Assignment 3 – Chapter 20 Questions, Food for Today

1. What is the difference between blood cholesterol and dietary cholesterol? (2)

2. Which fats raise LDL cholesterol? (1)

3. What recommendations have some experts made about the percentage range of fat for a 16-year-old? (2)

4. Explain why foods higher in fat are often higher in calories? (1)

5. The fat and cholesterol content of different meats, poultry, fish, and shellfish varies. Which item has the most saturated fat? Which has the least total fat? (2)

6. Soups based on legumes, such as lentils, peas, and beans are very hearty. For variety, make them the focus of your meal. What other foods could you plan to serve with lentil soup to make it a low-fat, high-fibre, yet well-balanced meal? (3)

7. What could you use as a low fat alternative for: (3)
   o Sour cream
   o Mayonnaise or salad dressing
   o Butter or margarine

8. When preparing foods cutting back on fat is important for healthy eating. Give 4 suggestions how to cut back on fat during food preparation. (4)
   o
   o
   o
   o

9. Butter or margarine – which is better? Explain your answer? (4)

10. Many fast-food restaurants now have information available on the nutritional content of the foods on their menu. Explain why this information is of value to their customers. (4)

Assignment 4: - Key Terms – 4 marks

Look up the following key terms and write down their meaning.

<u>Chapter 20</u>

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Blood Cholesterol

Dietary Cholesterol

Milk Fat (m.f.)

Nutritional Research

Go to the library and complete the following assignment listed below using the internet as your resource.

1. On average, how many calories should someone your age and activity level have in one day?

2. How many calories are in 1 gram of fat?

3. Choose three commercial fast food outlets or restaurants found in Canada. List them below.
   a.
   b.
   c.

4. List 3 items that someone would order for a meal from **each** establishment. Using the nutrition guide online, what is the total fat for each item you listed, what are the calories? Calculate the total fat and calories of the meal in the chart below.

   Example:

Fast Food Establishment: *Tim Hortons*		Fat (g)	Calories
Menu item 1	*Lg Double Double*	*12 g*	*230*
Menu Item 2	*Mulitgrain Bagel w/ cream cheese*	*22g*	*471*
Menu Item 3	*Vanilla Yogurt and Berries*	*2g*	*160*
	Totals	**36g**	**861**

Fast Food Establishment:		Fat (g)	Calories
Menu item 1			
Menu Item 2			
Menu Item 3			
	Totals		

Fast Food Establishment:		Fat (g)	Calories
Menu item 1			
Menu Item 2			
Menu Item 3			
	Totals		

Fast Food Establishment:			
		Fat (g)	Calories
Menu item 1			
Menu Item 2			
Menu Item 3			
Totals			

5. Using the same nutrition guide found online choose 1 of the 3 fast food chains & list 3 items that:

a. Would be healthy choices for lunch.

b. Exceed your entire daily calorie intake in only those three items. *How much would you have to eat?*

6. Consumers are now looking for healthier choices when it comes to fast food. In what way is the above fast food establishment improving their nutritional value of their products? Give 3 different examples of how there are achieving this?

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1. What is the percentage of obese Americans?(1)

2. What are the first 2 causes of preventable death?(2)

3. What percentage of fast food restaurants does McDonald's account for?(1)

4. What were Morgan Spurlock's 4 RULES for eating McDonald's for 30 days?(4)

5. What are 3 ways that McDonald's lures children to its restaurants?(3)

6. How many fluid ounces does supersize Coke contain?(1)

7. How many sizes of fries did McDonald's have when it first started?(1)

8. What are 4 health problems that obesity can cause?(4)

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9. What is a calorie?(1)

10. Describe 4 ways that Morgan's health and well-being was affected by his experiment. (4)

LONG ANSWERS - Write full sentences, put lots of thought into each answer as each question is worth a lot.

11. Would you do what Morgan did? Why or why not? (2)

12. Will you eat the same as you did before you saw this movie? Why or why not? (5)

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13. Why do you think that obesity is such a problem in our society? In what ways does society aid in the obesity epidemic?(5)

14. What do you think is the most important change that needs to happen in our society to help our society battle obesity? (5)