

Name: _____ Date: _____

Health and Family Life

Dietary Guidelines for The Bahamas

Instructions:

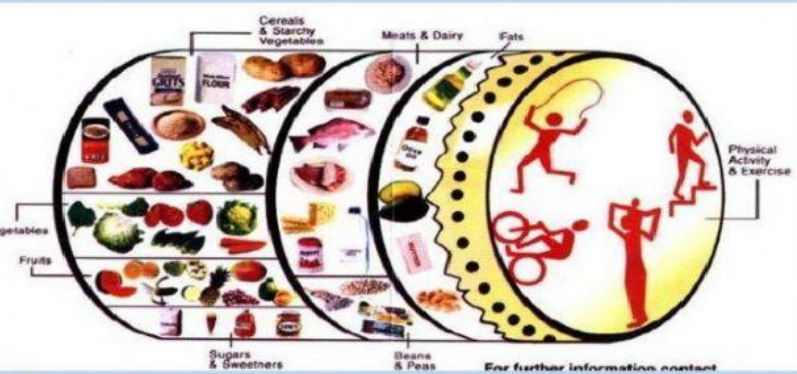
Read your notes. Answer all questions below. Use complete sentences. Pay close attention to the points allotted for each question.

1. What does the Dietary Guidelines show? (1)
 - a. How many portions an individual should eat
 - b. How many servings a person should eat
 - c. How many times a day an individual should eat.
2. What is a serving? (1)
 - a. An amount of food that an individual chooses to eat.
 - b. A standard amount of food suggested for a meal or snack.
 - c. A tiny spec of food given to the poor.
3. What is a portion? (1)
 - a. A tiny spec of food given to the poor.
 - b. A standard amount of food suggested for a meal or snack.
 - c. An amount of food that a person chooses to eat as a meal or a snack.
4. Look at the Dietary Guidelines for The Bahamas of Serving Size Table in your notes. Complete the following. (1)

Choose the correct food group from the list below.

 - a. Fruits
 - b. Nutrients
 - c. Calcium
5. What is the number of servings for that food group?
 - a. 6 to 11 servings
 - b. 2 to 3 servings daily
 - c. 3 to 4 servings daily
 - d. Use in small amounts
6. What is the serving size for the food group that?
 - a. 1 medium fruit
 - b. $\frac{1}{2}$ cup icecream
 - c. 2 oz. cheese
 - d. 2 tbsp. peanut butter

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



Use the Food Guide Drum above to choose the correct type of food.

- | | | | |
|---------------------|------------------|------------------|-------------|
| 1. one fruit | a. <u>apple</u> | b. <u>carrot</u> | c. broccoli |
| 2. one vegetable | a. pineapple | b. tomato | c. orange |
| 3. one bean or peas | a. green peppers | b. kidney beans | c. plantain |
| 4. one meat | a. fish | b. bread | c. nuts |
| 5. one dairy | a. milk | b. lima Beans | c. banana |