

Unit 4 Nutrition

Lesson 3 – Diet Modification for Special Conditions

Goals

- Understand when dietary modifications are needed
- Be aware of dietary guidelines
- Be able to read nutrition labels on food
- Compare food using the nutrition labels

Activities

1. Review

Use one or more of the following activities (see instructor notes for complete instructions) to review previous lesson's vocabulary and/or verb list.

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| 1. Word Bingo (listening) | 2. Oral cloze exercise |
| 3. Word Bingo (definitions) | 4. I can/ I can't Verb Practice |
| 5. Blackboard Bingo (definitions) | 6. Verb tense practice |

2. Introduction to CNA topic – Well-Balanced Diet

3. Vocabulary and verb lists

Discuss vocabulary and verbs for the lesson

- **Unit 4 Lesson 3 Vocabulary**
- **Unit 4 Lesson 3 Verb**
- **Unit 4 Lesson 3 My Vocabulary list**
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4. Dietary Guidelines for Americans

Read and discuss the dietary guidelines for healthy Americans in 2005. Apply what was learned in the previous lesson to these guidelines. Discuss why guidelines might be different for different groups of people. Fill in the correct verbs to complete the sentences about dietary guidelines.

- **Unit 4 Lesson 3 USDA Dietary Guidelines**
- **Unit 4 Lesson 3 Fill in the Verb**

5. Reading Food Labels

Understanding the information on the food label should be quite easy after learning about nutrients, food groups and healthy eating. There are three sets of labels for similar foods. The teacher could also bring in real food labels for students to make comparisons.

- **Unit 4 Lesson 3 Reading Food Labels**
- **Unit 4 Lesson 3 Reading Food Labels Answer Key**

Additional handout for food labels (optional)

- **Unit 4 Lesson 4 Read It Before You Eat**

6. Special Diets

Learn about a diet that is healthy for the heart. Students should compare the recommendations in this diet to their own eating habits. Many of the recommendations in this diet are found in modified diets for those with heart disease.

- **Unit 4 Lesson 3 Eating for a Healthy Heart**

7. Vocabulary Practice

NOTE: This crossword contains words and verbs from Lessons 1, 2 and 3 of Unit 4.

- **Unit 4 Lesson 1,2,3 Crossword Puzzle - Dietary Words**
- **Unit 4 Lesson 1,2,3 Crossword Puzzle – Answer Key**