

Beginner Nutrition Study Sheet

Food Shopping

Identify the details of each pizza ad:

- A. Domino's
 - 1. Offers online ordering
 - 2. Has a coupon for a special deal
 - 3. Delivery charges may apply
 - 4. Offers other food items besides pizza

- B. Yankee's Pizza
 - 1. Has special recipe crust
 - 2. Advertises using only the freshest ingredients
 - 3. Guarantees satisfaction
 - 4. Deals are available for dine-in or carry-out

- C. Lisa's Pizzeria
 - 1. Advertises cheap pizza
 - 2. Has 2 varieties of crust
 - 3. Deal is for pepperoni pizza only
 - 4. Has a charge for delivery

- D. Buddy's Pizza
 - 1. Deal is for pepperoni pizza only
 - 2. Has 2 varieties of crust
 - 3. Special deal is for take-out only
 - 4. Offers free soft drink with minimum purchase



Beginner Nutrition Study Sheet (Con't)

Food Safety

Know where to safely store various foods:

- A. Freezer
 - 1. Frozen vegetables
 - 2. Frozen fruits

- B. Refrigerator
 - 1. Fresh vegetables
 - 2. All ripe fresh fruits, except bananas, until you are ready to use
 - 3. Canned fruits or vegetables when the can has been opened
 - 4. Fruit or vegetable dip until it is time to serve
 - 5. Opened packages of dried fruit
 - 6. Raw eggs

- C. Counter Top
 - 1. Bananas
 - 2. Cookies that have just been baked (cool on a wire rack)

- D. Cupboard (cool dry place)
 - 1. Canned fruits and vegetable that have not been opened

My Plate

Identify which food belongs to which food group on My Plate:

- A. Turkey – Lean Protein Group
- B. Watermelon – Fruit Group
- C. Lettuce – Vegetable Group
- D. Low Fat Milk – Dairy Group
- E. Spaghetti – Grains Group

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Food Preparation

Identify how to use the following kitchen tools:

- A. Measuring Cup – measure liquid ingredients
- B. Coffee Cup – may not give accurate results when measuring
- C. Measuring Cups – measure dry ingredients
- D. Wooden Spoon – to stir ingredients together
- E. Measuring Spoons – to measure small amounts of ingredients
- F. Table Knife – to level off the top of the cup or spoon when measuring dry ingredients
- G. Paring Knife – to cut fresh fruits or vegetables