

Health and Family Life

Chapter: Nutrition and Physical Activity

Topic: Bahamas Food Drum and the Dietary Guidelines

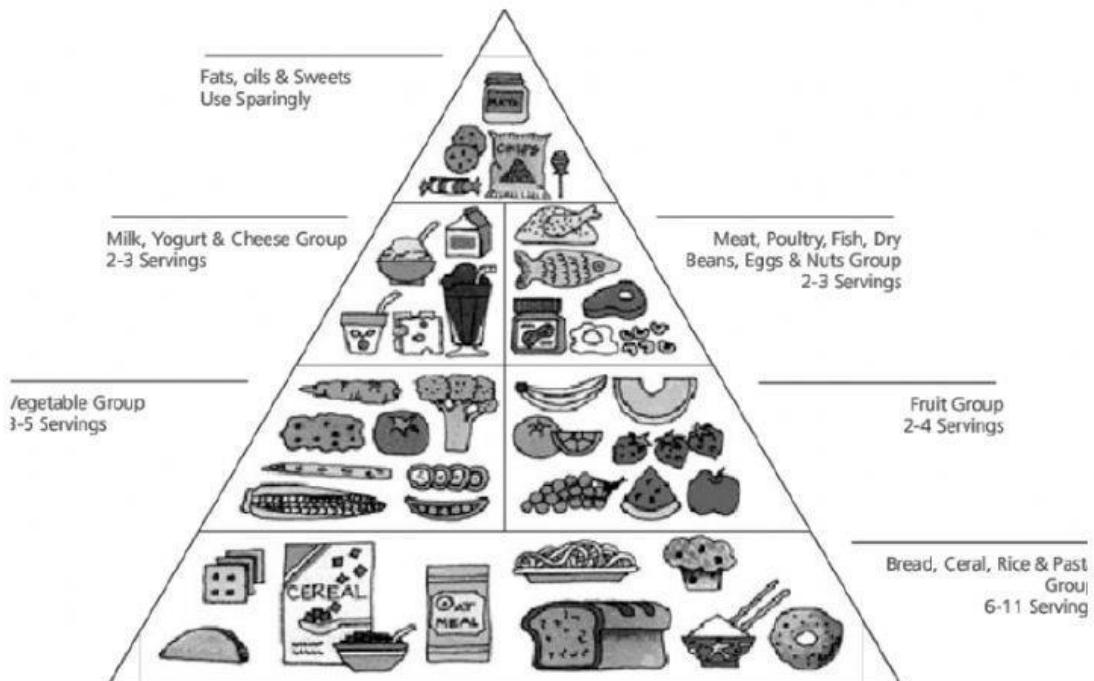
Foods in the Food Guide Drum and Dietary Guidelines are grouped according to type.

Following the dietary guidelines will help individual stay healthy and reduce risk of chronic disease e.g. diabetes, heart disease and high blood pressure and obesity.

Meals usually contain more than one type of food e.g. salads, sandwiches, pizza, etc. These are called combination foods.

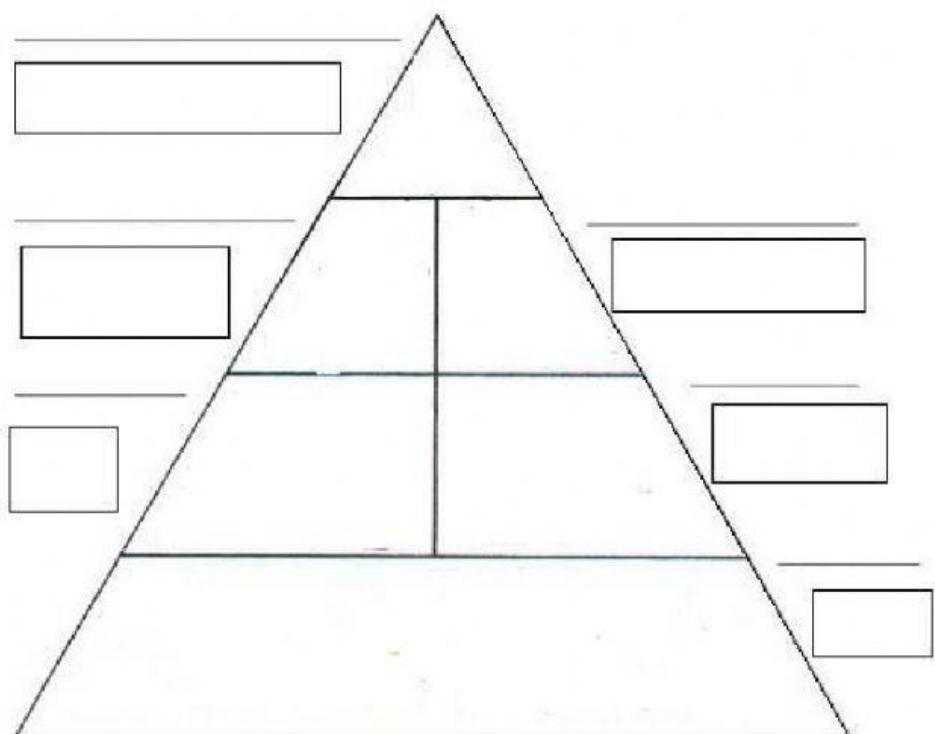
Tips for choosing combination meals:

- When choosing combination foods, use the food guidelines to determine the food groups identified in each menu choice.
- Examine the menu and determine if the selected foods are or include foods from a variety of food groups.
- If necessary, revise menu choice to include foods from a variety of food groups.



Answer ALL questions.

1. Label the following items. [12pts]



Combination Food



Challenge

Name: _____



Make a recipe for each of the combination foods listed below. Their recipe must include the number of servings listed from each food group.

Example: Pizza

- 2 Vegetables and Fruit = 1 cup of pineapple, peppers, mushrooms
- 2 servings of Grain products = 1 whole pita
- 1 serving of Milk and Alternatives = 1 serving marble cheese
- 1 serving of Meat and Alternative = 1 serving diced chicken

| Combination Food | Recipe (not the same as the example) |
|------------------|---|
| Pizza | <ul style="list-style-type: none">• 2 Servings of Fruits and Vegetables _____ and _____• 2 Servings of Grain _____• 1 Serving of Meat and Alternatives _____• 1 Serving of Milk and Alternatives _____ |
| Sub Sandwich | <ul style="list-style-type: none">• 2 Servings of Fruits and Vegetables _____ and _____• 2 Servings of Grain _____• 1 Serving of Meat and Alternatives _____• 1 Serving of Milk and Alternatives _____ |
| Soup | <ul style="list-style-type: none">• 2 Servings of Fruits and Vegetables _____ and _____• 1 Servings of Grain _____• 1 Serving of Meat and Alternatives _____ |
| Your choice: | <ul style="list-style-type: none">• 2 Servings of Fruits and Vegetables _____ and _____• 2 Servings of Grain _____• 1 Serving of Meat and Alternatives _____• 1 Serving of Milk and Alternatives _____ |

