



## What is a self-instructional module?

Let me tell you what a self-instructional module is all about! A self-instructional module is a way for you to learn at your own pace about a new topic. This module is a guide that you can use to construct healthy meals for a lifetime. First you will take a pretest to determine what you know about the Food Guide Pyramid. After the pretest the self-instructional module is divided into 5 sections. Listed below are the sections that you will work through as you are trying to discover the “Secrets of the Food Guide Pyramid”.

### **Section 1 – Food Identification**

### **Section 2 – Creating a daily menu**

### **Section 3 – Volume and Size of food**

### **Section 4 – Number of Servings**

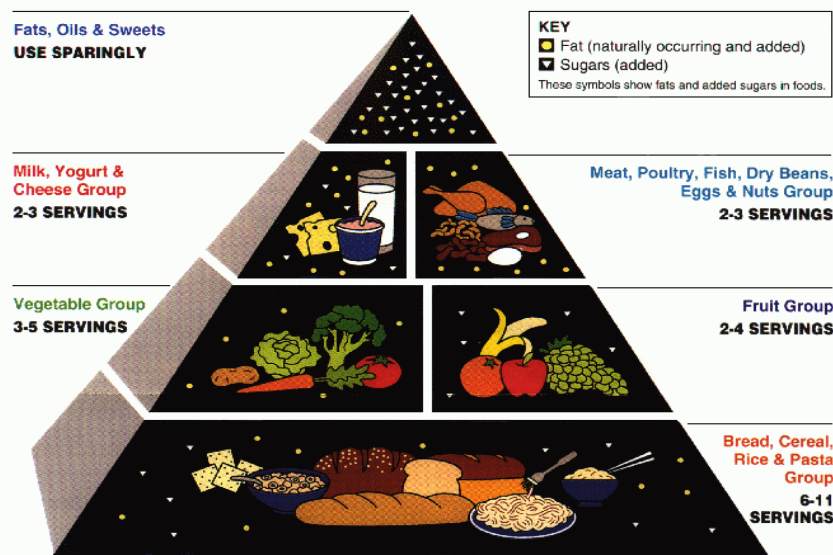
### **Section 5 – Analyzing your menu**



Turn the page to start your journey



# Welcome to the “Secrets of the Food Guide Pyramid” Module



Your mission, if you choose to accept it, is to learn the Secrets found in the Food Guide Pyramid. You will be asked to create a nutritious diet, for one day, following the recommendations that you will discover on your journey. In order to continue in this module you will need some basic skills.

Please turn the page to find the essential tools you will need to continue on your journey.



Ask yourself the following questions:

**\*Do you know how to add single digit numbers?**

$$4+2 = ?$$

**\*Do you know how to subtract single digit numbers?**

$$8-2 = ?$$

**\*Can you distinguish between food and non-food items?**

**For example, can you pick out the food from the three choices of pizza, bottle, and dog?**

If you answered, “**YES**” to the above questions:  
**Congratulations!** You have met the conditions to continue on your journey.

I wish you good fortune as you proceed through the  
“**Secrets of the Food Guide Pyramid.**”

If you answered “**NO**”

Please see your instructor who will help to equip you with the necessary knowledge.

**Turn the page to begin.**



Complete the pretest below. Good Luck!!

**PRETEST**

**Directions**

Multiple Choice: Choose the correct answer and write the corresponding letter in the blank provided.

- \_\_\_\_\_ 1. The serving size for rice and pasta is \_\_\_\_\_.
- A. 1 ounce cooked noodle
  - B. 1 cup cooked
  - C. ½ cup uncooked
  - D. ½ cup cooked
- \_\_\_\_\_ 2. All of the foods listed below are in the meat group except \_\_\_\_\_.
- A. Steak
  - B. Cheese
  - C. Fish
  - D. Eggs
- \_\_\_\_\_ 3. You know you need to eat at least three to five servings of vegetables a day. Which of the following is considered a serving?
- A. A cup of lettuce
  - B. A carrot
  - C. A glass of V-8 juice
  - D. All of the above
- \_\_\_\_\_ 4. The Food Guide Pyramid is broken up into how many sections?
- A. 4
  - B. 5
  - C. 6
  - D. 7
- \_\_\_\_\_ 5. Which of the following foods is not a vegetable?
- A. Green beans
  - B. Corn
  - C. Rice
  - D. Carrots

Continued on the next page.

\_\_\_\_\_ 6. Which of the following is not a member of the bread group?

- A. Apple
- A. English Muffin
- B. Pasta
- C. Rice

\_\_\_\_\_ 7. From the foods below select the item that belongs in the Fats, Oils, and Sweet group.

- A. Ice Cream
- B. Candy Bar
- C. Orange Juice
- D. Eggs

\_\_\_\_\_ 8. How many servings of vegetables should you have daily?

- A. 1-3
- B. 2-4
- C. 3-5
- D. 5-7

True and False: Circle **True** if the statement is true and **False** if the statement is false.

9. Cheese is a member of the milk food group	True	False
10. According to the Food Pyramid Guide recommendations, you should eat 4 servings of bread daily.	True	False
11. Grapefruit and apples are members of the fruit food group.	True	False
12. It is recommended that a person should eat five meals a day.	True	False
13. One whole English muffin is equal to one serving.	True	False
14. Foods found in the Meat group are measured by volume?	True	False
15. You should have 3-5 servings of the Milk , yogurt, and cheese daily?	True	False

**Continue on to the next page**

Write a daily menu meeting the requirements of the Food guide Pyramid.

---

---

---

---

---

---

---

---

---

---

Turn to page 1 in the answer key section in the back of the book to self-check your pretest.



## You must read the following information.

**The information will give you the foundation you need to continue. It will also state reasons why it is important to choose nutritious foods to eat on a daily basis.**



Teenagers have a reputation for bad eating habits. They go overboard with junk food, fast foods, fad diets, skip meals, and don't eat enough of the nutrient-rich foods their growing bodies need. Nutritionists say such extreme eating habits can be extremely dangerous and can lead to serious health problems in a teen's future.

