



恭喜！您通过了！

通过条件 50% 或更高

坚持学习

成绩

75%

Section 3 Quiz

最新提交作业的评分

75%

1. Which of these is an accurate interpretation of Michael Pollan's recommendation to "Eat food, not too much, mostly plants?"

0/1 分

- ☐ Get your calories from a variety of packaged items, do not consume excess calories, and consume a vegetarian diet.
- ☐ Get your calories from a variety of packaged items, do not consume excess calories, and take a daily multivitamin supplement.
- ☒ Substitute highly processed foods with less processed whole foods, do not consume excess calories, and take a daily multivitamin supplement.
- ☐ Substitute highly processed foods with less processed whole foods, do not consume excess calories, and consume a diet rich in plant-based foods.

！ 错误

A good interpretation of "Eat food, not too much, mostly plants?" is to eat real (not processed) foods, without consuming an excessive amount of calories, while eating a diet with a large amount of plant-based foods. It does not imply that we must all be vegetarians and does not comment on the role of supplements.

Coursera 推荐此材料 测试版

此材料有帮助吗？



Cooking: Sensible Substitutions

视频 • 3 min

2. Which of the following is accurate about home cooking?

1/1 分

- ☒ Having a set of "fundamental ingredients" on hand can help a home cook apply simple cooking principles to the preparation of a wide variety of foods.
- ☐ Home cooks do not tend to have a large amount of control over the nutrient content of their meals.
- ☐ Commercial food manufacturers tend to have a greater interest in the long-term health of the consumer than home cooks.
- ☐ Effective home cooking is only possible with frequent, daily shopping for the freshest ingredients.
- ☐ The health benefits of cooking at home are small and unable to prevent the onset of obesity and diabetes.

✓ 正确

Cooking at home does not have to be a tremendous obstacle and can yield tremendous preventive health benefits, protecting against obesity and diabetes. Home cooks tend to be much more invested in their own health and can control the relative amounts of sugar, salt, fat, and other components of the meal. By keeping basic ingredients on hand to prepare quick meals even without frequent shopping, home cooks can prepare a wide variety of foods.

3. When considering vegetable intake, the average person should:

1/1 分

- ☐ Limit their consumption to 2 cups per day
- ☐ Avoid vegetables if they have been grown with any pesticides (i.e., eat ONLY organic)
- ☒ Prepare dishes with a wide variety of different colored vegetables, if available
- ☐ Avoid all starchy vegetables like potatoes and yams
- ☐ Leave the chopping to professionals and only purchase pre-chopped vegetables or no vegetables at all

✓ 正确

The typical Western diet lacks the amount and variety of vegetables that the average person should consume to have a health-promoting diet. Depending on individual need, average vegetable consumption should be 4, 5, or even more cups of vegetables each day. Though it may be difficult to learn how to prepare certain vegetables, the health benefits of food preparation typically outweigh any health risks to home cooking. As Michael Pollan explains, it is also likely more health-promoting to eat any vegetables (even when grown with pesticides) rather than none at all.

4. Focusing on "sensible substitutions" in cooking and eating to improve health could include:

1/1 分

- ☐ Giving up all snacks while substantially increasing the food quantity eaten at each meal
- ☐ Purchasing desserts instead of making them from scratch, which can be too time-consuming
- ☒ Making snacks at home instead of buying them to control the fat, sugar and salt content
- ☐ Avoiding all sources of carbohydrates and substituting those with foods rich in animal protein
- ☐ Substituting two meals per day with commercial meal-replacement bars or shakes

✓ 正确

Sensible substitutions are more sustainable than drastic behavior changes. Giving up long-established habits is difficult, but modifying habits to promote health can be a useful strategy. In general, home-cooked foods tend to be more healthy than processed, pre-packaged foods (in part because home cooks can choose what foods to prepare and how to prepare them). Additionally, making foods at home also has the added benefit of limiting the consumption of certain "special" foods, such as desserts.