

Name: _____

Date: _____

Class: _____

Teacher: _____

Healthy Eating for Healthy Living

Wellness Video Study Guide

Introduction

1. The more than _____ hard working Iowa farm families are among the nations most productive.
2. Farmers are caring _____ of the natural resources they rely upon to produce meat, milk, eggs, and crops.
3. Doing things right means practicing a _____ form of agriculture; planting crops, feeding the crops to livestock and poultry, and finally applying the waste back to the field to grow crops for next year.
4. Food quality, producing a _____ and nutritious product, is a top priority for Iowa farm families.
5. Agriculture continues to _____ due to new innovations and technologies.
6. Iowa farmers produce foods that are _____ rich.
7. High-quality _____ is found in lean meat and poultry, eggs, dairy products, and soyfoods, and is essential for building and maintaining _____.
8. It is important to choose foods high in _____ rather than just counting _____.
9. Overall health means eating and enjoying nutrient rich foods while _____. what you eat with the energy you expend.

Beef

1. Beef provides _____, or satisfaction.
2. One serving of beef provides _____ essential nutrients your body needs to build muscle, maintain _____, and fuel physical activity.
3. Beef gives you ZIP – _____, iron, _____, and B-Vitamins.
4. There are _____ different cuts of beef meeting the government's definition of "lean".
5. The desired temperature for ground beef doneness is _____ °F.
6. Three steps for eating lean beef:
 - a. Choose _____ cuts
 - b. _____ it right
 - c. Eat _____ portions

Dairy

1. Dairy products contain _____ essential nutrients.
2. _____ serving(s) a day of dairy products are recommended by the Dietary Guidelines for Americans.
3. Lactose _____ does not mean you are dairy intolerant.
4. Three ways to include dairy in your diet:
 - a. _____ at meals
 - b. Consume hard _____
 - c. Enjoy _____
5. Dairy products help build strong _____, control blood pressure, and maintain a healthy _____.
6. Two easy snacks to make with dairy foods are ...
 - a. _____
 - b. _____

Egg

1. Eggs are one of the most affordable sources of _____ a person can eat.
2. _____ essential vitamins and minerals can be found in _____ serving(s) of eggs.
3. High-quality protein found in eggs help build _____ and allows people to feel fuller longer and stay _____, which can help maintain a healthy weight.
4. Eggs are second only to _____ for human nutrition.
5. Eggs provide _____ % of the daily recommended value you need with only _____ calories per egg.
6. The state of _____ leads the _____ in egg production.

Pork

1. Today's pork is lower in fat and much _____ as a result of pork producers responding to consumer's desires for leaner pork.
2. Pork now contains _____ % less fat and _____ % less saturated fat than 15 years ago.
3. There are _____ cuts of pork which meet the USDA guidelines for "lean".
4. To include pork in a low-fat diet, consider the following:
 - a. Select lean cuts – look for _____ on the label
 - b. Remember portion size – _____ ounces is one serving
 - c. Cook it right – use _____ cooking methods
5. Pork should be cooked to _____ doneness or 160 °F internally.
6. Pork chops are easy to prepare and can be cooked on the stove, on the _____, in the oven, or in a _____.

Soyfoods

1. Soy protein is a _____ protein.
2. Complete proteins contain all essential _____.
3. Soyfoods are _____-free and low in _____ fats.
4. Soybean _____ does not contain protein but is an excellent source of _____ and Omega 6 fatty acids.
5. Soy _____ contains high-quality protein, B-Vitamins and is fortified with Vitamin D and _____.
6. T_____ Soy P_____ (TSP) can be used as a meat alternative.

Turkey

1. Turkey products are low in _____ and _____, but high in _____.
2. Turkey _____ are the number one way we consume turkey in our diets.
3. _____ turkey is a perfect way to enjoy turkey in our diets.
4. After cooking a turkey breast, let it sit for _____ minute(s) to reabsorb the juices, allowing the breast to stay moist and tender.
5. _____ pepperoni contains _____% less fat than traditional pepperoni.
6. Two dishes that can be prepared using turkey are...
 - a. _____
 - b. _____

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Wellness Video Study Guide Answer Key

Introduction

1. 90,000
2. stewards
3. sustainable
4. safe
5. change
6. nutrient
7. protein, muscle
8. nutrients, calories
9. balancing

Beef

1. satiety
2. 10, weight
3. zinc, protein
4. 29
5. 160
6. lean, cook, moderate

Dairy

1. 9
2. 3
3. intolerance
4. milk, cheeses, yogurt
5. bones, weight
6. (Answers may vary) String cheese, yogurt, milk, yogurt parfait, peanut butter breakfast shake, vanilla yogurt dip, string-cheese wraps

Egg

1. protein
2. 13, 1
3. muscles, energized
4. mother's milk
5. 10-15, 70
6. Iowa, United States

Pork

1. leaner
2. 16, 27
3. 6
4. loin, 3, low-fat
5. medium
6. grill, crockpot

Soyfoods

1. complete
2. amino acids
3. cholesterol, saturated
4. oil, Vitamin E
5. milk, calcium
6. textured, protein

Turkey

1. calories, fat, protein
2. sandwiches
3. ground
4. 15-20
5. turkey, 70%
6. (Answers may vary) Tacos, pizza, lasagna, sandwiches, turkey hamburgers, meatballs, tenderloin, breast, roasted turkey

