

# FOOD & FITNESS CHOICES FOR YOU

1. Name the food groups, the number of servings needed from each group daily, and give examples of foods and serving sizes from each group. (Page 5-7)
2. What are the components of fitness? (Page 15)
3. Why should you consider fat, sodium and sugar when choosing snacks? (Page 19)
4. What are some cheeses that are good for melting? (Page 22)
5. Are non-fat cheeses good for melting? Why? (Page 22)
6. Are all yogurts diet food? Why? (Page 23)
7. Be able to identify healthier choices at a fast food restaurant? (Pages 26-27)
8. Describe how to prepare salad greens? (Page 30)
9. How do you make a sanitizing solution? What is it used for? (Page 32)
10. What are some safety hints to follow, if oil catches on fire? (Page 34)
11. What kind of utensils can safely be used in a microwave? (Page 34)
12. Explain how to pack a safe lunch. (Page 37)
13. Be able to identify myths and facts about sports nutrition (Pages 44-45)
14. Tell how to choose fresh fruits (Page 47)
15. Be able to discuss basic table manners (Page 50)
16. Be able to demonstrate the appropriate way to set a table (Page 50)