



Nutrition Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the *Nutrition* lesson. You will need to either save the worksheet to your computer or print it out and write in your answers. If you open the worksheet and forget to save it before typing, you will lose all of your work.

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 United States Department of Agriculture's website that contains information on food groups and physical activity?

3. What is the definition of food processing?

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

a. _____

b. _____

5. Why are fresh vegetables healthier than vegetable juice?

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

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

a. _____

b. _____

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

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

a. _____

b. _____