

Name _____ Class Period _____

Nutrition Notes

1. _____ - Substances found in food, keep your body in good working order

2. Six types of Nutrients:

- | | |
|----------|----------|
| A. _____ | D. _____ |
| B. _____ | E. _____ |
| C. _____ | F. _____ |

3. _____ Unit used to measure the energy found in food

4. _____ -Builds, maintains, and repairs body

A. Made up of _____

B. _____ amino acids are those that your body cannot make so you need to get them daily from _____.

C. Two types of protein:

1. _____ - Has all of the essential amino acids
These come from _____ foods.

2. _____ - Missing one or more essential amino acids
These come from _____ foods.

D. Provides energy, _____ cal/g

5. _____ -Body's main source of energy

A. Two types

1. _____ - Sugars

2. _____ - Starches

B. Fiber - not digested, helps get rid of _____

C. Provides energy, _____ cal/g

6. _____ -Most concentrated form of food energy, _____ cal/gram

A. Two types of fat:

1. _____ - Solid, more harmful

2. _____ - Liquid, better for you

B. _____

1. Fat-like substance found in animal foods

2. Too much increases chances of heart disease

7. _____-Triggers body processes and sets off chemical reactions.

A. Two types:

1. _____ -

a. Dissolve in fat

b. Vitamins _____, _____, _____, and _____

c. Stored in body

2. _____ -

a. Dissolve in water

b. Vitamins _____ & _____

c. Leave body in waste

B. _____ different ones each day

8. _____-Essential part of bones and internal organs.

A. Work with _____

B. You need _____ daily

9. _____-Most important nutrient; can't live long without it

A. Carries _____ to cells

B. Regulates body _____

C. Carries _____ from body