Skills Worksheet

Concept Review

Section: Meeting Your Nutritional Needs – Pgs. 167-174

PART I

Compare and contrast the Recommended Dietary Allowances (RDAs), daily values (DVs), and Dietary Guidelines for Americans.

PART II

Summarize the main points of the Dietary Guidelines for Americans.

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| Dietary Guidelines for Americans |
| More Nutrients, Fewer Calories |
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| Balance Food and Physical Activity |
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| Limit Certain Types of Nutrients |
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