

laboratory 8.4

do it! LABS

Complete Lab 8.4 online in the study area of **Mastering Health**.

Name _____

Date _____

Assessing Nutritional Habits

Read the following scenarios and select which option applies to you. Score your answers according to the instructions at the end.

1. You don't have time to make dinner, so you run out to get "fast food." What do you get?
 - a. grilled chicken breast sandwich
 - b. supersized burger
2. You go to a movie, find yourself hungry, and cannot resist a snack. Which do you buy?
 - a. unbuttered popcorn
 - b. candy
3. You're late for work and realize you forgot breakfast. You decide to stop and grab something to eat. What do you pick up?
 - a. a banana
 - b. a sausage biscuit
4. You decide to go out for a nice dinner at an Italian restaurant. What do you order?
 - a. spaghetti with red sauce
 - b. five-cheese lasagna
5. It's 3:00 P.M., and you didn't have much lunch and need an afternoon snack. What do you reach for?
 - a. an apple
 - b. M&Ms
6. You stop for ice cream. Which do you pick?
 - a. a fruit sorbet
 - b. regular ice cream
7. What kind of dessert would you normally choose to eat?
 - a. a bowl of mixed berries with a sprinkling of sugar
 - b. chocolate cake with frosting
8. What do you use to stir fry vegetables?
 - a. olive oil
 - b. margarine
9. Which of the following salty snacks would you prefer?
 - a. pretzels
 - b. potato chips
10. You want cereal for breakfast. Which would you choose?
 - a. whole-grain flakes
 - b. peanut butter puffs

INTERPRETATION

If you answered "b" to any of the above questions, you chose foods that are high in calories, fat, or sugar. Follow the advice in this chapter and the MyPlate food guidance system to improve your food choices.