**NUTRIENTS** Name:

Complete the following questions by referring to the Health Textbook (pages 192-209)

1. What are nutrients?
2. What are the 6 classes of nutrients?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is metabolism?
2. How many calories make up a pound?

**CARBOHYDRATES**

1. Carbohydrates do what for your body?
2. What are the 2 types of Carbohydrates?

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Known as:

Food Sources:

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Known as:

Food Sources:

1. What does Fiber do in your body?
2. What are food sources that contain proper amounts of Fiber?
3. What happens if you eat so many carbohydrates that the body’s glycogen stores are full?
4. What percent of a person’s daily calorie intake should come from carbohydrates?

**FAT**

1. Fat does what for your body?
2. Unsaturated fats are usually \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at room temperature.

Food Sources:

List 2 classifications:

1. Saturated fats are usually \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at room temperature.

Food Sources:

Too much can lead to what?

1. What percent of your diet should come from fat?
2. What is cholesterol?

Food Sources:

1. What happens if the level of cholesterol in your blood gets too high?
2. What are food sources of Trans Fat?

**PROTEINS**

1. Protein does what for your body?
2. What foods are high in protein?
3. What percent of your diet should come from protein?

**VITAMINS**

1. Vitamins do what for your body?
2. What are the 2 classes of vitamins?

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dissolves in what?

Vitamins that fit into this class:

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dissolves in what?

Vitamins that fit into this class:

1. What do antioxidants do?

Antioxidant vitamins?

**MINERALS**

1. Minerals are what?
2. What 7 minerals does your body need?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. A lack of calcium can lead to what?
2. A lack of iron can lead to what?
3. Too much sodium can lead to what?
4. What happened if you overdose on vitamin or mineral supplements?

**WATER**

1. Water does what for your body?
2. What happens when your body has a lack of water?
3. How much water do you need daily?
4. Is water or a sports drink better for a person who exercises 45 minutes a day? Why?

Fill in the vitamin and mineral chart below:

|  |  |  |
| --- | --- | --- |
| Vitamin/Mineral | Main Functions | Good Sources |
| Vitamin A |  |  |
| Vitamin D |  |  |
| Vitamin E |  |  |
| Vitamin B-1 |  |  |
| Vitamin B-2 |  |  |
| Vitamin B-3 |  |  |
| Folate (Folic Acid) |  |  |
| Vitamin C |  |  |
| Vitamin K |  |  |
| Sodium |  |  |
| Potassium |  |  |
| Phosphorus |  |  |
| Chlorine |  |  |
| Sulfur |  |  |
| Iron |  |  |
| Magnesium |  |  |
| Calcium |  |  |
| Zinc |  |  |