

Name: _____

Hour: _____

VIDEO WORKSHEET

Review:

After watching each video segment of *Nutrition Starts Here: Smart Eating on a Budget*, answer the following review questions.

SIMPLE, TASTY SLOW-COOKER MEALS

1. Why are slow cooker meals a great meal solution for families with a limited time and budget? _____

2. How can you test your slow cooker to make sure it is safe? _____

3. What are some easy and inexpensive recipes Chef Marshall suggests that can be made in a slow cooker? _____

UNDERSTANDING PORTION SIZES

1. Why are portion sizes important? _____

2. Label the sections of MyPlate in the diagram below:



3. How can you use your hands to measure portion size? _____

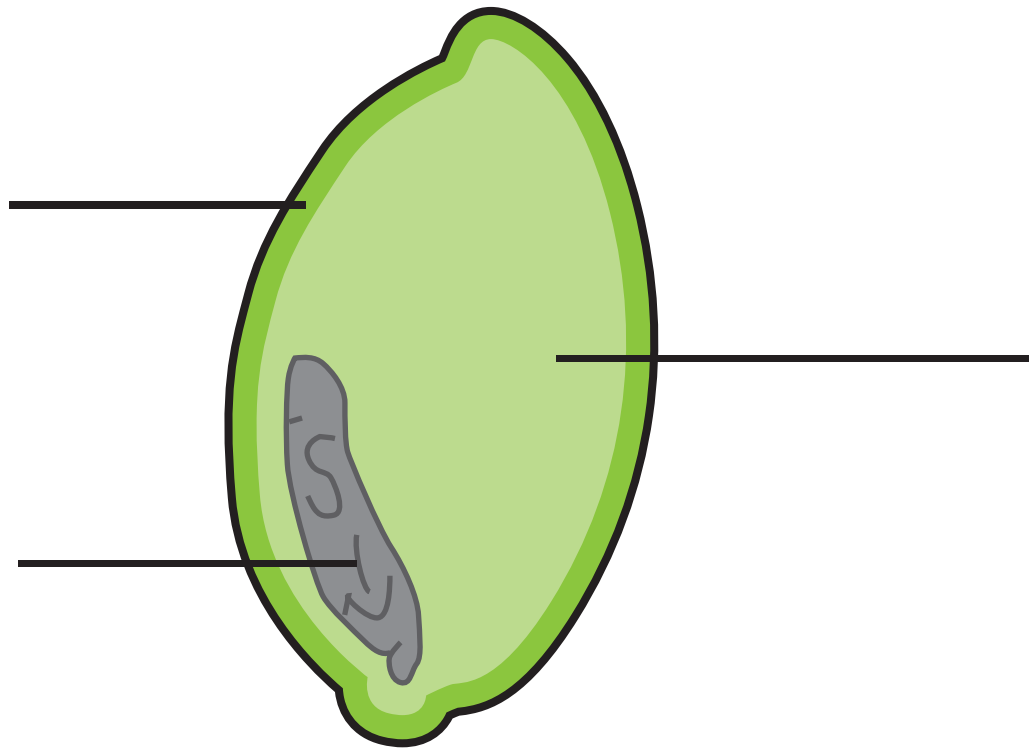
LABEL READING

1. What are the three tips Chef Marshall offers for selecting foods based off their labels?

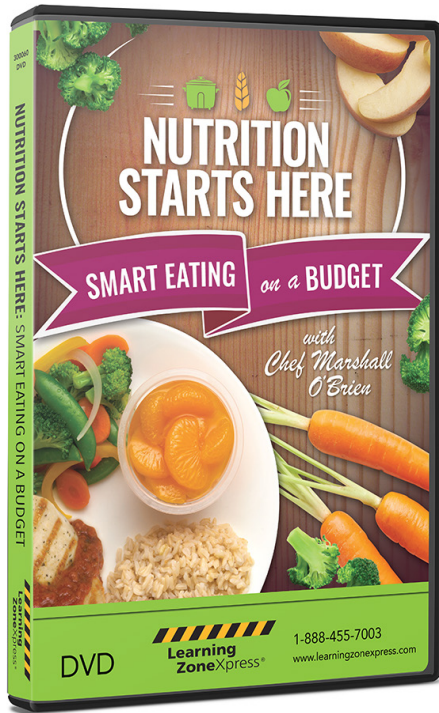
TASTY WHOLE GRAINS

1. What are some of the benefits of eating whole grains?

2. Label the three parts of the whole grain kernel in the diagram below



3. What are some whole grain foods?



ANSWER KEY

Review:

After watching each video segment of *Nutrition Starts Here: Smart Eating on a Budget*, answer the following review questions.

SIMPLE, TASTY SLOW-COOKER MEALS

1. Why are slow cooker meals a great meal solution for families with a limited time and budget? _____

Saves time by letting the food cook unattended for an extended amount of time. Saves money by utilizing inexpensive cuts of meat. They will be tender when cooked for long periods of time. Tastes great by adding the spices that you want and the cook time allows more flavors to develop. Feel better by cooking from scratch. You control the amount of sugar, salt, or fat.