The nutrients that teenagers need the most of during the peak growth years, they don't get due to their poor eating habits. A teenagers diet is very low in vitamins and minerals. In particular, teenagers lack calcium, iron, and zinc, which are vital minerals the body needs.

The influences that teenagers have in regards to their poor eating habits are attributed to peer pressure, on-the-go lifestyle, and dual-working parents who rely heavily on convenience foods. Media has a large influence on teenagers, also. According to a study that appeared in the Journal of Nutrition Education (Vol. 9, 1977), children see over 100,000 food commercials on TV by the time they are adolescents. **That's you!** Many of those commercials are mainly for high fat and high sugar foods. When you go into the kitchen during a commercial break what kind of food do you grab?

The good news is that there's an easy way for teens to eat healthfully. They just have to follow the guidelines set by the Food Guide Pyramid. Established by the U.S. Government, the Pyramid categorizes all food into six major groups and provides assistance in choosing what and how much to eat per day. Each of the food groups represented in the Pyramid provides some, but not all, of the nutrients you need. Food in one group can never replace those in another, and no one-food group is more important than another. For good health you need to eat 3 balanced meals and 2 healthy snacks daily. The foods need to be selected from the Food Guide Pyramid.

Turn the page to continue.



## Let's take a look at two teenagers diets.

**Andy** burns calories by the boatload, and the payoff has been a lifelong slender physique. But those days may be ending, according to his parents. "I have a high metabolism so I've never really had to worry about my weight," says Andy. "But my parents tell me that this won't always be the case if I'm not careful. So now I think before I eat. Unfortunately, his thought processes have led to the following poor eating habits: no breakfast, a snack of French fries at noon, a "lunch" of pizza at 3:30 p.m., pasta for dinner at 9:30 P.M., and ice cream before bed.

**Elena**, shares with her friend a dangerous view of eating, "It's not about being healthy," Elena says. "It's about being the right weight and getting to that point as quickly as possible." In order to shed pounds quickly, Elena puts herself on a diet that consists of plenty of fruits and vegetables, egg white, boiled or grilled chicken, and absolutely no soda or sweets. Not too bad, but she eliminates bread, cereal, rice, and pasta from her regimen. And she won't eat **anything** after 2 p.m. That's very unwise.

My question to you is, "What if Andy and Elena knew about a way to eat healthy by following the guidelines set by the Food Guide Pyramid?" Do you think they would make better choices if they had this knowledge? The good news is that there's an easy way for Andy and Elena to eat healthfully by following these guidelines. The food pyramid categorizes foods into six major groups and provides assistance in choosing what and how much to eat per day. The goal is for teenagers to get the nutrients they need.

*Reflect on you own eating habits. Are they close to Andy or Elena?*

**As you turn the pages of this module, you will be asked to perform tasks that will help you understand the reason the Food Guide Pyramid was created.**

**Turn the page.**





# SECTION I

Is it a fruit or a vegetable?







## Identification of Foods

In this section you will learn how to classify foods into the correct food group.

Turn the page to continue








## Do you Know What Belongs in the Bread, Cereal, Rice, and Pasta Group?

<p>At the base of the Food Guide Pyramid are breads, cereals, rice, and pasta - all foods made from grains. The following reasons are</p>	
<p>why this food group is important in your daily diet:</p>	
<ul style="list-style-type: none"><li>• to get the fiber you need daily</li></ul>	
<ul style="list-style-type: none"><li>• grains are a good source of carbohydrates which provide your body with energy</li></ul>	

Turn to the next page to continue



## Why Does an Apple a Day Keep the Doctor Away?

<p>This food group comes from plants.</p> <p>Fruits provide the body with vitamins and minerals. Most teenagers do not eat enough fruit each day.</p>	
	
	
	
	

Turn the page to learn more about food groups



## What are Those Green Things?







Vegetables come from plants and provide the body with vitamins, minerals and fiber. Teenagers do not eat enough vegetables in their diet. So why not try onions and green peppers on your pizza?



Turn the page to continue



## Why are Eggs in the Meat Group?

<p>Meat, poultry, fish, dry beans, eggs, and nuts make up the meat group.</p>	
<p>Most of these foods come from animal sources and provide protein, iron, and zinc for the body. However</p>	
<p>you will notice from the pictures below that not all foods are from animals. Nuts and dried beans also</p>	
<p>provide protein and iron for the body.</p>	
	
	

Turn the page to continue



## Does Milk Do a Body Good?





Milk, yogurt, and cheese make up the milk group. These foods are a good source of calcium and phosphorus, which builds strong bones.



Turn the page to continue



## Why do you Think Fats, Oils, and Sweets are at the Top of the Food Guide Pyramid?

<p>The small tip of the Pyramid shows fats, oils, and sweets. These are foods such as salad dressings and oils, cream, butter, margarine,</p>	
<p>sugars, soft drinks, candies, and sweet desserts. These foods provide calories and little else nutritionally.</p>	
<p>Most people should use them sparingly.</p>	
	

Turn to the next page to check your knowledge










## Food Identification Assessment

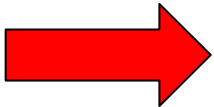
Now it is time to see what you have learned about the food groups. Look at the pictures below and write the food group in the box next to the food item.






1.	 <p>tuna in water 1/2 cup = 2 oz <input type="text"/></p>
2.	
3.	 <p>yogurt 1 cup</p>
4.	 <p>grapes 1/2 cup</p>
5.	 Rice



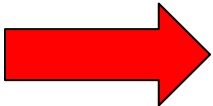


6.	 <p>green beans, cooked 1/2 cup</p>
7.	
8.	 <p>milk, 2% 1 cup</p>
9.	<p>Butter</p> 
10.	 <p>Kiwi</p>
11.	 <p>banana 1 medium</p>
12.	



13.	 <p>Fruit Drink</p>
14.	
15.	 <p>almonds  <math>\frac{2}{3}</math> cup = 2 oz. <input type="text"/></p>
16.	 <p>corn, cooked  <math>\frac{1}{2}</math> cup</p>
17.	 <p>lentils, cooked  1 cup = 2 oz <input type="text"/></p>

Turn to page 2 in the answer section to see how well you did.  
Turn the page to continue.



