

# Nutrition Lesson Worksheet

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

**Instructions:** Complete this worksheet as you move through the Nutrition Lesson.

1. What are three questions you can ask to help determine if a source of information is valid?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

2. What is the definition of food processing?

3. List the two types of grains and two examples of each.

a. \_\_\_\_\_

b. \_\_\_\_\_



4. Why are fresh vegetables healthier than vegetable juice?

5. Dried fruit and fruit juice contain more of what than fresh fruit does?

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6. Which two nutrients do you need to check the nutrition facts labels for on dairy products?

a. \_\_\_\_\_

b. \_\_\_\_\_

7. What type of protein foods should we cut back on?

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8. List two tips for eating healthier when eating at restaurants.

a. \_\_\_\_\_

b. \_\_\_\_\_

