3 stalks celery, sliced thin	1 c green beans, lightly steamed
6 radishes, sliced thin	Boston lettuce leaves, whole
1 green pepper, in thin strips	3 large tomatoes, cut in wedges.

Mix all ingredients together, except lettuce and tomatoes. Season with $\frac{1}{2}$ tsp onion salt and $\frac{1}{2}$ tsp celery salt. Chill. Before serving toss with your favorite dressing or make this in a blender:

$1\frac{1}{2}$ c peeled, seeded, chopped cucumber	1 T lemon juice
1 c mayonnaise	2 T chopped chives or green onions
1 T milk	$\frac{1}{4}$ c sugar (optional)

Line salad bowl or individual salad plates with lettuce leaves. Top with salad. Garnish with tomato wedges.

VEGETABLE STIR-FRY

2 T butter
 3 c chopped zucchini
 1 c yellow summer squash
 ½ c celery
 4 green onions, chopped

½ medium green pepper chopped
 1 c fresh or frozen peas
 1½ t seasoned salt
 black pepper to taste

Melt butter in skillet or dutch oven. Add zucchini and summer squash. Sprinkle with one tsp salt. Add remaining vegetables except peas. Add remaining salt. Cover and allow vegetables to steam 5 minutes. Stir gently. Steam another 4 minutes or until vegetables are almost tender. Sprinkle peas over top of vegetables. Steam 3 or 4 minutes more until peas are tender.

- 4. Which will you make? _____



Assemble the equipment you need. Look over the list of ingredients and collect them. Check each ingredient as you place it in your work area.



Follow recipe directions and proceed with the work.



Clean the kitchen. Check the box when you've finished each step.

- 5. Put ingredients away.
 Wash the dishes.
 Dry the dishes.
 Put the dishes away.
 Wash countertop or table work area.
 If you used an appliance, wipe it clean and put it away.
 Scrub the sink.
 Wash the stove.
 Hang up dishcloth and towel or put them in the laundry.
 Sweep the floor.
 After food comes from oven, turn off oven.



Complete the self-evaluation.

- 6. Did I wash my hands before starting?
- Did I follow all directions?
- Was I kind and cooperative with others as I worked?
- Did I do my share of the work?
- Did I keep my work area clean and neat?
- Did I work quietly?
- Did I practice safety habits?
- Did I finish my work in good time?
- Did I leave the kitchen clean and neat for the next cook?

Lesson 9

Fruits

FRUITS

Many people enjoy fruits more than vegetables, perhaps because they contain sugar. It's good to enjoy fruit because it is good for us. Fruit provides fiber for good digestion—especially when we leave the skin on. Fruit also provides vitamins and minerals that are essential for health. The sugar in fruit is so diluted in water that it is not bad for us. Our great God provided a food group that is nutritious, low in calories, and yet satisfies our sweet tooth!

Include a variety of fruits in your diet. Fresh fruit is best, but fruit bought in season and frozen or canned is also a good source of nutrition. Canning fruit in water or diluted fruit juice rather than sugary syrup helps to avoid empty calories.

Fresh fruits are delicious as snacks and can be used in salads or desserts. Top your breakfast cereal with berries or sliced bananas or add blueberries to pancake batter. Fruit juices are another refreshing choice. Select 100% juice when choosing juices. Dried fruits are an excellent source of nutrition as well.

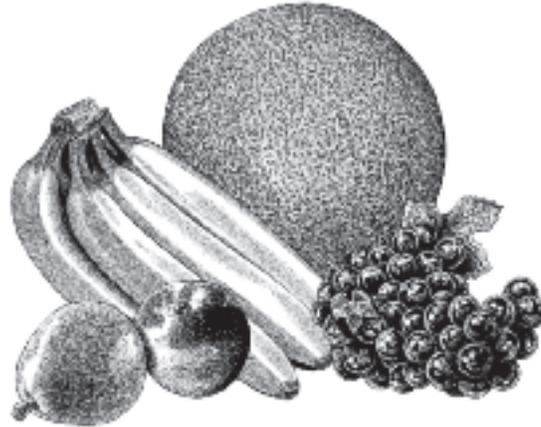
Fruit picked for shipping fresh must be picked before it is fully ripe. Otherwise it would become too bruised and spoil in shipping. Many fruits in the supermarket are hard, green, and may taste sour instead of sweet. Some fruits will not ripen after they are picked, but pears, bananas, kiwis, and peaches will become softer and much sweeter if they are placed in a brown paper bag and left at room temperature for a day or so. Most fruit gives off a gas in the ripening process. Trapping the gas in the bag hastens the ripening of the fruit.

Most fruit is ready to eat when it yields easily to the pressure of a thumbnail. Then it should be stored in a cool place to slow down the ripening and eventual rotting. Oranges and apples are best stored in a plastic bag in a refrigerator. This keeps them from losing moisture and becoming dry and tough.

When we process fruit by putting it into a pie, it loses some of its nutrients and gains calories. That is a delicious way to use fruit, but raw fruit can also be appealing and

refreshing. Polished apples, shiny grapes, or ripe bananas are delicious! Next time you help your mother plan a company buffet, try arranging a fruit tray. So that guests can enjoy more than one fruit, section the oranges, core and slice the apples and pears,

clip the grapes apart in small clusters, and chunk the bananas. To keep cut fruit from turning brown, dip it into a solution made of one quart water mixed with $\frac{1}{4}$ cup lemon juice.



Answer the questions.

1. What fruits does your family enjoy?

2. How many cups of fruit should you eat each day? _____

3. What is one way to ripen fruit more quickly?

4. How can we get the most fiber from the fruit we eat?



Have you ever eaten kiwis? mangoes? tangelos? papayas? plantains? Supermarkets carry a wide variety of fresh fruits from many parts of the world. Next time you visit the market, choose a fruit you have never tasted. Find out how to eat it. Then taste it with an open mind. Write a short paragraph here describing your experience.

- 5.



Read these fruit recipes and choose one to try.

6. Which will you make?

GINGER ALE SALAD

3 envelopes unflavored gelatin (3 T)

½ c cold water

2 c boiling water

¾ c sugar

½ c lemon juice

2 c ice cold ginger ale

1 (16 or 20 oz) can pineapple tidbits,
drained (reserve the juice)

2 c seedless fresh grapes
(white or red, or mixed)

Soak gelatin until softened.

Add. Stir until dissolved.

Add. Cool to room temperature.

Add. Chill until mixture begins to congeal.

Mix in pineapple and grapes. Pour into
ring mold. Chill until set.

Unmold on greens to serve.

Dressing for Ginger Ale Salad

2 eggs

½ c sugar

2 T flour

¾ c reserved pineapple juice

1½ T butter

1½ c whipping cream, whipped
(or 2 c frozen whipped topping)

Beat eggs, sugar, and flour together in
saucepan.

Mix in the pineapple juice. Cook until
thickened, stirring constantly. Remove
from heat. Stir in butter until melted.
Chill thoroughly. Fold whipped cream into
mixture. Serve in center of ring mold.

FROZEN FRUIT SLUSH

2 c white sugar

3 c boiling water

12 oz frozen orange juice concentrate

6-8 bananas sliced

20 oz can crushed pineapple

18 oz lemon-lime soda or water

Dissolve sugar in boiling water.

Add concentrate.

Stir in fruit.

Stir in soda or water.

Pour mixture into large container or individual serving cups and freeze. If this is frozen in small styrofoam cups, it makes a refreshing snack on a hot day.

For variation, add sliced fresh peaches, seedless grapes, or other fresh fruit of your choice.