## Can you think of Foods for each Food Group?



Located on the next page is a chart broken up in to the six food groups. Your mission is to list 10 foods in each column that corresponds to the food group. Be creative in the foods that you choose.

**Have Fun!!**

Turn to the next page to continue



## Can you Identify what food goes where?

The Food Guide Pyramid is divided into 6 groups. The **Bread, Rice, Cereal and Pasta group** is at the base of the pyramid. Foods made from grain products belong in this group such as **bread, rice, and spaghetti**. On the next level of the pyramid, you will find foods from plants. One of the sections on this level is the **Fruit group**. Examples of this group are **apples, oranges, and watermelon**. The other group is the **Vegetable group**. Foods found in this group are **corn, beans and broccoli**. Going up to the next level of the pyramid you will find the **Milk, Cheese and Yogurt group** along with the **Meat, Poultry, Fish, Nuts, Eggs and Dried Beans**. Examples of the milk group are **skim milk, cheddar cheese and ice cream**. Examples of the Meat group are **steak, peanut butter, and eggs**. The top of the pyramid is made up of **Fats, Oils and Sweets**. In this group you can find like **cookies, butter, and potato chips**. When choosing foods from the pyramid you need to select more foods at the base and work your way up to the top. The top section is the group you should have the least amount of selections daily in order to have a healthy diet.

Identify which food group each of the foods belongs in by writing the name of the food group after each item.

1. Ice Cream \_\_\_\_\_
2. Potato Chips \_\_\_\_\_
3. Hamburger \_\_\_\_\_
4. Spaghetti \_\_\_\_\_
5. Bagel \_\_\_\_\_
6. Corn Flakes \_\_\_\_\_
7. Watermelon \_\_\_\_\_
8. Tuna Fish \_\_\_\_\_
9. Peanuts \_\_\_\_\_
10. Broccoli \_\_\_\_\_

Turn to page 3 in the answer key section at the back of the module to see how well you did. If you correctly identified 8 foods **GREAT JOB!** Continue on your journey by turning the page.



**Directions:** Fill in the chart by listing 5 food items under each food group definition

<b>Breads, cereal, rice, and pasta group</b>	<b>Fruit group</b>	<b>Vegetable group</b>	<b>Meat, poultry, fish, dry beans and egg group</b>	<b>Milk, yogurt, and cheese group</b>	<b>Fats, oils, sweets group</b>
These are foods from grains	These are foods from plants. Most people need to eat more of these foods for the vitamins, minerals, they supply.	These are foods from plants. You need to eat more of these foods for the, minerals, and fiber they supply.	These foods come from animals. These foods are for protein, iron.	These are foods that come from animals. These foods are for calcium.	These are foods such as salad dressings, cream, butter, sugars, soft drinks, and candies. These foods provide calories and little else nutritionally.
1.	1.	1.	1.	1.	1.
2.	2.	2.	2.	2.	2.
3.	3.	3.	3.	3.	3.
4.	4.	4.	4.	4.	4.
5.	5.	5.	5.	5.	5.

## Section II

### How Much Should I Eat in a Day?



### Creating a daily menu

So far you have learned how to identify food groups for food items. In this section you are going to create a daily menu.

Turn the page to continue.



# Daily Menu

Directions: Now that you have learned the definition of the food groups and what foods are in each group it is time for you to create a daily menu. Use the space below to create your menu. Be specific when naming your food items (for example, don't write meat but write chicken or steak). After you have developed your menu go to the next page and use the checklist to assess yourself.

## Daily Menu Self Assessment

Does your daily menu meet the following guidelines. Evaluate your menu by place a check mark in the appropriate column.

<b>Guidelines</b>	<b>Yes</b>	<b>No</b>
Do you have 3 meals and 2 snacks	<input type="checkbox"/>	<input type="checkbox"/>
Do you have food items in the Bread, cereal, rice and pasta group	<input type="checkbox"/>	<input type="checkbox"/>
Do you have food items in the fruit group	<input type="checkbox"/>	<input type="checkbox"/>
Do you have food items in the vegetable group	<input type="checkbox"/>	<input type="checkbox"/>
Do you have food items in the meat, poultry, fish, dry beans, eggs, and nut group	<input type="checkbox"/>	<input type="checkbox"/>
Do you have food items in the milk, yogurt, and cheese group	<input type="checkbox"/>	<input type="checkbox"/>
Do you have items in the fats, oils, and sweets groups	<input type="checkbox"/>	<input type="checkbox"/>

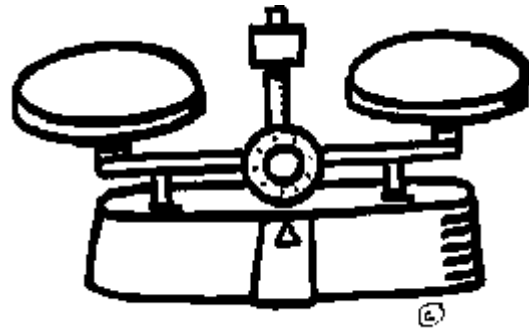
Turn the page to continue your journey





## SECTION III

What is Volume?  
What is Size?



## Volume and Size

What comes to mind when you hear these words? So far you have journeyed through types of foods that belong to specific food groups as well as creating a menu that you will use as you continue on your mission. In this section you will discover the difference between measuring size and volume.

Turn to the next page to continue



**Read the following information.** You will discover how food is measured. This information is important to know when planning a daily menu

In this activity you will discriminate (tell the difference) between **size** and **volume** of food items.

**Size** of food is measured in ounces (oz.) tablespoons (Tbsp), and pounds (lb). Basically, this is how food is measured or weighed. The size of food is measured in **solid** form. Some examples of food measured by weight are: 2 oz. of chicken, 2 Tbsp. of peanut butter and 1 apple.