2. How can you test your slow cooker to make sure it is safe? _____

Fill your slow cooker ½ full of water. Heat the water on low for 8 hours with the lid on. Check the water temperature with a food thermometer. It should be at 185 degrees. Temperatures below 185 degrees would indicate that the slow cooker wouldn't heat food high enough or fast enough to avoid potential food safety problems.

3. What are some easy and inexpensive recipes Chef Marshall suggests that can be made in a slow cooker? _____

- Whole chicken with rice and vegetables***
- Beef roast with vegetables***
- Spinach lasagna with whole-wheat noodles***
- Chili***

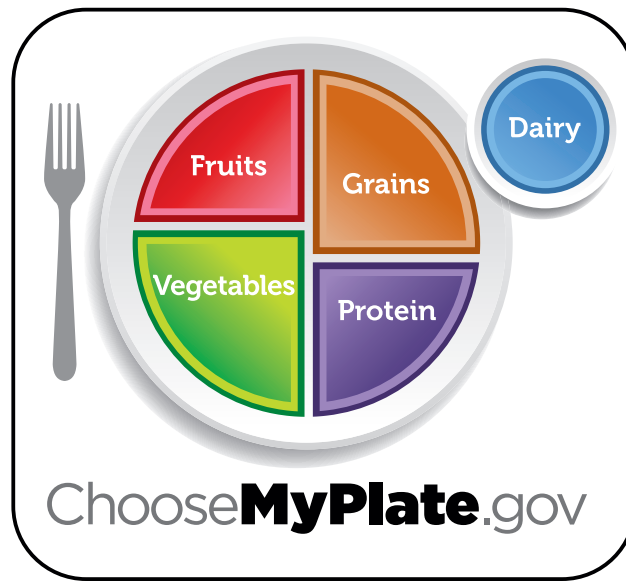


UNDERSTANDING PORTION SIZES

1. Why are portion sizes important? _____

Eating the right portion size can help you maintain an ideal weight. Eating too much can impact your health and can cause you to gain weight.

2. Label the sections of MyPlate in the diagram below:



3. How can you use your hands to measure portion size? _____

You can use your hands to measure foods. One cupped hand is about ½ cup of food. Two cupped hands is about 1 cup of food.

LABEL READING

1. What are the three tips Chef Marshall offers for selecting foods based off their labels?

1. Look for words you recognize

2. Find words that represent foods, not chemicals

3. Look for labels with fewer ingredients

TASTY WHOLE GRAINS

1. What are some of the benefits of eating whole grains? _____

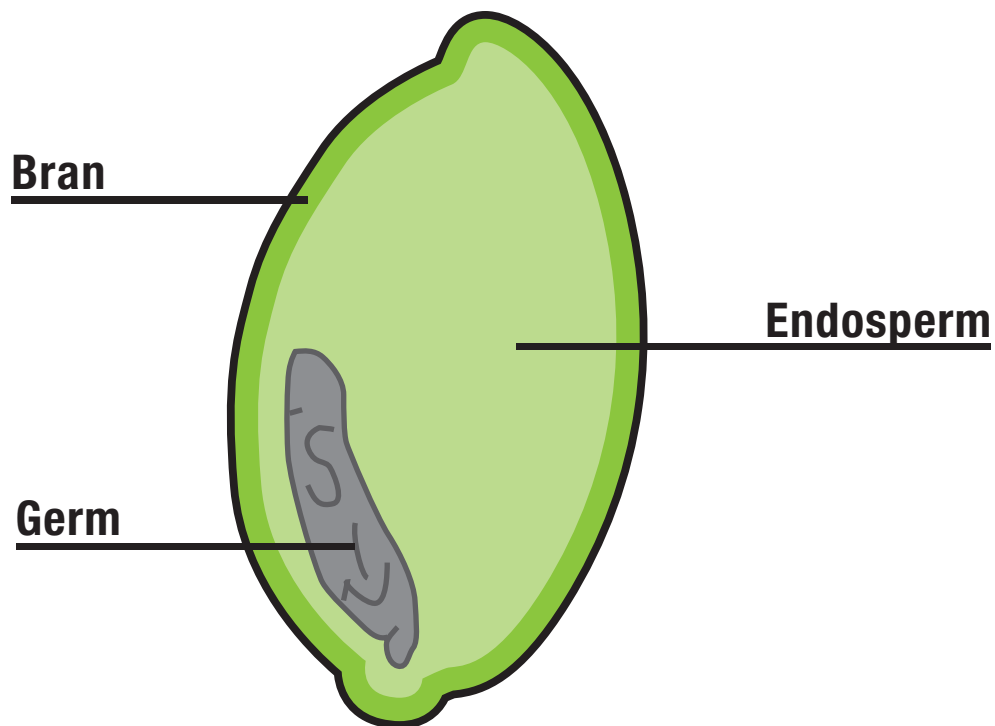
Provides consistent energy

Helps you feel fuller longer

Acts as "nature's broom" to move things through the digestive system

Helps the digestive system operate at peak efficiency

2. Label the three parts of the whole grain kernel in the diagram below



3. What are some whole grain foods? _____

Quinoa, brown rice, barley, oats, wheat berries, millet, whole grain pasta and noodles, whole grain bread
