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Pathfinder's Name

## Nutrition

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1. Describe the food pyramid guide.

\_\_\_\_\_  
\_\_\_\_\_

List the number of servings required from each group per day.

Food Pyramid	Number of servings
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

Why is it important to eat a balanced diet?

\_\_\_\_\_  
\_\_\_\_\_

2. Explain the difference between the following:

Lacto-ovo vegetarian \_\_\_\_\_

\_\_\_\_\_

Ovo vegetarian \_\_\_\_\_

\_\_\_\_\_

Vegan vegetarian \_\_\_\_\_

\_\_\_\_\_

3. Plan a two-day menu, containing a balanced lacto-ovo vegetarian diet utilizing the food pyramid guide. (Complete chart)

4. What is another name for

Vitamin B1 \_\_\_\_\_

Vitamin B2 \_\_\_\_\_

5. List at least three significant food sources of the following nutrients:

	Source 1	Source 2	Source 3
Vitamin C	_____	_____	_____
Vitamin A	_____	_____	_____
Vitamin B1	_____	_____	_____
Vitamin B2	_____	_____	_____
Iron	_____	_____	_____
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.

1. \_\_\_\_\_ 3. \_\_\_\_\_

2. \_\_\_\_\_

8. What is the difference between whole wheat flour and white flour.

Whole wheat flour \_\_\_\_\_

White flour \_\_\_\_\_

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?

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## Nutrition Chart

Plan a two day menu containing a balanced lacto-ovo vegetarian diet from the food pyramid

	BREAKFAST	LUNCH	DINNER
Day 1			
Day 2			