

Unit 4 Lesson 3 Fill in the Verb **Answer Key**

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

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