

Name: _____ Date: _____

Health and Family Life

Dietary Guidelines for The Bahamas

Instructions: Read your notes. Answer all questions below. Use complete sentences. Pay close attention to the points allotted for each question.

1. What does the Dietary Guidelines show? (1)

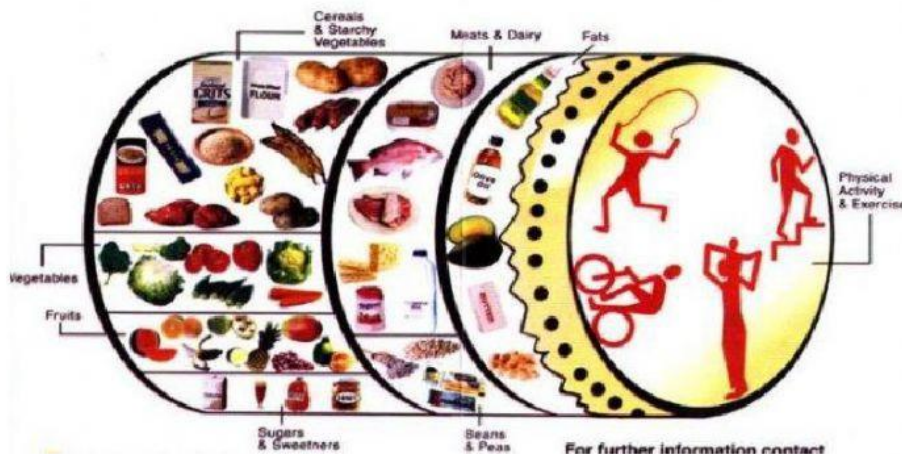
2. What is a serving? (1)

3. What is a portion? (1)

4. Look at the Dietary Guidelines for The Bahamas of Serving Size Table in your notes. Complete the following. (3)

- a. What is one food group? _____
- b. What is the number of servings for the food group that you wrote for part a? _____
- c. What is the serving size for the food group that your wrote for part a? _____

5. Look at the Bahamas' Food Guide Drum. Use it to answer the questions below.



Use the Food Guide Drum above to list the following.

a. one fruit _____

b. one vegetable _____

- c. one cereal _____
- d. one starchy vegetable _____
- e. one sugar and sweetener _____
- f. one bean and pea _____
- g. one meat _____
- h. one dairy _____
- i. one fat _____