Name:

Date:

School:

Facilitator:

1.02 Nutrients and Cooking Techniques

Total Points: 31

# Part 1: Organizing the Nutrients

**It’s time to prove what you know about nutrients by completing the outline below!**

* **Identify all six classes of nutrients and list them on the green line.**
* **Name two functions of each nutrient and include them on the blue lines.**
* **For each nutrient, list two foods that are a source of that nutrient. List them on the purple lines.**
* **You may need to do some additional research to be able to complete this outline!**
1. **Nutrient Class:**
	1. **Two Functions:**
		1.
		2.
	2. **Two Example Foods:**
		1.
		2.
2. **Nutrient Class:**
	1. **Two Functions:**
		1.
		2.
	2. **Two Example Foods:**
		1.
		2.
3. **Nutrient Class:**
	1. **Two Functions:**
		1.
		2.
	2. **Two Example Foods:**
		1.
		2.
4. **Nutrient Class:**
	1. **Two Functions:**
		1.
		2.
	2. **Two Example Foods:**
		1.
		2.
5. **Nutrient Class:**
	1. **Two Functions:**
		1.
		2.
	2. **Two Example Foods:**
		1.
		2.
6. **Nutrient Class:**
	1. **Two Functions:**
		1.
		2.
	2. **Two Example Foods:**
		1.
		2.

# Part 2: Preserving Nutrients in Food

**Answer the following questions based on what you learned in the lesson.**

1. Once picked, what happens to the nutrients in fruits and vegetables?
2. Describe how to examine produce when purchasing fruits and vegetables at the grocery store.
3. Food that is free of pesticides is sold as      .
4. Meats usually have a(n)      date, and milk has a(n)      date.
5. Low-fat versions of dairy products provide some essential fat for      .
6. Discount stores often sell food that is       the expiration date.
7. Why should you avoid cans that are dented or bulging?
8. Store canned goods in the      , and store bananas and potatoes      .
9. You’ve bought some fresh meat but aren’t going to use it within one or two days. What should you do to preserve it?
10. Refrigerate leftovers within      hours.
11. What are some nutrients that are destroyed by high heat?
12. Three methods of cooking that preserve nutrients are:
	1. ,
	2. , and
	3.
13. What are the 3 Rs of preserving nutrition content?
	1. ,
	2. , and
	3.
14. Frying food destroys      and adds unnecessary      .
15. Why shouldn’t you reheat food in Styrofoam take out containers? Be specific.
16. What kinds of pots and pans should you use to cook? Why are they better to use than a cast iron skillet or aluminum pan?