

Preparing for Life and Career © 2013

Chapter 16: Nutrition and You—Read, Discuss, and Analyze Activity

Pure Potatoes

READ the case study

Imad’s favorite food is potatoes. Whether baked or fried, plain or covered in cheese and ketchup, Imad has potatoes in every meal. Because potatoes are considered vegetables, Imad rationalizes that he already has the vegetable food category of MyPlate filled and does not need to eat other types of vegetables. He also knows that potatoes are good sources of carbohydrates and water-soluble vitamins. He feels confident that he does not need to incorporate other vegetables into his diet.

DISCUSS this question in class:

What are some suggestions you could offer Imad to vary his diet and make choices that are more healthful?

ANALYZE the following statements about the case study to decide which are true and which are false.

- T F By eating only one type of vegetable, Imad is *not* gaining all the nutrients that his body needs to grow and function.

- T F It is possible for Imad to find a single food that supplies all six essential nutrients.

- T F By using MyPlate’s Daily Food Plan, Imad could have a balanced diet and proper nutrition.

- T F If Imad balances his diet, he will *not* need to worry about incorporating adequate physical activity each day.