**Ticket to Class**

**Nutrition Ticket #3**

**\_\_\_/20 Points**

***Fill in the answers and list the page numbers used to answer the question***

1. What are the ABC’s of good health?
2. In the “A” of the ABC’s, a person should aim for a healthy \_\_\_\_\_\_\_\_\_\_\_\_\_ because it helps you \_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_.
3. In the “B” of the ABC’s, it is about building a healthful \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_.
4. The “B” also gives you 5 guidelines to follow for building a healthy base, what are they?
5. Extra Points: Draw & label the current food guide icon from the USDA. (It may be different than the textbook)
6. What is portion control?
7. List an example of a serving size from each group:
	1. Grains -
	2. Vegetables -
	3. Fruits -
	4. Dairy -
	5. Meat –
8. What two items can you use to visualize a serving size of a medium apple? How about a piece of meat?
9. In the “C” of the ABC’s, helps you make sensible (smart) \_\_\_\_\_\_\_\_\_\_\_\_\_ choices.
10. The “C” wants you to moderate how much \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_ you eat.
11. List 3 reasons why eating breakfast is important.
12. List 3 nutritious snacks that you would eat during the day.
13. Taylor is going out to eat and needs your help.
	1. Taylor wants to eat chicken for dinner; the only chicken dish on the menu is listed as fried. How might Taylor make the fried chicken healthier?
	2. Taylor notices on the menu that the chicken also has a thick creamy fatty sauce on top of it. How could Taylor makes a more wise choice?
	3. Taylor finally ordered the food; the plate is placed before her and has 3 pieces of chicken, a huge mound of mashed potatoes, and a small portion of vegetables. What could Taylor do to make a smart choice when eating her meal?

**ANSWER GUIDE**

**Ticket to Class**

**Nutrition Ticket #3**

**\_\_\_/20 Points**

***Fill in the answers and list the page numbers used to answer the question***

1. What are the ABC’s of good health?

A – Aim for fitness

B – Build a healthy base

C- Choose sensibly

1. In the “A” of the ABC’s, a person should aim for a healthy fitness because it helps you aim for a healthy weight & be physically active each day
2. In the “B” of the ABC’s, it is about building a healthful eating plan
3. The “B” also gives you 5 guidelines to follow for building a healthy base, what are they?
* Make your food choices carefully
* Choose a variety of grain products
* Choose a variety of fruits and vegetables
* Keep food safe to eat
1. Extra Points: Draw & label the current food guide icon from the USDA. (It may be different than the textbook)
2. What is portion control?
3. List an example of a serving size from each group:
	1. Grains - 1 slice of bread
	2. Vegetables – ½ cooked
	3. Fruits - 1 medium apple
	4. Dairy – 1 cup of milk
	5. Meat – 1 egg
4. What two items can you use to visualize a serving size of a medium apple? How about a piece of meat?

Apple – Tennis ball

Meat – Computer mouse

1. In the “C” of the ABC’s, helps you make sensible (smart) food choices.
2. The “C” wants you to moderate how much fats, sugars, and salt you eat.
3. List 3 reasons why eating breakfast is important.
* Restore energy
* Increase mental and physical performance
* Reduces fatigue
* Control weight
1. List 3 nutritious snacks that you would eat during the day.

Whole grain products, fruits, and vegetables

1. Taylor is going out to eat and needs your help.
	1. Taylor wants to eat chicken for dinner; the only chicken dish on the menu is listed as fried. How might Taylor make the fried chicken healthier?

Ask for the chicken to be baked, grilled, or broiled; eat something else

* 1. Taylor notices on the menu that the chicken also has a thick creamy fatty sauce on top of it. How could Taylor makes a more wise choice?

Ask for the cook to not use it at all or to serve it on the side

* 1. Taylor finally ordered the food; the plate is placed before her and has 3 pieces of chicken, a huge mound of mashed potatoes, and a small portion of vegetables. What could Taylor do to make a smart choice when eating her meal?

Ask for a doggie bag to split the meal for later or eat a smaller meal earlier to offset this larger meal