

**1. Determining Nutrient Amounts**

From class and the reading *3.1* *Food Databases and Food Labels*:

* Other than Nutrition Facts, what types of information are required by law to be on the food label?
* What determines the order ingredients are listed on the Food Label?
* What is a Daily Value (DV)?
* What were the key changes to the new Nutrition Facts label?
* What are the definitions for the following food label claims:
  + Freeless than .5
  + Low
  + High/Excellent
  + Good Source
  + Reduced

**2. Dietary Reference Intakes**

From class, the video Dietary Reference Intakes – EAR, RDA, AI, UL, and the reading 3.2 Dietary Reference Intakes (DRI’s).

* What is the purpose of the Dietary Reference Intake (DRI) standards?
* What is the difference between an RDA and AI?
* What is the purpose of the UL standard?

**Skill: Evaluating nutrient intakes**

* Be able to evaluate a nutrient intake using the DRI recommendations.

**Skill: Evaluating nutrient intakes**

* Be able to read and interpret data on a food label.

**Define these Terms**

Daily Value

DRI

EAR

RDA

AI

UL

AMDR

**3. Food Guides**

From class, the video Food Guides, and the readings *3.3 Variety, Moderation, and Balance,* *3.5 Using Choose My Plate to Evaluate Food Intake,* *3.6 Translating Principles to Practice*:

* What is the purpose of a food guide?
* What are the key nutrients in food groups?
* What counts as a cup equivalent of Dairy in the MyPlate Food Guide?
  + What nutrient is a cup equivalent of Dairy based on?
* What counts as a cup equivalent of Fruit in the MyPlate Food Guide?
* What counts as a cup equivalent of Vegetable in the MyPlate Food Guide?
* What counts as an ounce equivalent of Grain in the MyPlate Food Guide?
  + What is the MyPlate Food Guide recommendation for whole grains?
* What counts as an ounce equivalent of Protein in the MyPlate Food Guide?
* Define in your own words the principle of variety.
* Define in your own words the principle of moderation.
* Define in your own words the principle of balance.
* What are some of the differences in food guides around the world when compared to the US Food Guides?
* What are the similarities between food guides around the world with the US Food Guides?

**Skill: Evaluting a food intake using a food guide.**

* Be able to evaluate a dietary intake using the MyPlate Food Guide.