

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

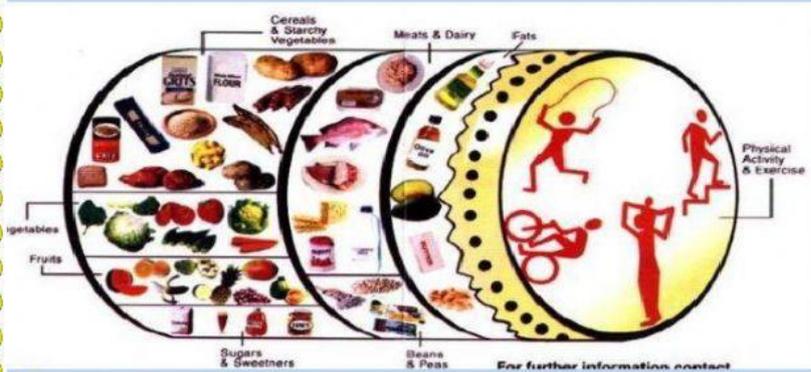
5. What is the number of servings for that food group?

- 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.

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|---------------------|------------------|------------------|-------------|
| 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 |