**Volume** of food is a **liquid** measurement. **Liquid** measurements can be labeled by cup size, which is equal to 8 oz. Milk, oil, and juices are measured in volume because they are a **liquid**. Some examples of food measured by volume are: 1 cup of milk,  $\frac{1}{2}$  cup oil, and  $\frac{3}{4}$  cup of juice.

## ACTIVITY FOR UNDERSTANDING

**Look at the pictures on the next page write the name of 5 foods measured by size in one column and 5 foods measured by volume in the other.**

<u>Size or Weight Measurement</u>	<u>Volume or Liquid Measurement</u>
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

**Turn to the next page to continue this activity. When you are done completing the chart, turn to page 4 in the answer key section to check your work. Good Luck!**



Pictures labeled for the previous activity



Continue your journey by turning the page



## SECTION IV

Should I Eat 2 Pancakes or 4 Pancakes?



### Number of Servings

It is just as important to watch how much you eat as it is to eat foods from each food group. Your journey will now take you to the number of servings you should eat of each food group.

Turn the page to continue




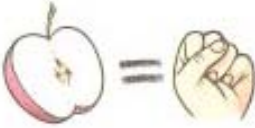
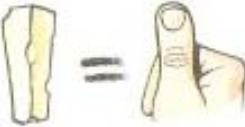


## What the Heck is a Serving?

Let's just say that you are really concerned about eating well. You do everything you are supposed to. You have a tattoo of the food pyramid on your forearm. (a temporary one) The only problem is figuring out how much you're really supposed to be eating. The food pyramid does a nice job telling you how many servings of fruits and vegetables and meats and grains you should eat everyday. The problem is that you don't really know what they mean by "serving." A cup? A handful? A trough full? What?

The same goes for unhealthy foods you just can't resist, like potato chips and candy. You read the labels on the package so you know how much fat and calories are in your chips and M&M'S. But again, you aren't sure if their idea of serving is the same as yours.

Serving sizes differ among foods. You can get a quick estimate of portion size by using these tips.

<ul style="list-style-type: none"><li>• Three ounces of meat, poultry, or fish is about the size of a deck of cards</li></ul>	
<ul style="list-style-type: none"><li>• One-half cup of fruit, a vegetable, pasta, or rice is about the size of a preschool child's fist.</li></ul>	
<ul style="list-style-type: none"><li>• One ounce of cheese is about the size of your thumb.</li></ul>	

Turn the page to continue



Study the list below to help you in your understanding of what a serving size really is.

**Breads, Cereal, Rice, and Pasta Group**

- One slice of bread
- One ounce ready to eat cereal
- ½ cup of cooked cereal, rice or pasta



**Vegetable Group**

- One cup of raw leafy vegetables
- ½ cup of other vegetables
- ¾ cup vegetable juice



**Fruit Group**

- 1 medium size fruit such as apple, banana, orange
- ½ cup chopped, cooked, or canned fruit
- ¾ cup fruit juice



**Milk, Yogurt, and Cheese Group**

- 1 cup of milk or yogurt
- 1 and one-half ounces of natural cheese
- Two ounces of processed cheese



**Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group**

- Two or three ounces of cooked lean meat, poultry, or fish
- One egg
- ½ cup cooked dry beans
- Two tablespoons of peanut butter



**Fat, Oils, and Sweets**

- Use sparingly from this group
- 10 potato chips
- One candy bar
- Two Oreo cookies



Turn the page to continue



# Directions

Complete the sentences below by underlining the correct response “is” or “is not” in order to make the statement true.

Example: One medium orange is/ is not a serving.

1. One hamburger bun is/ is not a serving.
2. One pancake is/ is not a serving.
3. One cup of frozen yogurt is/ is not a serving.
4. One cup of fruit juice is/ is not a serving.
5. Four ounces of processed cheese is/ is not a serving.
6. One egg is/ is not a serving.
7. Four Oreo cookies is/ is not a serving.
8. One medium apple is/ is not a serving.
9. One slice of bread is/ is not a serving.
10. One and a half cups of milk is/ is not a serving.
11. One half cup of cooked macaroni is/ is not a serving.
12. One tablespoon of peanut butter is/ is not a serving.
13. One half cup of cooked green beans is/ is not a serving,
14. Two to three ounces of turkey is/ is not a serving.
15. One cup of cooked rice is/ is not a serving.

Turn to page 5 in the answer key section located in the back of the module. Check your results.

If you answered 13 correctly you may proceed to the next activity. Keep up the good work. If you did not get 13 correct go back and reread pages 29 –30.



## Did you Include Servings Sizes in your Menu?

Now that you have learned about serving sizes you know that it is important to be aware of how much you eat of a particular food. Eating  $\frac{1}{2}$  cup of ice cream occasionally is OK but eating 3 cups of ice cream 3 times a week is not a very wise thing to do.

Go back to the menu that you created on page **23** and look to see if you included serving sizes. If you did include serving sizes EXCELLENT, if not go back and write down the serving sizes for your food items.

Use the information that you have just learned about serving sizes on the previous pages to complete this activity.

Turn the page to continue your journey





# Diet Diary

You have just learned how to determine serving sizes of foods and how to discriminate between volume and size. Use the menu that you created on page 23 and write down the food items for each meal in the correct food group.

Food Groups	Breads, Rice, Cereal, Pasta (6-11)	Vegetables (3-5)	Fruits (2-4)	Milk, Yogurt, Cheese (2-4)	Meat, Poultry, Eggs, Dry Beans, Nuts (2-3)	Fats, Oils, Sweets use Sparingly
Breakfast						
Lunch						
Snack						
Dinner						
Snack						
Total servings						
+ or - servings						

Now it is time to count the number of servings that you have in your menu. On the chart above write down the total number of servings for each food group from your menu.

