



## SECTION 2



# The Food Guide Pyramid: A Basic Plan for Good Health

When you go with your mother to the grocery store, you do not hear her say, “We want 20 pounds of carbohydrates, 10 pounds of protein, and a few grams of vitamins and minerals this week.” You know her grocery list will have things like *bananas, lettuce, cereal, sour cream, crackers, carrots, hamburger, and flour* on it. All of these foods are complex mixtures of the nutrients your family needs.

How can your mother know she is choosing the right foods? Food scientists have

grouped foods into a convenient chart which helps us know at a glance how to plan for proper nutrition. The chart even gives the recommended number of servings that we need from each group of food.

This chart is called the Food Guide Pyramid. You will learn basic information about the nutritional value of the foods in each section of the chart and how to prepare them to maintain their nutrition. You will experiment with preparing foods in each group.

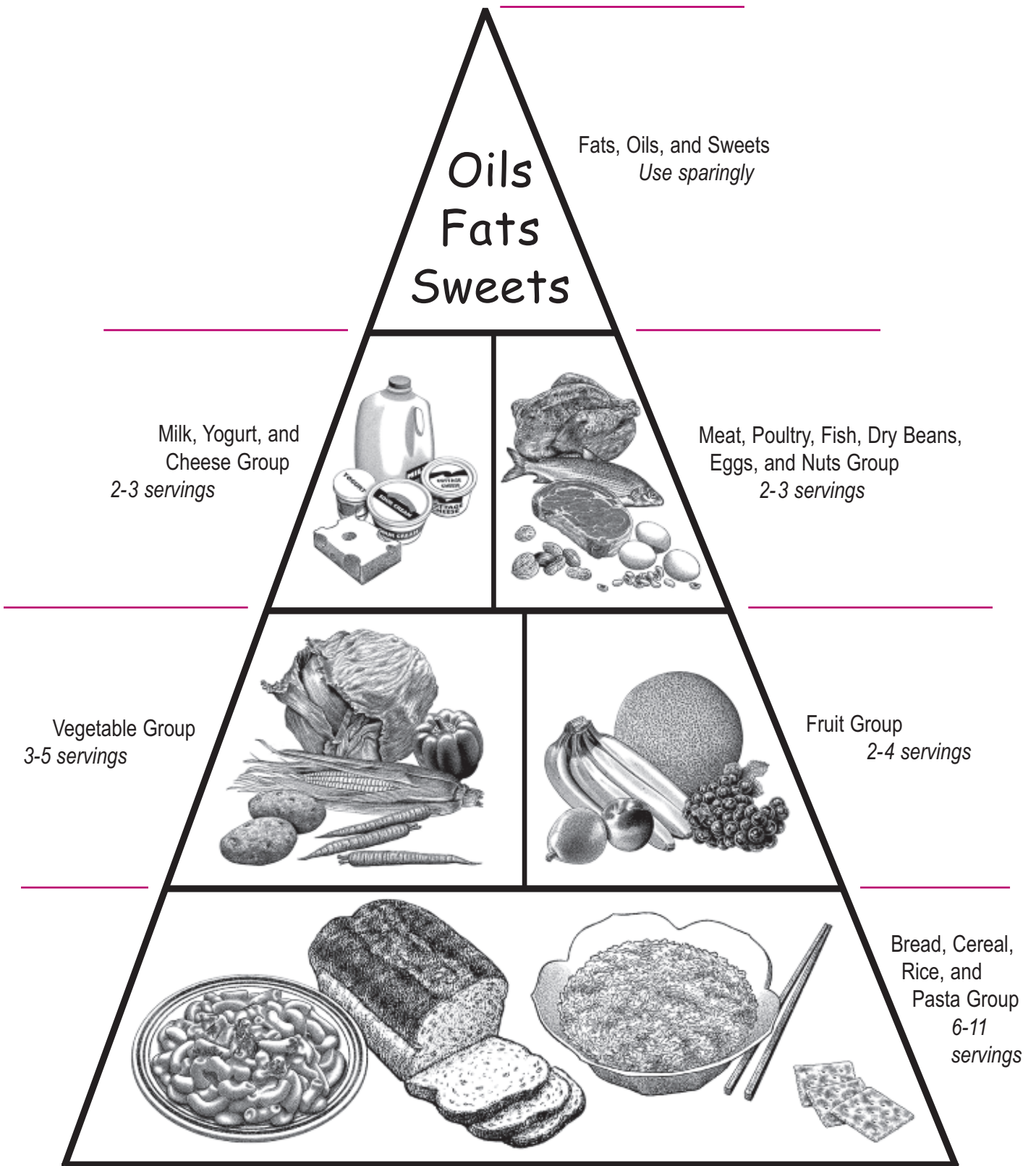
### Section 2 Objectives

**Read these objectives.** When you have completed this section, you should be able to –

- name the six classes of foods in the food pyramid.
- name the basic nutrients in each of the six classes of foods.
- prepare foods from each of the six classes of foods.



**Study the food pyramid on the next page. You will be referring to it as you work through this section.**



**COMPARING FOODS**

You have learned some things about nutrition and about nutrition facts labels. Today you will take a trip to the grocery store to

read and compare the nutrition facts labels of various foods. If you have these foods at home, you can save yourself a trip.



