

FOODS: WORD OF THE DAY

Immersible: Can be completely submerged in water
Non-Immersible: Cannot go under water
Mousse: A molded, chilled, creamy, French dessert (Chocolate Mousse)
Vinaigrette: A salad dressing made of vinegar, oil, and spices (French)
Pate': A mixture of finely ground meat/spices (French)
Gratuity: Another word for tip in a restaurant (French)
Flambé': To serve food on fire (French)
Entrée: The main dish of a meal (French)
Black Tie: To wear formal clothing to a dinner or party
Escargot: The French word for snails on a menu
Du jour: "Of the Day" (like soup de jour)
Au jus: Served with meat juices (like a French Dip sandwich)
Vegetarian: Doesn't eat meat
Vegan: Doesn't eat any animal product (no meat, eggs, milk...)
Hors d'oeuvres: Small fancy finger foods served before dinner (French)
Al dente: Cooked until tender-firm (pasta) Italian
Al a mode: Served with ice cream (pie) French
Garnish: to decorate a plate or meal with food
Antipasto: Italian Appetizers
Al a Carte: Individually priced (separate from a full meal)
ose: The ending on a word that mean's it's a form of sugar
Marinate: To soak in oil and seasoning to tenderize and add flavor
Organic: Grown naturally without chemicals
Kosher: Prepared according to strict Jewish laws
Calamari: Squid (Italian)
RSVP: To respond to an invitation; to let them know if you are coming (French)
Sorbet: Frozen dessert made from fruit (French)
Au gratin: Covered in melted cheese (French)
How much is Gratuity? 15-20% of total bill
Au lait: Served with milk (Café' au lait)
Amandine: A sauce with almonds on top (French)

WHY DO WE EAT?

Why do we eat? When do we eat?

- ❖ Hungry
- ❖ Pleasure
- ❖ Tired
- ❖ Bored
- ❖ Habit
- ❖ Comfort
- ❖ Easiest
- ❖ To Please the Cook
- ❖ Family
- ❖ Sharing
- ❖ Social Status
- ❖ Tastes Good
- ❖ Holidays
- ❖ Cheapest
- ❖ Advertising
- ❖ Rewards
- ❖ Fun
- ❖ Entertainment
- ❖ Fastest
- ❖ Tradition
- ❖ Hobbies
- ❖ Sports
- ❖ TV

Diet and Stress Related...

- ❖ Stroke
- ❖ Arthritis
- ❖ Constipation
- ❖ Overweight
- ❖ Heart Disease
- ❖ Allergies
- ❖ High Cholesterol
- ❖ Asthma
- ❖ I.B.S.
- ❖ High Blood Pressure
- ❖ Ulcers
- ❖ Bad Teeth
- ❖ Diabetes
- ❖ Migraines
- ❖ Cancer

Why Should We Eat?

- ❖ Feel Good
- ❖ Live Longer
- ❖ To Think Clearly
- ❖ To Have Energy
- ❖ To stay Alive
- ❖ To Prevent Disease
- ❖ To Grow
- ❖ To Look Good
- ❖ To Be Strong
- ❖ Health
- ❖ Heal
- ❖ Build Muscles
- ❖ Aid Digestion

What Can We Do?

- ❖ Listen to you Body
- ❖ Eat breakfast
- ❖ Chew Your Food
- ❖ Eat Dietary Fiber
- ❖ Eat Slowly
- ❖ Cut Back on Pop, Junk Food, and Fast Food
- ❖ Drink Water
- ❖ Stretch
- ❖ Don't Skip Meals
- ❖ Exercise
- ❖ Limit Fried Foods
- ❖ Meditate
- ❖ Enjoy Nature
- ❖ Relax
- ❖ Breath Deeply
- ❖ Laugh
- ❖ Sleep
- ❖ Eat Fresh Foods
- ❖ Eat 3 or more Whole Grains Daily
- ❖ Eat 2-3 servings of lean meats or plant protein
- ❖ Eat 3-5 or more veggies

Video/DVD LIST

1. Magic School Bus: For Lunch (Used on EBay)
2. Magic School Bus: Ready, Set, Dough (Used on EBay)
3. Unwrapped, (DVD set from Food Network)
4. Good Eats, Alton Brown, (DVD sets from Food Network)
5. Super size Me, Educationally Enhanced/Edited

Magazine: Nutrition Action; Health Letter,

Book: "Chewy, Goopy, Rumble, Plop!" By Steve Alton, Dial books for Young Readers, a division of Penguin Young Readers Group
"To a significant degree, we are an overfed and undernourished nation digging an early grave with out teeth, and lacking the energy that could be ours." Teachings of Ezra Taft Benson PP. 476-7

Name: _____

Period: _____

Please use complete sentences.

List 3 Reasons You Eat:

1. I eat because _____.
2. I eat when _____.
3. _____.

List 3 Reasons You Should Eat:

1. _____.
2. _____.
3. _____.

What are 10 things you can do to improve your health.
To help you feel better, look better, and live longer.

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.
6. _____.
7. _____.
8. _____.
9. _____.
10. _____.