Study Guide

Directions: Read chapter 14, and answer the following questions. Later, you can use this study guide to review.

1. Name the seven influences on food choices.

   _____

   _____

   _____

2. Why do family customs provide one of the greatest influences on food choices?

   _____

   _____

   _____

3. How can friends influence each other's food choices?

   _____

   _____

   _____

4. How can your daily routine influence what you eat?

   _____

   _____

   _____

5. Identify three ways which explain how the changes in American eating patterns reflect the history of the country.

   _____

   _____

   _____

   _____

   _____

6. Explain how a family's eating pattern changes as the family goes through stages.

   _____

   _____

   _____

   _____

(Continued on next page)

Chapter 14 Study Guide (continued)

7. List foods that make up a healthful breakfast.

_____

_____

8. Explain the difference between grazing and snacking.

_____

_____

9. List the three main types of restaurants.

_____

_____

10. How can you avoid becoming sick from takeout food?

_____

_____

_____

11. Identify five ways to make healthful choices when eating out.

_____

_____

_____

_____

_____

_____

_____

12. What is a food record, and how do you use it?

_____

_____

13. Name the seven steps in decision making. Explain how you can use the decision-making process to learn from a wrong decision.

_____

_____

_____

_____

_____

_____

_____

Name _____ Date _____ Class _____

Activity 1

Dining at the Sunset Cafe

Directions: Read the menu from the Sunset Cafe. Using the suggestions in your textbook for making healthful choices when eating out, choose a nutritious meal from the menu. Then respond to the statements.

SUNSET CAFE

APPETIZERS

Buffalo Wings $4.95
Tender chicken wings crisply fried
Fried Cheese $3.95
Mozzarella cheese breaded and deep fried; served with marinara sauce
Spicy Bean Soup $4.25
Made with black beans and fresh vegetables--delicious!

ENTRÉES

Pork Chops Deluxe $6.95
Two 4-ounce pork chops grilled over mesquite and topped with our special sauce
Fried Chicken $8.95
Succulent fried chicken served with corn on the cob and French fries
Sirloin Steak $14.95
12 ounces of top sirloin served with baked potato and steamed vegetables
Roasted Chicken $9.95
Seasoned with our special herbs, served with corn on the cob and baked potato
Baby Back Ribs $14.95
Slowly baked in barbecue sauce and served with beans and extra sauce

A LA CARTE

Sautéed Mushrooms $3.50
Baked Potato $1.95
Grilled Onions $2.95
French fries $1.95
House Salad $4.95
Caesar Salad $4.95

DESSERTS

Ice Cream Sandwich $3.95
Delicious vanilla ice cream between two layers of our homemade brownies; topped with hot fudge
Brownie $2.95
Made in our own kitchens; nuts, fudge, and all the trimmings
Fresh Fruit (Seasonal) $2.95
Ask your server which fruits are available
All-American Apple Pie $3.95
With ice cream $4.50
Frozen Yogurt $3.95

BEVERAGES

Iced Tea $1.25
Milk $1.50
Soft Drinks $1.50
Coffee $1.10

Healthful Meal from the Sunset Cafe.

_____

_____

_____

1. Pick one of the entrées you did not choose from this menu, and describe how you could lower the fat content of the meal.

   _____

   _____

2. Identify another healthful meal you could choose from this menu.

   _____

   _____

Activity 2

For the Record

Directions: An accurate food record is a snapshot of your food choices. It tells a lot about a person's eating patterns and can reveal good and bad eating habits. The food record below belongs to a teen named Tiffany. Study her food record, and answer the questions that follow.

Tiffany's Food Record

Time	Food and Amount	Situation
10:30 a.m.	1 chocolate chip cookie 1 glass orange juice	Slept late, skipped breakfast.
11:00 a.m.	1 candy bar	Watched TV.
12:00 noon	1 plate of macaroni salad 1 soft drink	Went to mall and ate at salad bar in mall.
3:00 p.m.	1 large plate of nachos & cheese 1 soft drink	Shared with friends at food court in mall.
6:00 p.m.	½ baked chicken breast 1 roll 1 glass iced tea 1 slice pecan pie	Home for dinner, not very hungry; did not eat the broccoli, rice, and pear salad; love pecan pie.
10:30 p.m.	2 slices pepperoni pizza 1 soft drink	Went to movies with friends and stopped at Pizza Palace.

1. From which of the food groups do you see the most servings? Which foods fit this category?

   _____

   _____

2. From which food group do you find no servings? How many should Tiffany have had?

   _____

3. What changes would you suggest that would help Tiffany develop a healthy eating pattern?

   _____

   _____

4. What factors may be influencing Tiffany's eating habits?

   _____