

Unit 4 Lesson 3 Fill in the Verb

Use the verb definitions and the Dietary Guidelines for Americans 2005 as a reference to complete the sentences below.

1. _____ a sufficient amount of fruits and vegetables while staying within energy needs.
2. _____ in regular physical activity and _____ sedentary activities to promote health.
3. _____ foods to a safe temperature to kill microorganisms.
4. _____ intake of fats and oils high in saturated and/or trans fatty acids, and _____ products low in such fats and oils.
5. To _____ weight loss in adulthood: _____ in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements.
6. To _____ body weight in a healthy range, _____ calories from foods and beverages with calories expended.
7. To _____ microbial foodborne illness: _____ hands, food contact surfaces, and fruits and vegetables.
8. To _____ gradual weight gain over time, make small decreases in food and beverage calories and _____ physical activity.
9. _____ raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.
10. _____ perishable food promptly and _____ foods properly.