

### Building a Healthy Diet

1. Identify and define the four keys of a healthy diet by completing the following chart. Either write the definition below the given key or fill in the blank for the missing key.

<b>Balance</b>		<b>Moderation</b>	
	<ul style="list-style-type: none"> <li>• Including lots of different foods</li> </ul>		<ul style="list-style-type: none"> <li>• Getting enough calories and nutrients to stay healthy</li> </ul>

### Accessing and Using Nutrition Information

2. Explain why each part of the nutrition fact panel identified below is important.

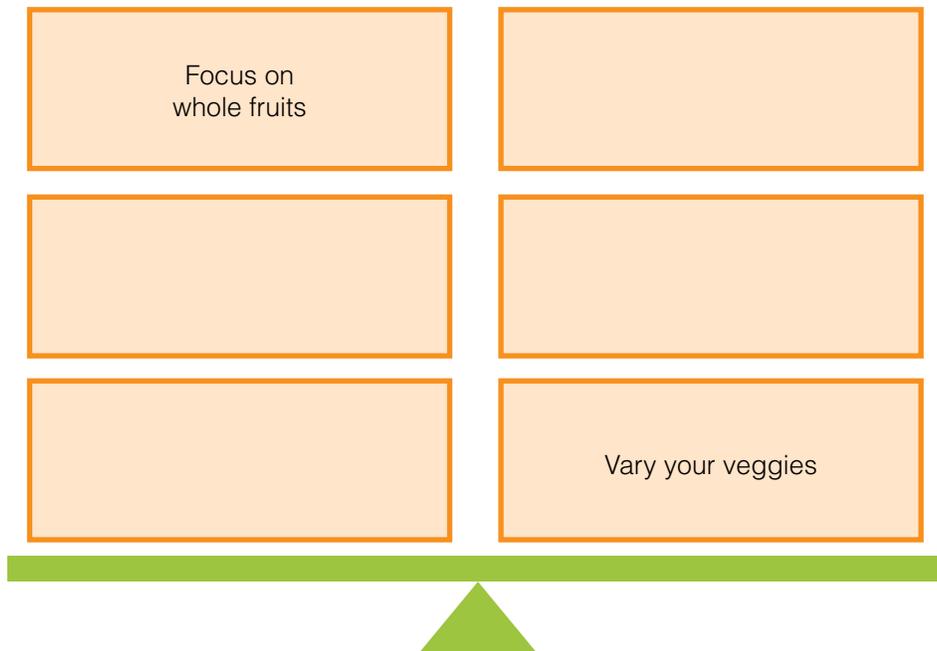
<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 1/2 cup (208g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 2g Added Sugars	
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

### MyPlate

3. Write the appropriate food group in the following MyPlate model.



4. Complete the following diagram with four tips from the MyPlate plan to balance your calories and get the right types of foods.



## CHAPTER 3: Understanding Foods and Nutrients

### Lesson 3.3

5. List three things that describe what a registered dietitian is.

1

2

3