CHAPTER 11

BUDGET ESSENTIALS
Food, Clothes, and Fun

WHAT’S AHEAD

11.1 Nutrition Facts
11.2 Shop for a Healthful Diet
11.3 Evaluate Clothing Choices
11.4 Recreation and Travel
GOALS

► Describe how to use the MyPyramid figure to make healthful food choices.

► Identify dietary problems and explain how to avoid them.
KEY TERMS

- nutrient
- calorie
- carbohydrate
- fiber
- protein
- fat
- cholesterol
- vitamin
- mineral
- balanced diet
- MyPyramid
- anorexia nervosa
- bulimia
- obesity
A Balanced Diet

- Nutrients that supply energy
- Nutrients that aid body processes
**MyPyramid**

- Grains: 6 oz. daily
- Vegetables: 2½ cups daily
- Fruits: 2 cups daily
- Oils: 5–6 teaspoons daily
- Milk: 3 cups daily
- Meat & Beans: 5½ oz. daily

**Be physically active for at least 30–60 minutes daily.**

Daily recommendations are based on a 2,000-calorie daily diet.
Food Choice Tips

► Eat a variety of foods each day.
► Choose foods that are low in fat and cholesterol.
► Eat plenty of fruits, vegetables, milk, and whole-grain products.
► Limit your consumption of sugar and salt.
Avoid Dietary Problems

- Fast food
- Dieting
- Eating disorders and conditions
Balanced Diet and Exercise

The only truly effective way to lose weight, keep it off, and remain healthy is to eat a balanced diet and exercise regularly.
CHECKPOINT 11.1

How can the MyPyramid figure help you choose the nutrients your body needs?

What is the difference between dieting and an eating disorder? What are the keys to maintaining a healthy body weight?
Checkpoint 11.1 Answers

How can the MyPyramid figure help you choose the nutrients your body needs?

- MyPyramid, a diagram created by the Department of Agriculture, helps people choose foods to eat.
- By eating a variety of the foods on the pyramid, people are better able to plan and eat a balanced diet.
What is the difference between dieting and an eating disorder? What are the keys to maintaining a healthy body weight?

- **Dieting**: eating less over an extended period of time to lose weight
- **Eating disorder**: an illness that causes people to eat too little or to purge food
- **Maintain a healthy body weight through a balanced diet and regular exercise**
LESSON 11.2

Shop for a Healthful Diet

GOALS

► Describe how to plan a food shopping trip.
► Discuss how to use the information available at the store to make rational buying decisions.
KEY TERMS

- serving
- daily value
- expiration date
- unit price
Have a Plan

► Determine your budget
► Make a list
► Look for coupons and advertised specials
► Don’t shop when you’re hungry
► Take advantage of sales
► Resist impulse purchases
Information in the Store

- Understand the language
- Nutrition labels
- Freshness date
- Unit pricing
- Psychology of store layout
Understand the Language

- Fresh
- Low fat
- Sugar free
- Reduced calories or light
- More of an ingredient
- High fiber
- Cholesterol free
- Low sodium
- Fortified
- Enriched
Nutrition Labels

- Serving size
- Daily values
- Ingredients
CHECKPOINT 11.2

- How should consumers plan for their grocery shopping?
- How can you compare the nutritional value of food products? What is the easiest way to compare their prices?
How should consumers plan for their grocery shopping?

- List the food and non-food items you want to purchase
- Prioritize the items
- Determine how much you are able to spend
- Avoid buying products you don’t need
- Look for sales and cents-off coupons
Checkpoint 11.2 Answers

- How can you compare the nutritional value of food products? What is the easiest way to compare their prices?
  - All processed food products have labels that make it easy to compare their nutritional values per serving.
  - Unit pricing helps consumers compare products and find the best price.
LESSON 11.3
Evaluate Clothing Choices

GOALS
► Identify trade-offs in clothes-buying decisions.
► Explain how to judge fabrics, tailoring, and fit to make good buying decisions.
KEY TERMS

- utility
- style
- fad
- classic
- designer clothes
- natural fiber
- manufactured fiber
Trade-Offs in Buying Clothes

- Utility
- Style
- Value
Clothes Shopping

► Know what you want
► Know how much you can spend
► Know where to shop
Natural Fibers

- Cotton
- Linen
- Wool
- Silk
Manufactured Fibers

- Rayon
- Acetate
- Nylon
- Polyester
Labels

► Content label
► Care instructions
Tailoring and Fit

The construction or tailoring of a garment is important to your overall satisfaction with your clothing.

To be attractive, clothes must fit you well.
What trade-offs might you have to make when you choose the clothing you will wear?

What should you consider when you go clothes shopping?
What trade-offs might you have to make when you choose the clothing you will wear?

- Utility vs. Style vs. Value
  - Utility = comfortable or long lasting
  - Style = impressing your friends or going on a job interview
  - Good value = getting the most satisfaction you can for the price
What should you consider when you go clothes shopping?

- What you want
- How much you can spend
- Where to shop
- Fibers, fit, and tailoring
LESSON 11.4
Recreation and Travel

GOALS

► Explain how to budget, prioritize, and evaluate alternatives for buying recreation.

► Describe how to plan a vacation and minimize its costs and maximize your enjoyment.
KEY TERM

- bed-and-breakfast (B&B)
Recreation

- Budget
- Set your priorities
- Start small
- Evaluate your alternatives
Travel

- Destinations
- Transportation
- Accommodations
CHECKPOINT 11.4

➢ What should you consider when you choose recreational activities?

➢ What costs should you budget for when planning your vacation? How can you minimize the costs?
What should you consider when you choose recreational activities?

- Your budget
- The time you can devote to the activity
- Your priorities based on what you want to do most
What costs should you budget for when planning your vacation? How can you minimize the costs?

• Budget for:
  • transportation
  • food
  • a place to stay
  • activities while you are there

• Minimize costs by shopping around and going at an off-peak time