

Contributed by Lilian Adre RamosYeo

The following people are asking you to give them the proper nutritional balance they need. Write your recommendation and explain why.

Ex. Athlete.

Reco: Eat more protein like steak to make you stronger. And carbohydrates like bread to give you more energy for the competition.

1. Child

Reco: \_\_\_\_\_  
\_\_\_\_\_

2. Elderly People

Reco: \_\_\_\_\_  
\_\_\_\_\_

3. Women

Reco: \_\_\_\_\_  
\_\_\_\_\_

4. Carpenter or Mason

Reco: \_\_\_\_\_  
\_\_\_\_\_

5. Office Worker

Reco: \_\_\_\_\_  
\_\_\_\_\_

True or False.

- \_\_\_\_\_ 1. Different people eat the same amounts and types of food.  
\_\_\_\_\_ 2. The lighter the person is the higher his nutritional requirement.

Multiple Choice. Circle the correct answer. You may circle more than one answer.

1. The amount of each type of food a person needs is known as  
a. nutritional calorie      b. nutritional requirement      c. nutritional need
2. Our nutritional requirement is based on what factors?  
a. age      b. gender      c. lifestyle      d. body weight      e. Height

Do women need a lower nutritional requirement than men? Why? \_\_\_\_\_

Too much intake of food additives can be harmful to people. How can you reduce intake of food additives?  
\_\_\_\_\_  
\_\_\_\_\_

Give 5 examples of packaged food products that are high in food additives?  
\_\_\_\_\_  
\_\_\_\_\_

Food additives, if taken in large quantities, has short and long term effects on people. Give 2 examples each.

Short Term - \_\_\_\_\_

Long Term - \_\_\_\_\_