

Nutrition



1. Draw and explain a healthy eating guide in its various forms. List the number of servings required from each group per day. Why is it important to eat a balanced diet?
2. Explain the difference between the following:
 - a. Lacto-ovo vegetarian
 - b. Ovo vegetarian
 - c. Vegan vegetarian
3. Plan a two-day menu, containing a balanced lacto-ovo vegetarian diet utilizing a healthy eating guide.
4. What is another name for:
 - a. Vitamin B₁
 - b. Vitamin B₂
5. List at least three significant food sources of the following nutrients:
 - a. Vitamin C
 - b. Vitamin A
 - c. Vitamin B₁
 - d. Vitamin B₂
 - e. Iron
 - f. Calcium
6. Why is it important to drink plenty of water every day? How much water should you drink every day?
7. Name three common diseases that can be controlled by diet.
8. What is the difference between whole wheat flour and white flour, and which one has the higher nutritive value?
9. What does Dietary Reference Intake mean?
10. Why is it important not to take excessive amounts of some vitamins and minerals?

Skill Level 1

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