**Go to the grocery store. Study the nutrition facts labels on these foods. Use the information to fill in the chart.**

○ 1.

	<b>Cal./Serving Fat cal. / Serv.</b>	<b>Amount Fat Sat. fat</b>	<b>Total Carb. Fiber – Sugar</b>	<b>Vitamins</b>	<b>Minerals</b>
pinto beans					
canned refried beans					
red velvet cake					
unfrosted angel food cake					
white bread					
whole wheat bread					
saltine crackers					
cheddar cheese crackers					



**What did you notice? Write *true* or *false*.**

2. \_\_\_\_\_ The more processed a food, the higher the sodium.
3. \_\_\_\_\_ The more processed a food, the higher the sugars.
4. \_\_\_\_\_ The more processed a food, the higher the fats.
5. \_\_\_\_\_ The more processed a food, the better the nutrition.

## Lesson 8

## Bread, Cereals, Rice, and Pasta

### BREAD, CEREALS, RICE, AND PASTA

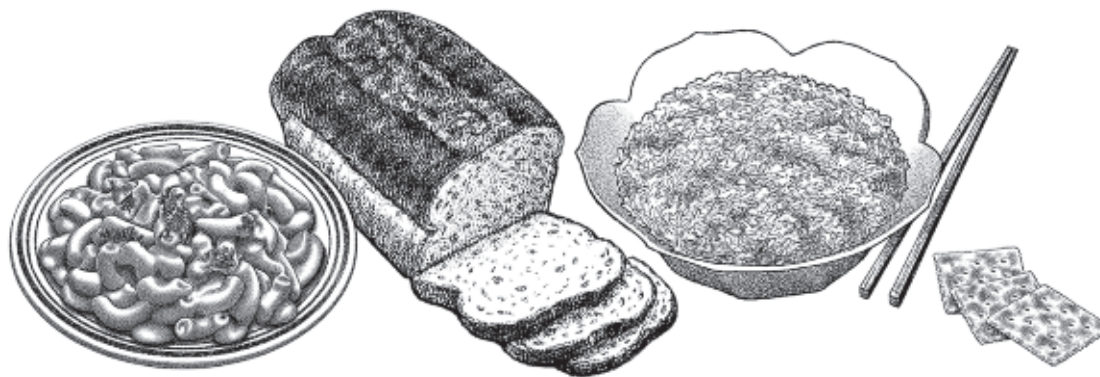
This food group forms the foundation of the pyramid and is made up of grain foods—wheat, oats, rye, corn, and rice. Foods from this group supply complex carbohydrates and fiber and are generally low in fat. They are some of the most nutrient-dense foods.

For best nutrition, choose foods made from whole or unrefined grains. Even though white flour and refined grain products are enriched, they have fewer nutrients than whole grain products.

Although grain foods are generally low in fat, they can be prepared in ways that increase fat. Flour is combined with fat and sugar to make cakes and cookies. Pasta is

often topped with fatty meat and an oily tomato sauce. Pretzels quickly add calories when dipped into french onion dip or cheese sauce.

