

ST. CATHERINE HIGH SCHOOL

SUBJECT: FOOD NUTRITION AND HEALTH

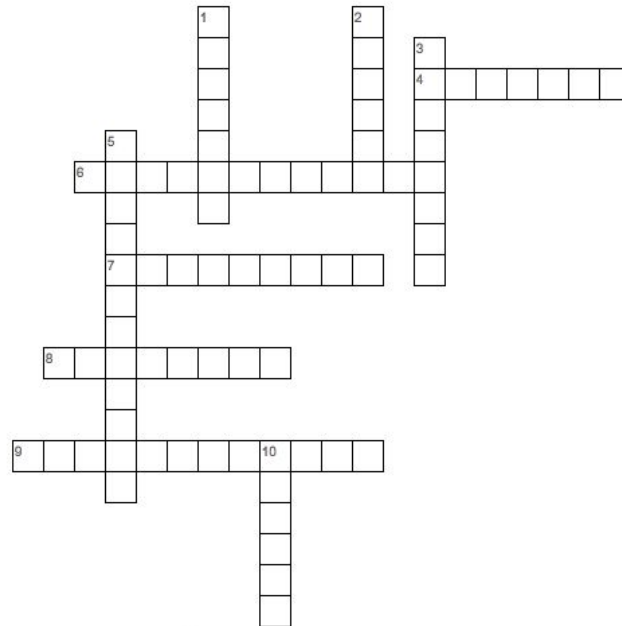
TOPIC: BRAIN TEASER (NUTRITION)



ACTIVITY #: 1 (CROSSWORD PUZZLE)

NUTRITION AND HEALTH

Use the clues Across and Down to complete the crossword puzzle



Across

- 4 Extreme sensitivity to a substance
- 6 Continued Poor oxygen to heart muscle
- 7 Chronic inflammation of the joints
- 8 Body's inability to process glucose
- 9 High Blood Pressure

Down

- 1 Excessive weight gain
- 2 Inflamed, narrow, swollen, mucous filled airways with poor breathing
- 3 Global out break of infectious disease
- 5 Permanent erosion of teeth
- 10 Uncontrolled high blood pressure

ACTIVITY #: 2 (MULTIPLE CHOICE)

Answer the following multiple choice items by selecting the correct options listed A, B, C or D.



<p>1. A substance needed by the body for growth and maintenance of the body.</p> <ul style="list-style-type: none"> A. Nutrient B. Calories C. Enzymes D. Antibodies 	<p>8. This food group is the body's best source of energy:</p> <ul style="list-style-type: none"> A. Fats and Oils B. Staples C. Legumes D. Food from animals
<p>2. The nutrient that regulates the thyroid gland is:</p> <ul style="list-style-type: none"> A. Iron B. Calcium C. Magnesium D. Iodine 	<p>9. Identify the CFNI Triple-Mix Menu:</p> <ul style="list-style-type: none"> A. Stewed Chicken + Rice and peas B. Fried fish, Bammy Sticks + Tossed vegetables C. Stewed Peas + Glazed carrots and green peas D. Curried chicken with spinners and broad beans
<p>3. A diet high in saturated fats is linked to which of the following conditions:</p> <ul style="list-style-type: none"> A. Kidney failure B. Anorexia Nervosa C. Cardiovascular disease D. Bulimia 	<p>10. Mineral essential for healthy red blood production is:</p> <ul style="list-style-type: none"> A. Zinc B. Iodine C. Iron D. Potassium
<p>4. Amylase in saliva begins the breakdown of cooked carbohydrate into:</p> <ul style="list-style-type: none"> A. Fatty acids B. Polypeptides C. Single sugars D. Amino acids 	<p>11. All of the following are non - communicable diseases except</p> <ul style="list-style-type: none"> A. Influenza B. Hypertension C. Diabetes D. Heart Disease
<p>5. Our body needs Vitamins and minerals daily because:</p> <ul style="list-style-type: none"> A. They supply energy B. They insulate the body C. They remove waste from the body D. They carry out metabolic processes 	<p>12. Food labels can inform consumers about the following:</p> <ul style="list-style-type: none"> A. Total carbohydrates B. Calories per serving C. Sugar content D. All of the above
<p>6. Approximately half of a healthy diet should be made up of:</p> <ul style="list-style-type: none"> A. Dairy products B. Fruit and milk C. Grains and vegetables D. Foods from animals 	<p>13. Vitamin is recommended for boosting the immune system</p> <ul style="list-style-type: none"> A. Vitamin D B. Vitamin C C. Vitamin B D. Vitamin E
<p>7. All of the following are rich sources of non- starchy polysaccharides except:</p> <ul style="list-style-type: none"> A. Carrot B. Sweet potatoes C. Cho-Cho D. Cucumber 	<p>14. Identify the meal option richest in iron levels</p> <ul style="list-style-type: none"> A. Green Bananas B. Fried Chicken Breast C. Stewed Liver D. Peanuts