



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)

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2. What is a serving? (1)

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3. What is a portion? (1)

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

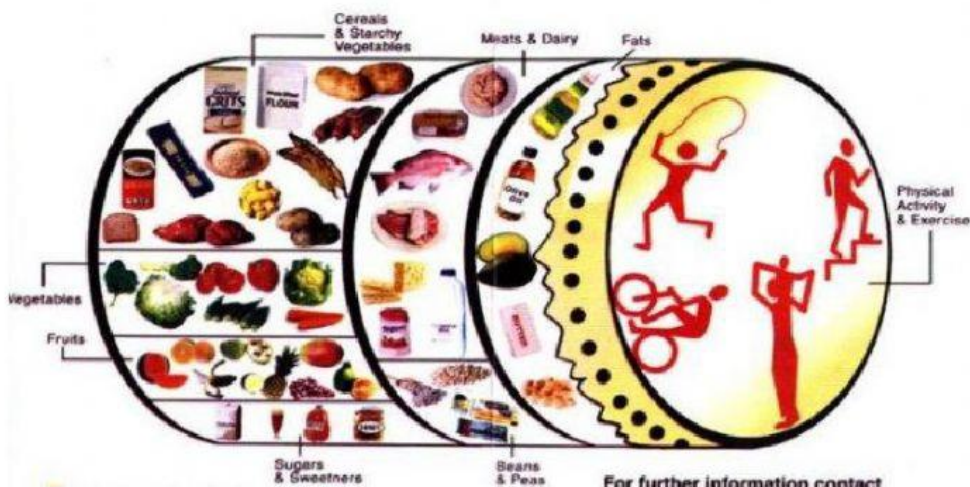
a. What is one food group? \_\_\_\_\_

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? \_\_\_\_\_

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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 \_\_\_\_\_