Chapter 27

Section 27.1
Nutrition and Food Choices

Section 27.2
Meal Planning
Section 27.1 Nutrition and Food Choices

Main Idea

• Get the right amount of nutrients for your age, gender, and level of physical activity to help you live a longer, healthier life.
Nutrients

- **Nutrients** are necessary to help the body work properly, maintain good health, and fight disease.

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**Vocabulary**

**nutrient**
A chemical found in food that helps the body work properly.
Nutrients

• **Carbohydrates**, simple or complex, include starches, sugars, and **fiber**.

• Fats are intense sources of energy and help regular body temperature.

**Vocabulary**

- **carbohydrate**
  A nutrient that provides your body with energy.

- **fiber**
  A very fine, hair-like strand.
Chapter 27  Nutrition and Meal Planning

Nutrients

- **Cholesterol** plays a part in transporting and digesting fat.
- High blood cholesterol levels can lead to heart disease and high blood pressure.
- **Vitamins** help the body function properly and process other nutrients.

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**Vocabulary**

**cholesterol**
A white, wax-like substance that plays a part in transporting and digesting fat.

**vitamin**
A nutrient that helps your body function properly and process other nutrients.
Nutrients

- **Minerals** regular body processes and form parts of many tissues.
- **Water** is basic material of your blood, transports nutrients throughout the body, carries away waste, and helps regulate body temperature.

**Vocabulary**

- *mineral*: A nutrient that regulates body processes and forms parts of tissues.
Life Cycle Nutrients

• Getting **inadequate** amounts of needed nutrients, or too much, can cause health problems.
• Specific nutrient needs have been determined by nutrition experts and the U.S. Food and Drug Administration for specific life stages: children, teens, adults, pregnant and nursing women, and athletes.
Influences on Food Choices

- Both personal and social influences affect people’s food choices.
- Food helps meet basic physical needs, and choices are influenced both by outside factors and personal preferences.
Healthful Choices

• Follow the **Dietary Guidelines for Americans** developed by the USDA to make smart, healthful choices.

• Specific advice about key things to watch such as eating whole grains or reducing salt intake.

**Vocabulary**

**Dietary Guidelines for Americans**

Guidelines for healthful eating habits developed jointly by the U.S. Department of Agriculture (USDA) and the Department of Health and Human Services.
Healthful Choices

- **MyPyramid** helps make wise decisions about food and physical activity.
- **MyPlate** is the newest version (Dev 2011)
- Both developed by the USDA
Section 27.2 Meal Planning

Main Idea

• The food choices you make are influenced by how you plan your meals, the options that are available, and any health concerns you have for yourself or others.
### Content Vocabulary
- vegetarian
- food allergy
- food intolerance
- lactose intolerance
- diabetes

### Academic Vocabulary
- accommodate
- scratch
Nutrition Through the Day

- Families should plan ahead to enjoy well-balanced, healthful meals.
- Resources to consider are time, skill, money, supplies, nutrition.
- Characteristics of meals should account for appeal, color, texture, flavor, and temperature.
Nutrition Through the Day

- Consider your options for purchasing and preparing meals, such as cost and time savings.
- When choosing recipes consider your skill, your equipment, and nutrition.
Dining Out

- Choose restaurants with wide selection of menu items in order to find healthful foods.
- At school, remember your daily nutrition requirements.
- Vending machine choices are more difficult, but larger machines may offer more nutritious options.
Meeting Individual Needs

• When people have special dietary needs, planning meals requires extra thought.

• Vegetarians need to get enough protein, vitamins, and minerals from other foods.

Vocabulary

vegetarian
A person who does not eat meat, poultry, and fish.
Meeting Individual Needs

• Some food-related medical conditions that require extra meal planning are food allergies, intolerance to certain foods or lactose, and diabetes.
• Children’s food requirements depend on their age.

**Vocabulary**

**diabetes**

A condition caused by inadequate production or use of the hormone insulin.
Chapter Summary
Section 27.1
Nutrition and Food Choices

• Nutrient needs vary through the life span.
• Food meets physical, emotional, and social needs.
• The Dietary Guidelines for Americans and MyPyramid offer recommendations and guidelines for better health through nutrition and physical activity.
Chapter Summary

Section 27.2

Meal Planning

• Consider your resources as you plan meals.
• Recipe sources include cookbooks, newspapers and magazines, the Internet, and family and friends.
• Select healthful meals and snacks when dining out.
• Some people have special food requirements.
Do you remember the vocabulary terms from this chapter? Use the following slides to check your knowledge of the definitions.

