



Pathfinder's Name _____

Nutrition

1. Describe the food pyramid guide.

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. _____ 3. _____

2. _____

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 RDA stand for?

What does it 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			