

## Enrichment

Use with Chapter 9, Lesson 2.

### Analyzing a Menu

Read the following list of foods that Mike, age 13, ate one day. Then answer the questions in the space provided.

*Breakfast:* orange juice, cornflakes with milk and sugar,  
white toast with butter and strawberry jam

*School lunch:* macaroni and cheese, lettuce salad, carrot sticks, apple, milk

*After-school snack:* small bag of potato chips, cola drink

*Dinner:* heat 'n' serve fried chicken, instant rice, frozen broccoli, brown 'n'  
serve roll, chocolate cake with chocolate frosting, milk

*Bedtime snack:* buttered popcorn

1. What foods did Mike eat from the milk and cheese group? \_\_\_\_\_
2. What foods did Mike eat from the meat and fish group? \_\_\_\_\_
3. What foods did Mike eat from the fruit and vegetable groups?  
\_\_\_\_\_
4. What foods did Mike eat from the bread, cereal, and pasta group? \_\_\_\_\_
5. What foods did Mike eat from the fats and sweets group? \_\_\_\_\_
6. Which two foods on Mike's menu are high in fiber? \_\_\_\_\_
7. Which food on Mike's menu probably contains caffeine? \_\_\_\_\_
8. Mike's dinner consisted almost entirely of packaged, or convenience, foods. How can a steady diet of such foods be unhealthy?  
\_\_\_\_\_  
\_\_\_\_\_
9. If you were a nutritionist, would you rate Mike's menu as healthy, unhealthy, or somewhere between the two? Explain your answer.  
\_\_\_\_\_  
\_\_\_\_\_