

## Nutrition

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1. Draw and explain the Healthy Plate guide in its various forms. List the number of servings required from each group each day. Why is it important to eat a balanced diet?
2. Explain the difference between the following:
  - a. Lacto-ovo vegetarian
  - b. Ovo vegetarian
  - c. Vegan vegetarian
3. Plan a two-day menu, containing a balanced lacto-ovo vegetarian diet utilizing the Healthy Plate.
4. What is another name for:
  - a. Vitamin B<sub>1</sub>
  - b. Vitamin B<sub>2</sub>
5. List at least three significant food sources of the following nutrients:
  - a. Vitamin C
  - b. Vitamin A
  - c. Vitamin B<sub>1</sub>
  - d. Vitamin B<sub>2</sub>
  - e. Iron
  - f. 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.
8. What is the difference between whole wheat flour and white flour, and which one has the higher nutritive value?
9. What does Dietary Reference Intake mean?
10. Why is it important not to take excessive amounts of some vitamins and minerals?

### Skill Level 2

Original Honor 1981

## Nutrition, Advanced

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1. Have the Nutrition Honor.
2. Read a book about nutrition
3. Do the following:
  - a. Keep a food diary on yourself for one week using a computer program and/or nutrition app.
  - b. Calculate (many computer programs or apps will do this automatically) the total nutrients for each day of the following: calories, protein, carbohydrates, total fat, saturated fat, iron, calcium, vitamin A, thiamine, riboflavin, niacin and vitamin C or ascorbic acid.
4. How does this compare with the Dietary Reference Intake chart?
5. Explain why a high fiber diet is important and tell how this can be obtained.
6. Name three diseases due to malnutrition and describe the symptoms of each.
7. What are the symptoms of vitamin B<sub>12</sub> deficiency?
8. What advice would you give a person who decided to be a total vegetarian?
9. What is the difference between saturated and unsaturated fats? Which is the most healthful and why?
10. Why is it advisable to use less sugar in our diet? Suggest ways in which this may be accomplished.
11. What are amino acids? How many are needed to make all the proteins in the body? What is meant by essential amino acids? How many of them are essential? Where can you get all the essential amino acids?
12. Know the difference between water and fat soluble vitamins. What are two common vitamins that are fat soluble? What are two vitamins that are water soluble?
13. Using the book *Counsels on Diet and Foods*, write a paragraph on the benefits of a lacto-ovo vegetarian diet.
14. Explain why you need to balance exercise with your food intake. Why is it important not to take excessive amounts of some vitamins and minerals?

### Skill Level 3

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Household Arts  
North American Division  
Originating Institution:  
General Conference  
2018 Update