

Name: _____ Date: _____

Health and Family Life

Dietary Guidelines for The Bahamas

Instructions:

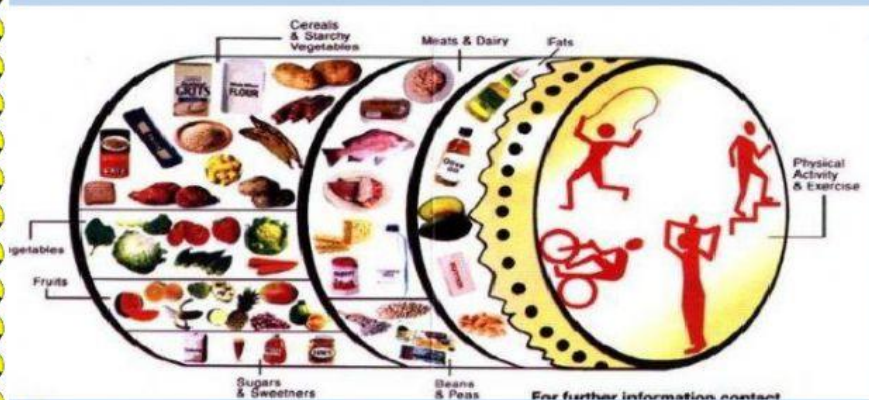
Read your notes. Answer all questions below. Use complete sentences. Pay close attention to the points allotted for each question.

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

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.

a. one fruit

a. apple

b. carrot

c. broccoli

b. one vegetable

a. pineapple

b. tomato

c. orange

c. one bean or peas

a. green peppers

b. kidney beans

c. plantain

d. one meat

a. fish

b. bread

c. nuts

e. one dairy

a. milk

b. lima Beans

c. banana