The trick is to learn to choose and eat foods from this group that have not had large amounts of fats and sugars added to them. Thus, whole wheat bread is better than a buttery croissant. Meat for pasta should be browned and drained; tomato sauce can be made without oil. When you shop for crackers and other prepared foods, look for those low in fat. Herbs and vegetables enhance the flavor of rice without adding many calories.



**Lesson 8**



**Answer the question.**

1. How many servings from the bread group do you need each day? \_\_\_\_\_



**Here are two recipes for the bread group. Read them and choose one to try.**

**BAKED OATMEAL**

- |                    |                   |
|--------------------|-------------------|
| ½ c butter, melted | 2 t baking powder |
| 1 c brown sugar    | 1 t salt          |
| 2 eggs, beaten     | 1 c milk          |
| 3 c quick oats     |                   |

Cream first three ingredients. Add remaining ingredients to creamed mixture. Bake in 9" × 13" pan at 350° F (177° C) for about 25 minutes. To save calories, eggs can be omitted or reduced to one. Use ½ cup of sugar. Add raisins for a nice variation.

**BANANA BREAD**

- |                |          |                    |                            |
|----------------|----------|--------------------|----------------------------|
| Sift together: |          | Then mix together: |                            |
| 1¾ c flour     | ½ t salt | 1 c mashed bananas | 1 t vanilla                |
| 1½ c sugar     | 1 c nuts | ½ c oil            | ¼ c plus 2 T<br>buttermilk |
| 1 t soda       |          | 2 eggs             |                            |

Add to dry ingredients only until blended. Do not overmix. Bake in well-greased loaf pan at 350° F (177° C) for 1 hour and 10 minutes or until done.

2. Which will you make? \_\_\_\_\_

3. Before you begin, list the tools, appliances, bowls, and pans you will need.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



**Assemble the equipment. Look over the list of ingredients and collect them. Place a check mark beside each ingredient as you place it in your work area.**



**Follow recipe directions and proceed with the work.**



**Clean the kitchen. Check each box as you finish each step.**

- 4.  Put ingredients away.
- Wash the dishes.
- Dry the dishes.
- Put the dishes away.
- Wash countertop or table work area.
- If you used an appliance, wipe it clean and put it away.
- Scrub the sink.
- Wash the stove.
- Hang up dishcloth and towel or put them in the laundry.
- Sweep the floor.
- After food comes from oven, turn off oven.



**Complete the self-evaluation.**

- 5.  Did I wash my hands before starting?
- Did I follow all directions?
- Was I kind and cooperative with others as I worked?
- Did I do my share of the work?
- Did I keep my work area clean and neat?
- Did I work quietly?
- Did I practice safety habits?
- Did I finish my work in good time?
- Did I leave the kitchen clean and neat for the next cook?

VEGETABLES

Vegetables and fruits comprise the second tier of the food pyramid. Vegetables provide fiber and many of the essential vitamins and minerals. They are usually low in calories.

Vegetables are at their best when eaten raw as soon after they are picked as possible. Since most of us live where it is not possible to have vegetables fresh from the garden all year, we must preserve those we grow by freezing or canning. Freezing preserves more of the nutrients, but canning is also nutritious if done correctly.

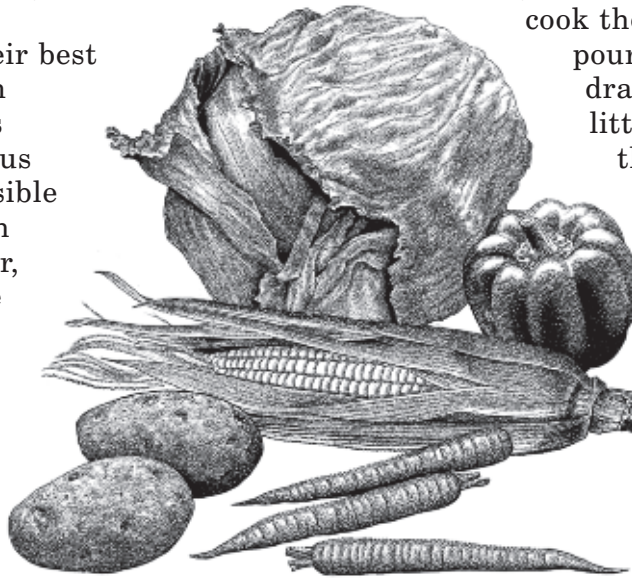
If we cannot grow our own vegetables, we must depend on the produce section of the supermarket. Quick-frozen vegetables are as good as fresh ones picked a week or more before they reach the grocer's shelves. Canned vegetables are also available, but you need to eat the liquid in which they are canned to get their nutrients.