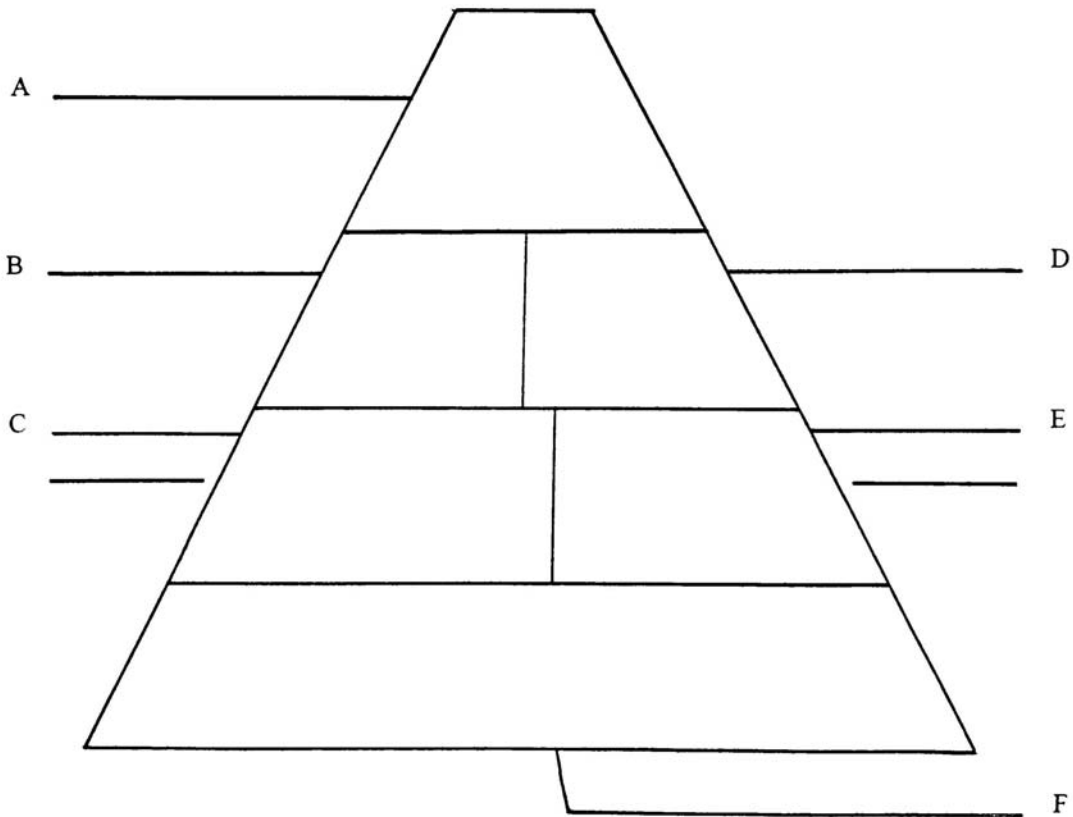
Looking Good! Turn to page 6 in the answer key section to see an example of a diet diary. Turn the page to continue.



## How many Servings of Ice Cream can I have in one Day?

The Food Guide Pyramid is a helpful tool in determining the number of servings that a person should have in one day. The pyramid can be found in several locations such as: the nutrition corner in the classroom, on the Internet, and in cookbooks. Go to the nutrition corner in the classroom and get a Food Guide Pyramid.

Use the Food Guide Pyramid that you found and write the appropriate **food group** on the lines and record the **number of servings** in the corresponding box.

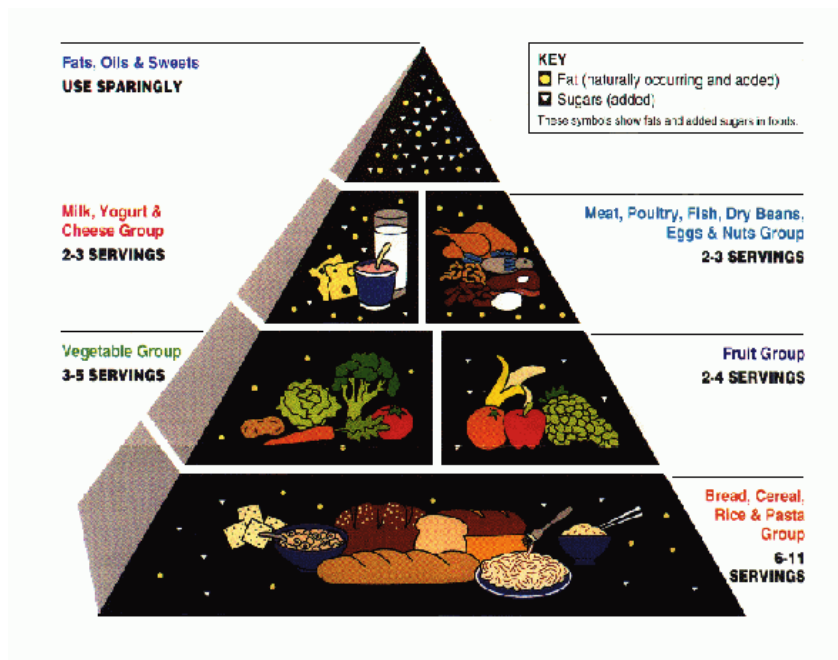


Turn to page 7 in the answer key section to check your answers.  
After checking your answers turn the page to continue.



# SECTION V

## It's Time to Analyze



## Analyzing your Menu

In this section you will learn how to compare your menu's nutritional content with the Food Guide Pyramids recommendations.

Turn the page to continue



## Does your Menu Measure up to the Food Guide Pyramid Recommendations?

Now that you have learned about the Food Guide Pyramid recommendations go back to your chart on page 33. Subtract your serving totals in the row at the bottom of your chart from the Food Guide Pyramid recommendations that are located at the top. Write your answer in the last row.

Good Job! Turn the page to continue.



## Analyzing your Menu

Did your menu meet the Food Guide Pyramid's recommendations? If so GREAT JOB, if not let's do some regrouping of your menu.

Go back to the chart on page 33 and look at the results of your comparison. For any food groups that you had a number less than 0, using a different colored pencil, subtract food items from your menu by drawing a line through the extra foods found in your menu or change your servings sizes so that you meet the recommendations. For any food groups where you had a number larger than 0, using a different colored pencil, add food items or increase the serving size until you meet the recommendations.

Great Job you have completed the instructional phase of the module.  
You have two small parts of the module to complete.