The slides in this section include both English and Spanish terms and definitions.

Start
nutrient

A chemical found in food that helps the body work properly.

nutriente

Sustancia química que se encuentra en los alimentos que ayuda a que el cuerpo funcione correctamente.
carbohydrate
A nutrient that provides your body with energy.

Show Definition
**fiber**
A very fine, hair-like strand.

**fibra**
Una hebra muy delgada, como el pelo.
proteins
A nutrient your body uses to build and repair body tissues.

proteína
Nutriente que tu cuerpo usa para construir y reparar tejidos.
saturated fats
Fats that are usually in solid form at room temperature and are found mostly in animal products such as meat, milk, cheese, and butter.

grasas saturadas
Grasas que generalmente son sólidas a temperatura ambiente, y que por lo general provienen de productos animales como la carne, la leche, el queso y la mantequilla.
unsaturated fats
Fats that are usually in liquid form at room temperature and are found mainly in oils from vegetables, nuts, and seeds.

grasa no saturada
Grasas que generalmente son líquidas a temperatura ambiente y que provienen principalmente de vegetales, nueces y semillas.
trans fats
A type of fat formed when food manufacturers turn liquid oils into solid fats in a process known as hydrogenation.

grasas trans
Un tipo de grasa que se forma cuando los productores de alimentos convierten los aceites líquidos en grasas sólidas en un proceso llamado hidrogenación.
**cholesterol**

A white, wax-like substance that plays a part in transporting and digesting fat.

**colesterol**

Una sustancia blanca y cerosa que desempeña un papel en el transporte y la digestión de la grasa.
**Vocabulary**

**vitamin**
A nutrient that helps your body function properly and process other nutrients.

**vitamina**
Nutriente que ayuda a tu cuerpo a funcionar adecuadamente y a procesar otros nutrientes.
**Vocabulary**

**mineral**
A nutrient that regulates body processes and forms parts of tissues.

**mineral**
Nutriente que regula procesos en el cuerpo y forma parte de los tejidos.
osteoporosis
A condition in which bones are weakened because they lose the calcium that keeps them strong.

osteoporosis
Condición en la que los huesos se debilitan porque pierden el calcio que los mantiene fuertes.
dietary supplement
An extra vitamin, mineral, or other nutrient in the form of pills, capsules, or powders.

suplemento alimenticio
Vitamina, mineral u otro nutriente extra, en forma de pastillas, cápsulas o polvo.
Dietary Guidelines for Americans
Guidelines for healthful eating habits developed by the U.S. Department of Agriculture (USDA) and the Department of Health and Human Services.
MyPyramid
A system developed by the U.S. Department of Agriculture (USDA) to help individuals make wise decisions about food and physical activity.

MiPirámide
Sistema desarrollado por el Departamento de Agricultura de los Estados Unidos (USDA) para ayudar a las personas a tomar decisiones inteligentes sobre la comida y las actividades físicas.
**fortified**
Add a nutrient to a food that is not naturally present in that food.

**fortificar**
Añadir un nutriente a un alimento que no lo tiene presente naturalmente.
**Vocabulary**

**vegetarian**
A person who does not eat meat, poultry, and fish.

**vegetariano**
Una persona que no come carne, pollo y pescado.
food allergy
When the body’s immune system reacts to a particular food substance.

alergia alimenticia
Cuando el sistema inmunológico del cuerpo reacciona a un tipo particular de sustancia alimenticia.
food intolerance
Trouble digesting a food or food component.

intolerancia alimenticia
Dificultad para digerir un alimento o un componente de un alimento.
lactose intolerance
An inability to digest lactose, the form of sugar that is found in milk.

intolerancia a la lactosa
Inhibibilidad de digerir la lactosa, la forma de azúcar que se encuentra en la leche.
diabetes
A condition caused by inadequate production or use of the hormone insulin.

diabetes
Condición causada por la producción o el uso inadecuado de la insulina.
concentrated
Intense or condensed.

concentrado
Intenso o condensado.
inadequate

Failing to meet an expectation or not enough.

inadequado

Que no cumple una expectativa o que no es suficiente.
accommodate
Help.

acomodar (complacer)
Ayudar.
Vocabulary

scratch

The use of basic ingredients in cooking instead of a prepared mix.

casero (hecho por ti mismo)

El uso de ingredientes básicos para preparar una comida, en vez de usar una mezcla preparada.

Show Definition