

## Nutrition

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1. Describe the food pyramid guide. List the number of servings required from each group per day. Why is it important to eat a balanced diet?
2. Explain the difference between the following:
  - a. Lacto-ovo vegetarian
  - b. Ovo vegetarian
  - c. Vegan vegetarian
3. Plan a two-day menu, containing a balanced lacto-ovo vegetarian diet utilizing the food pyramid guide.
4. What is another name for Vitamin B1 and B2?
5. List at least three significant food sources of the following nutrients:
  - a. Vitamin C
  - b. Vitamin A
  - c. Vitamin B1
  - d. Vitamin B2
  - e. Iron
  - f. Calcium
6. Why is it important to drink plenty of water every day? How much water should you drink every day?
7. Name three common diseases that can be controlled by diet.
8. What is the difference between whole wheat flour and white flour, and which one has the higher nutritive value?
9. What does RDA stand for? What does it mean?
10. Why is it important not to take excessive amounts of some vitamins and minerals?

## Skill Level 1

Original Honor 1981

## Nutrition, Advanced

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1. Have the Nutrition Honor.
2. Read a book about Nutrition.
3. Keep a food diary on yourself for one week.
4. Calculate the total nutrients of the following in your diet each day:
  - a. Calories
  - b. Protein
  - c. Iron
  - d. Calcium
  - e. Vitamin A
  - f. Thiamine
  - g. Riboflavin
  - h. Niacin
  - i. Vitamin C or ascorbic acid
5. How do the number of nutrients in your diet compare with the Recommended Daily Allowance chart?
6. Explain why a high fiber diet is important, and tell how this can be obtained.
7. Name three diseases due to malnutrition, and describe the symptoms of each.
8. What are the symptoms of vitamin B12 deficiency?
9. What advice would you give a person who decided to be a total vegetarian?
10. What is the difference between saturated and unsaturated fats? Which is the most healthful, and why?
11. Why is it advisable to use less sugar in the diet? List several ways in which this may be accomplished.
12. What are amino acids? How many are needed to make all the proteins in the body? What is meant by essential amino acids? How many of them are essential? Where can you get all the essential amino acids?
13. Know the difference between water and fat soluble vitamins. What are two common vitamins that are fat soluble? What are two vitamins that are water soluble?
14. Using the book *Counsels on Diet and Foods* by Ellen G. White, write a paragraph on the benefits of a lacto-ovo vegetarian diet.

### Skill Level 3

Original Honor 1986