# M E N U

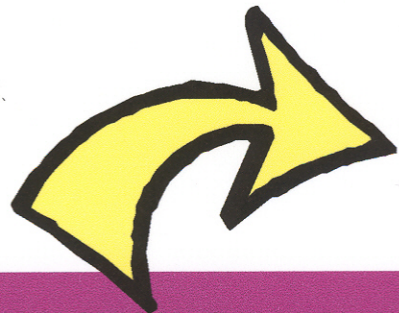
CONGRATULATIONS YOU  
MADE IT THIS FAR.!!!

YOU TRAVELED WELL ON  
YOUR JOURNEY.

HOWEVER YOU HAVE ONE  
MORE TASK TO COMPLETE  
BEFORE YOU ARE  
THROUGH....

TURN THE PAGE AND TAKE  
THE FINAL TEST OF YOUR  
KNOWLEDGE.

GOOD LUCK!



## Complete the posttest below. Good Luck!

Name: \_\_\_\_\_

### Directions:

Multiple Choice: Choose the correct answer and write the corresponding letter in the blank provided.

- \_\_\_\_\_ 1. The serving size for cooked green beans is.
- A. 2 cups uncooked
  - B. 1 cup cooked
  - C.  $\frac{1}{2}$  cup uncooked
  - D.  $\frac{1}{2}$  cup cooked
- \_\_\_\_\_ 2. All of the foods listed below are in the milk group except.
- A. Steak
  - B. Cheese
  - C. Yogurt
  - D. Skim milk
- \_\_\_\_\_ 3. You know you need to eat at least 6 to 11 servings of breads a day. Which of the following is considered a serving?
- A.  $\frac{1}{2}$  cup of cooked rice
  - B. One ounce ready to eat cereal
  - C. One slice of bread
  - D. All of the above
- 
- \_\_\_\_\_ 4. The Food Guide Pyramid is broken up into how many sections?
- A. 4
  - B. 5
  - C. 6
  - D. 7
- \_\_\_\_\_ 5. Which of the following foods is not a fruit?
- A. Apple
  - B. Corn
  - C. Orange
  - D. Pear

Turn to the next page



\_\_\_\_\_ 6. How often should you eat items from the Fats, Oils, and Sweets?

- A. Frequently
- B. Never
- C. Sparingly

True and False: Circle **True** if the statement is true and **False** if the statement is false.

7. Potato chips are a member of the Fats, Oils, and Sweets group.	True	False
8. According to the Food Pyramid Guide recommendations, you should eat 2-3 servings of meat a day.	True	False
9. Grapefruit and apples are members of the vegetable food group.	True	False
10. It is recommended that a person should eat five meals a day.	True	False
11. One whole bagel is equal to one serving.	True	False
12. Roast Beef is measured by volume.	True	False

Write a daily menu meeting the requirements of the Food guide Pyramid. Along with the 3 meals be sure to include 2 snacks. Be specific when writing food names. Make sure to include the serving size of each food.

---

---

---

---

---

---

---

---

Turn to page 8 in the answer key section at the back of the module to check your answers.





THIS  
CERTIFICATE IS  
AWARDED TO  
YOU FOR  
COMPLETING  
THE SECRETS OF  
THE FOOD  
GUIDE  
PYRAMID



## Check you answers using the Key provided for you.

### Multiple Choice:

1. D
2. B
3. D
4. C
5. C
6. A
7. B
8. C

### True or False:

9. T
10. F
11. T
12. F
13. F
14. F
15. F

## Write a daily menu meeting the requirements of the Food Guide Pyramid.

Check your menu and see that you had the following requirements:

**\*Did your daily menu have 3 meals (breakfast, lunch, and dinner) and 2 snacks?**

Check the following:            Yes \_\_\_\_\_    No \_\_\_\_\_

**\*You should have 6 – 11 servings of breads, cereals, pasta and rice.**

Check the following:            Yes \_\_\_\_\_    No \_\_\_\_\_

**\*You should have 2 to 4 servings of fruits.**

Check the following:            Yes \_\_\_\_\_    No \_\_\_\_\_

**\*You should have 3 to 5 servings of vegetables.**

Check the following:            Yes \_\_\_\_\_    No \_\_\_\_\_

**\*You should have 2 to 4 servings of milk.**

Check the following:            Yes \_\_\_\_\_    No \_\_\_\_\_

**\* You should have 2 to 3 servings of meat, poultry, fish, and dried beans.**

Check the following:            Yes \_\_\_\_\_    No \_\_\_\_\_

**\*You should have no more than 3 servings in the fats, oils, and sweets category.**

Check the following:            Yes \_\_\_\_\_    No \_\_\_\_\_

**How well did you do? A pretest is used to see what you know. If you knew everything and answered the questions correctly then there would be no reason for you to continue with this module. If you correctly answered # 2, 5, 6, 7, 9, and 11 it shows that you can place foods in the correct category. Skip to page 19 and begin. Otherwise turn the page to begin.**

## Answer Key for Food Identification Assessment

Use the following answers to evaluate how you did on the Food Identification Assessment.

1. Meat, poultry, fish, eggs, dried beans, and nuts
2. Milk, yogurt, and cheese
3. Milk, yogurt, and cheese
4. Fruit
5. Bread, cereal, rice, and pasta
6. Vegetable
7. Bread, cereal, rice, and pasta
8. Milk, yogurt, and cheese
9. Fats, oils, and sweets
10. Fruit
11. Fruit
12. Bread, cereal, rice, and pasta
13. Fats, oils, and sweets
14. Fats, oils, and sweets
15. Meat, poultry, fish, eggs, dried beans, and nuts
16. Vegetable
17. Meat, poultry, fish, eggs, dried beans, and nuts

