



Chapter 5: Meet the Nutrients

Please read pages 34 through 45 of *Discovering Foods and Nutrition* and answer the following questions about nutrients. The numbers in parentheses represent how many points each question is worth.

General Nutrition

1. What are nutrients? (1) _____

2. What are the six types of nutrients? (6)

A. _____

D. _____

B. _____

E. _____

C. _____

F. _____

3. The body uses nutrients for three main purposes. What are they? (3)

A. _____

B. _____

C. _____

4. Explain the process of digestion. (2) _____

Carbohydrates

5. What is the main job of carbohydrates? What do they do for your body? (1)

6. Fill in the table below about carbohydrates. (6)

Type of Carbohydrate	What it is	One food source

7. What is fiber? Why it is important that we get enough of it? (2) _____

Fats

8. As Americans, we tend to eat too much fat. However, fat has some important jobs in our bodies. It: (4)

- A. Keeps our skin _____.
- B. Transports some _____.
- C. Helps us feel full because it keeps food in our _____.
- D. Stores fat as _____ to be used later.

9. What is cholesterol? (1) _____

10. Cholesterol is only found in _____ foods. (1)

11. Why do health experts suggest that we limit cholesterol in our diets? (1)

12. There are two types of fats: saturated and unsaturated. Look at the picture at the top of page 38. Which of the fats is more saturated? How can you tell? (2)

13. Why are trans fats bad for us? (1) _____

Proteins

14. What are proteins? (1) _____

15. What are the building blocks of proteins? (1) _____

16. What is meant by complete protein and what is a food example of it? (2)

17. What does incomplete protein mean and what is a food example? (2)

Water

18. Water is essential for life. How long can we live without it? (1) _____

19. How much water should you drink per day? (1) _____

Vitamins

20. Vitamins are chemical mixtures found in many foods that act as _____
to the other nutrients. (1)

21. Vitamins that mix only with fat are called _____-soluble and include
Vitamins _____, _____, _____, and _____. (2)

22. Vitamins that only mix with water are called _____-soluble and
include Vitamins _____ & _____. (2)

Minerals

23. What is osteoporosis and how can you prevent it? (2) _____

Getting the Right Amount

24. You will get the right amount of nutrients if you eat a _____
of nutritious foods. (1)

25. Who should you ask before taking vitamins or other dietary supplements? (2)

_____ or _____

New Discoveries

26. Researchers have discovered that beta carotene may prevent some forms
of _____. (1)

This chapter is a "Spotlight on Nutrients."