Most of us don't want to eat potatoes,

lima beans, or yams raw. Since many vitamins and minerals are water soluble, we need to be careful how we cook vegetables.

If you drown green beans in water, cook them for an hour, then pour the water down the drain, the family receives little nutritional value from them except fiber. Boil vegetables with as little water as possible for as short a time as possible. This preserves their nutrients as well as their color, taste, and texture. Placing vegetables on a rack above the water and steaming them for a short time is another way to preserve their nutrients.

Some people claim they do not like vegetables. Some families eat only a few, such as corn, green beans, and potatoes. God has provided such a wide variety of vegetables with so many pleasing tastes and textures, we surely should not turn up our noses until we at least try them.



Answer the questions.

- 1. How many servings from the vegetable group do you need each day? \_\_\_\_\_
- 2. What vegetables does your family eat?

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Read these vegetable recipes and choose one to try.

- 3. Which will you make? \_\_\_\_\_

### VEGETABLE STIR-FRY

2 T butter  
3 c chopped zucchini  
1 c yellow summer squash  
½ c celery  
4 green onions, chopped

½ medium green pepper chopped  
1 c fresh or frozen peas  
1½ t seasoned salt  
black pepper to taste

Melt butter in skillet or dutch oven. Add zucchini and summer squash. Sprinkle with one tsp salt. Add remaining vegetables except peas. Add remaining salt. Cover and allow vegetables to steam 5 minutes. Stir gently. Steam another 4 minutes or until vegetables are almost tender. Sprinkle peas over top of vegetables. Steam 3 or 4 minutes more until peas are tender.

### SUMMER SALAD

1 c fresh sugar snap peas or snow peas  
4 carrots, sliced thin  
3 stalks celery, sliced thin  
6 radishes, sliced thin  
1 green pepper, in thin strips

2 ears corn, cut off cob  
4 c red potatoes, cooked and diced  
1 c green beans, lightly steamed  
Boston lettuce leaves, whole  
3 large tomatoes, cut in wedges.

Mix all ingredients together, except lettuce and tomatoes. Season with ½ tsp onion salt and ½ tsp celery salt. Chill. Before serving toss with your favorite dressing or make this in a blender:

1½ c peeled, seeded, chopped cucumber  
1 c mayonnaise  
1 T milk

1 T lemon juice  
2 T chopped chives or green onions  
¼ c sugar (optional)

Line salad bowl or individual salad plates with lettuce leaves. Top with salad. Garnish with tomato wedges.

## Lesson 9



**Assemble the equipment you need. Look over the list of ingredients and collect them. Check each ingredient as you place it in your work area.**



**Follow recipe directions and proceed with the work.**



**Clean the kitchen. Check the box when you've finished each step.**

4.  Put ingredients away.
- Wash the dishes.
- Dry the dishes.
- Put the dishes away.
- Wash countertop or table work area.
- If you used an appliance, wipe it clean and put it away.
- Scrub the sink.
- Wash the stove.
- Hang up dishcloth and towel or put them in the laundry.
- Sweep the floor.
- After food comes from oven, turn off oven.



**Complete the self-evaluation.**

5.  Did I wash my hands before starting?
- Did I follow all directions?
- Was I kind and cooperative with others as I worked?
- Did I do my share of the work?
- Did I keep my work area clean and neat?
- Did I work quietly?
- Did I practice safety habits?
- Did I finish my work in good time?
- Did I leave the kitchen clean and neat for the next cook?