## Answer Key to Can you Identify What Food Goes Where

1. Ice Cream \_\_\_\_\_ milk, cheese and yogurt \_\_\_\_\_
2. Potato Chips \_\_\_\_\_ fats, oils and sweets \_\_\_\_\_
3. Hamburger \_\_\_\_\_ meat, poultry, fish, nuts, eggs and dried beans
4. Spaghetti \_\_\_\_\_ breads, cereal rice and pasta \_\_\_\_\_
5. Bagel \_\_\_\_\_ breads, cereal rice and pasta \_\_\_\_\_
6. Corn Flakes \_\_\_\_\_ breads, cereal rice and pasta \_\_\_\_\_
7. Watermelon \_\_\_\_\_ fruit \_\_\_\_\_
8. Tuna Fish \_\_\_\_\_ meat, poultry, fish, nuts, eggs and dried beans
9. Peanuts \_\_\_\_\_ meat, poultry, fish, nuts, eggs and dried beans
10. Broccoli \_\_\_\_\_ vegetable \_\_\_\_\_

## Activities for Understanding Answer Sheet

### Size

1. American Cheese (2oz.)
2. Milk, non-fat dry (5Tbsp)
3. Almonds ( $\frac{2}{3}$  cup = 2oz. Meat)
4. Canadian bacon (2-3 oz)
5. Chick peas, cooked (1 cup)
6. Fresh fish (2-3 oz)
7. Lentils cooked (1 cup = 2 oz. Meat)
8. Lobsters (2-3 oz)
9. Peanut butter (4Tbsp = 2 oz meat)
10. Tuna in water ( $\frac{1}{2}$  cup = 2 oz meat)

### Volume

1. Milk (2% - 1cup)
2. Buttermilk (1cup)
3. Yogurt (1 cup)
4. Low fat Ice cream ( $\frac{1}{2}$  cup)
5. Milk skim (1 cup)
6. Frozen yogurt (1 cup)

# Directions

Complete the sentences below by underlining the correct response “is” or “is not” in order to make the statement true.

Example: One medium orange is/ is not a serving.

1. One hamburger bun is/ is not a serving.
2. One pancake is/ is not a serving.
3. One cup of frozen yogurt is/ is not a serving.
4. One cup of fruit juice is/ is not a serving.
5. Four ounces of processed cheese is/ is not a serving.
6. One egg is/ is not a serving.
7. Four Oreo cookies is/ is not a serving.
8. One medium apple is/ is not a serving.
9. One slice of bread is/ is not a serving.
10. One and a half cups of milk is/ is not a serving.
11. One half cup of cooked macaroni is/ is not a serving.
12. One tablespoon of peanut butter is/ is not a serving.
13. One half cup of cooked green beans is/ is not a serving,
14. Two to three ounces of turkey is/ is not a serving.
15. One cup of cooked rice is/ is not a serving.

# Diet Diary

You have just learned how to determine serving sizes of foods and how to discriminate between volume and size. Use the menu that you created on page 23 and write down the food items for each meal in the correct food group.

Food Groups	Breads, Rice, Cereal, Pasta (6-11)	Vegetables (3-5)	Fruits (2-4)	Milk, Yogurt, Cheese (2-4)	Meat, Poultry, Eggs, Dry Beans, Nuts (2-3)	Fats, Oils, Sweets use Sparingly
Breakfast						
Lunch						
Snack						
Dinner						
Snack						
Total servings						
+ or - servings						

Now it is time to count the number of servings that you have in your menu. On the chart above write down the total number of servings for each food group from your menu.

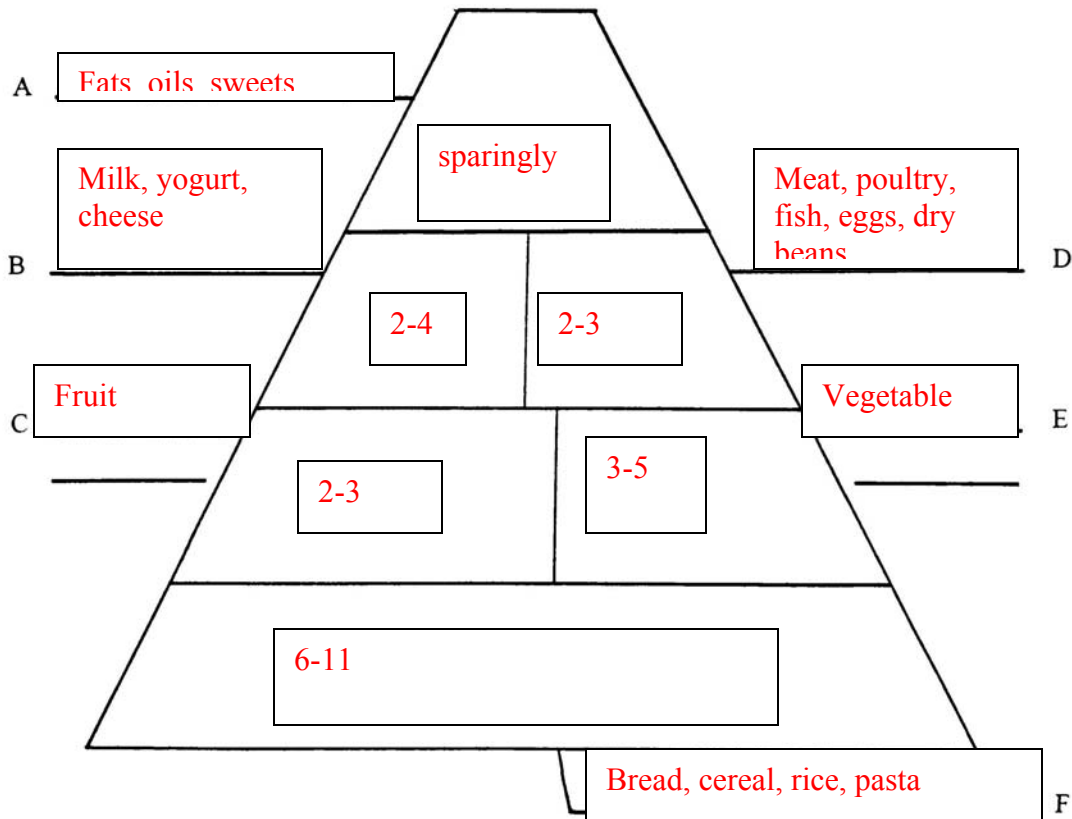
Looking Good! Turn to page 6 in the answer key section to see an example of a diet diary. Turn the page to continue.



