

Learning Objectives By Chapter

Chapter One

1. Explain how plants and humans have a symbiotic relationship.
2. Identify the negative effects of high meat intake on human health and the environment.
3. List three basic health and environmental benefits of a plant-based diet.

Chapter Two

1. Identify the categories within the Plant-Powered Diet Spectrum.
2. List foods excluded in vegetarian and vegan diets.
3. Develop at least three simple steps for moving toward a plant-based diet.

Chapter Three

1. Identify at least three high-protein plant-based food sources.
2. Determine daily individual protein requirements.
3. Describe the health benefits of legumes, nuts, and seeds.

Chapter Four

1. Identify the components of a whole grain kernel.
2. Differentiate between whole grain and refined grain products during your next shopping trip.
3. Summarize at least three health advantages of whole grains in the diet.

Chapter Five

1. Identify the botanical definition of a vegetable.
2. Describe at least three benefits of regular consumption of phytochemicals.
3. State the benefits of choosing organic foods and produce.

Chapter Six

1. Identify at least three benefits related to powering your diet with fruits.
2. Create a plan for incorporating local foods in your shopping list.
3. Identify how to use fruit as a primary sweetening source in your next recipe.

Chapter Seven

1. Classify the different types of fat present in foods.
2. Suggest ways to limit animal fats in the diet.
3. State the benefits of at least three varieties of plant-based fats.

Chapter Eight

1. Learn to incorporate fresh herbs and spices into recipes.
2. State at least three benefits of adding such herbs and spices.
3. Explain the benefits of including small amounts of dark chocolate in the diet.

Chapter Nine

1. List the potential health benefits of unsweetened, plant-based beverages.
2. Explain how to enjoy the health benefits of moderate alcohol consumption.
3. Identify three benefits of consuming coffee and tea.

Chapter Ten

1. Identify the advantageous effects of daily exercise.
2. Explain different categories of physical activity.
3. Create three easy ways to incorporate exercise into a busy lifestyle.

Chapter Eleven

1. List three healthy habits to foster when dining out.
2. Generate easy methods for controlling portion sizes.
3. Create a healthful and pleasurable experience at restaurants.

Chapter Twelve

1. Apply your plant-based knowledge to daily food choices.
2. State the number of servings recommended for the main food groups in a plant-powered vegan, vegetarian, or omnivorous meal plan.
3. List at least three facts that the nutrition label provides.