

Class Assignment

Meal Planning 2

Instructions: Read each question or statement carefully. Answer ALL questions in the spaces provided on this worksheet.

1. Make a three course meal using the dishes below. Drag the dishes into their correct places. (6)

Peas 'n' Rice _____
Chocolate Cake _____
Fruit Punch _____
Cream of Broccoli Soup _____
Baked Pork chops _____
Steamed Vegetables _____

2. Why do toddlers need carbohydrates in their diet? (1)

3. Adolescents are between the ages of _____ and _____. They require the same nutrients as the _____. (2)

4. Iron is important for the adolescent and adult female because

_____ (2)

5. What types of jobs require less energy giving foods because of limited activity? (2)

- a) Active Jobs
- c) Mildly Active Jobs
- b) Sedentary Jobs
- d) Mildly Sedentary Jobs

6. The elderly require less _____ but the same _____: (2)