# How many Servings of Ice Cream can I have in one Day?

The Food Guide Pyramid is a helpful tool in determining the number of servings that a person should have in one day. The pyramid can be found in several locations such as: the nutrition corner in the classroom, on the Internet, and in cookbooks. Go to the nutrition corner in the classroom and get a Food Guide Pyramid.

Use the Food Guide Pyramid that you found and write the appropriate **food group** on the lines and record the **number of servings** in the corresponding box.





Check your answers to the Posttest by using this answer key.

**Multiple Choice:**

- 1. D
- 2. A
- 3. D
- 4. C
- 5. B
- 6. C

**True or False:**

- 7. True
- 8. True
- 9. False
- 10. False
- 11. False
- 12. False

**Write a daily menu meeting the requirements for the Food Guide Pyramid.**

Check your menu and see if you have the following requirements:

**\*Did your daily menu have 3 meals (breakfast, lunch, and dinner) and 2 snacks?**

Check the following:            Yes \_\_\_\_\_    No \_\_\_\_\_

**\*You should have 6 – 11 servings of breads, cereals, pasta and rice.**

Check the following:            Yes \_\_\_\_\_    No \_\_\_\_\_

**Name the foods in the bread group you listed**

---

---

**\*You should have 2 to 4 servings of fruits.**

Check the following:            Yes \_\_\_\_\_    No \_\_\_\_\_

**Name the foods in the fruit group you listed**

---

---

**\*You should have 3 to 5 servings of vegetables.**

Check the following:            Yes \_\_\_\_\_    No \_\_\_\_\_

**Name the foods in the vegetable group you listed**

---

---

**Continued on the next page**



**\*You should have 2 to 4 servings of milk, cheese, and yogurt.  
Check the following:            Yes\_\_\_\_\_    No\_\_\_\_\_**

**Name the foods in the milk group you listed\_\_\_\_\_**

---

**\* You should have 2 to 3 servings of meat, poultry, fish, and dried beans.  
Check the following:            Yes\_\_\_\_\_    No\_\_\_\_\_**

**Name the foods in the meat group that you listed\_\_\_\_\_**

---

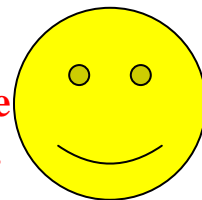
**\*You should have no more than 3 servings in the fats, oils, and sweets category.  
Check the following:            Yes\_\_\_\_\_    No\_\_\_\_\_**

**Name the foods in the fats, oils, and sweet group you have listed\_\_\_\_\_**

---

**How well did you do? Have you uncovered the Secrets of the Food Guide Pyramid? If so, wonderful job. Now it is time to put these recommendations into effect by choosing healthy foods each day. Thank you for traveling with us on your journey. Bon Appetite!**

**If you need a little more practice go the parts of the module that you need more work on and try again.**





Please turn the  
page and take  
the Attitude  
Survey for us  
Thank you!!!

## ATTITUDE SURVEY

Direction:

We need your help in evaluating the quality of this lesson. The left column names particular areas of the module we would like you to rate. For each part named, rate its overall quality on a scale of 1 = Poor to 5 = Good. Circle the level you believe best describes each lesson part.

Lesson Part	Quality Points (circle value)
1. Did the module hold your interest?	Poor 1 2 3 4 5 Good
2. Did you understand what you were asked to do in each section?	Poor 1 2 3 4 5 Good
3. Were the directions clearly stated?	Poor 1 2 3 4 5 Good
4. Were the instructions easy to follow?	Poor 1 2 3 4 5 Good
5. Did you feel you had enough practice exercises to learn the new material?	Poor 1 2 3 4 5 Good
6. Did the test measure your knowledge of the material you covered in each section?	Poor 1 2 3 4 5 Good
7. Did you feel confident when answering the questions on the test?	Poor 1 2 3 4 5 Good
8. Did you receive enough feedback throughout the module?	Poor 1 2 3 4 5 Good
9. Were the graphics and illustrations appropriate?	Poor 1 2 3 4 5 Good
10. Was the use of color helpful?	Poor 1 2 3 4 5 Good

Read the following questions below and note ways you think we can improve each lesson part to make it clearer, more interesting, and more relevant for your needs. **Thank you for your comments. They are very important to us!**

1. What did you like most about the module?

---

---

2. What did you like least about the module?

---

---

3. What would you add to make this module to make it more interesting?

---

---



Enhance  
Your  
Learning

Since you have discovered the Secrets of the Food Guide Pyramid you are now ready to evaluate a sample diet of an average teenager. After looking over the diet below, turn the page and answer the following questions in the space provided.

- 8 a.m. : Drink one can of Pepsi
- 11 a.m.: Eat one bagel topped with cream cheese and strawberry jam.
- 1 p.m.: Eat one slice of pizza, one apple, and a bag of pretzels. Drink a pint of whole milk.
- 4 p.m.: Eat one Big Mac and a regular order of French fries from McDonald's. Drink one chocolate shake.
- 7 p.m.: Eat two broiled chicken breasts; mashed potatoes, and a mixed salad of lettuce, tomatoes, slices of yellow pepper, and carrots. Drink one glass of soda.
- 9 p.m.: Eat three cups of Ben and Jerry's pistachio ice cream

Turn to the next page to evaluate the sample diet.



1. Where does the diet fall short of suggested servings? \_\_\_\_\_

---

---

---

---

2. Where does the diet exceed suggested servings? \_\_\_\_\_

---

---

---

---

3. What can be improved? \_\_\_\_\_

---

---

---

---

4. What is good about the diet?

---

---

---

---

---

---

---

---

Turn to compare your answers with the answer key.

## Answers for Enhancing your Learning

1. The diet falls short in servings of grains, vegetables, and fruit.
2. The diet exceeds the suggested servings for fats, dairy, and meat.
3. Fewer desserts should be eaten, especially ice cream.
4. Dinner is balanced.