

## Advanced Nutrition Skillathon Study Sheet

### My Plate

1. What are the daily recommended amounts for a teenager for each food group?
  - Protein- 5 to 6 ½ ounces
  - Fruits – 1 ½ to 2 cups
  - Vegetables- 2 ½ to 3 cups
  - Grains- 6 to 8 ounces
  - Dairy-3 cups
  - Oil, Butter & Other Fat-5 to 6 teaspoons
  
2. Which is the more nutritionally balanced meal?
  - 3 cups of spaghetti with 1 cup of spaghetti sauce and a Diet Coke
  - 4 cups of mixed salad greens with no dressing, banana and water
  - Breaded chicken patty sandwich, French fries and a Mountain Dew
  - Grilled chicken sandwich on whole grain bun, tator tots, carrot sticks, ice cream sandwich & Mountain Dew
  - 1 cup of whole grain spaghetti, ½ cup of spaghetti sauce with 2 meatballs, 1 cup of mixed salad greens with 1 tablespoon French dressing, 1 cup of low-fat milk & mixed fruit cup for dessert (*Correct*)
  
3. Identify the following on a Nutrition Facts Label
 

• Serving Size	Sodium
• Servings per Container	Potassium
• Calories	Total Carbohydrate
• Total Fat	Protein
• Cholesterol	Vitamins/Minerals



## Advanced Nutrition Skillathon Study Sheet (Con't)

4. What are the benefits of exercise?

- Develops strong muscles and tones body
- Improves mood
- Improves learning ability & brain function
- Reverses detrimental effects of stress
- Wards off heart disease, diabetes & cancer
- Builds self-esteem & body image
- Improves overall health (*Correct*)

### **Food Preparation**

Identify the details of each breakfast and lunch:

1. Breakfast A and Lunch A are the lowest in calories.
2. Breakfast C and Lunch D are the highest in calories.
3. Breakfast B and Lunch A are the lowest in total fat.
4. Breakfast A and Lunch D are the highest in total fat.
5. Breakfast D and Lunch A are the lowest in saturated fat.
6. Breakfast B and Lunch B are the highest in saturated fat.
7. Breakfast B and Lunch C are the lowest in cholesterol.
8. Breakfast A and Lunch D are the highest in cholesterol.
9. Breakfast D and Lunch C are the lowest in sodium.
10. Breakfast A and Lunch A are the highest in sodium.
11. Breakfast A and C and Lunch B and D have the most variety in temperature.
12. Breakfast D and Lunch A have the least variety in temperature.
13. Breakfast B and Lunch A have the most variety in color.
14. Breakfast A and C and Lunch B and C have the least variety in color.

## Advanced Nutrition Skillathon Study Sheet (Con't)

### Food Safety

1. Bacteria can grow rapidly between 40 degrees and 140 degrees. Some bacteria can double in just 20 minutes. That's why it is important to keep perishable food refrigerated and not out for more than 2 hours.
2. The bacteria that cause food to smell or taste bad may not be harmful. It's the bacteria that doesn't change the taste or smell of food that makes you sick. That's why you need to take all the precautions, including washing your hands in hot soapy water before cooking.
3. Meat, poultry and seafood need to stay cold while they thaw. The best way to do that is in the refrigerator for 1-2 days before you cook the food.
4. Don't eat any foods containing raw eggs. Eggs may contain the bacteria Salmonella in their yolks, so you should always make sure you cook your eggs thoroughly and avoid eating any cookie or cake batters made with raw eggs.
5. Because fresh fruits and vegetable are grown outside, they may come in contact with a wide range of bacteria. Most of these bacteria are harmless but it is important to realize that fresh fruits and vegetables should be washed thoroughly under running water before you consume them.

### Food Shopping

Identify the unit price of each item:

1. Crackers
  - a. \$2.50/9 ounce box
  - b. \$1.66/7 to 10 ounce box
2. Yogurt
  - a. .90/5.3 ounce carton
  - b. \$1.00/5.3 ounce carton
3. Flour
  - a. \$1.79/five pound bag
  - b. \$2.00/five pound bag
4. Submarine Sandwiches
  - a. \$44.28 for twelve 6" sandwiches  
\$34.74 for six 12" sandwiches
  - b. \$32.95 for deli meat/cheese tray and twelve 6" buns

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*(Correct)*

3. Identify the following on a Nutrition Facts Label

- Serving Size
- Servings per Container
- Calories
- Total Fat
- Cholesterol
- Sodium
- Potassium
- Total Carbohydrate
- Protein
- Vitamins/Minerals