Meet the Nutrients: from food to you!

Directions: Read Chapter 7 Nutrients: From Food to You. Please fill in the notes and answer the questions below based on what you discovered in the chapter!

What is a Nutrient?

_________________________________________________________________

What do nutrients do for your body?

a. _____________________________________________________________

b. _____________________________________________________________

c. _____________________________________________________________

Meet The Nutrients:

1. Define Carbohydrates:

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

Summarize the job of a Carbohydrate in the body:

_________________________________________________________________

_________________________________________________________________

Name the Two types of Carbohydrates:
Sugar is an example of what kind of Carbohydrate? _______________________
Fiber and Starch are examples of what kind of Carbohydrate?

_________________________________________________________________

List Foods that contain carbohydrates found in nature?

_________________________________________________________________

_________________________________________________________________

2. Fats defined: Fats are naturally present in meat, poultry, fish, dairy foods & nuts.

Summarize the job of Fats in the body:

_________________________________________________________________

_________________________________________________________________

Name the 3 Types of Fats:

a. __________________ b. __________________ c. __________________

What is cholesterol?

_________________________________________________________________

What disease can eating too many high cholesterol foods lead to and why?

_________________________________________________________________
3. Define **Proteins**

Summarize the job of proteins in the body?

Name two types of Proteins: a. __________________________ b. __________________________

4. **Water is a nutrient:** **using page 13**

Every ______________ contains water. Water carries ______________.

Water helps ______________ process by ______________

____________. Water helps ______________ body ________________.

5. Define **Vitamins**

**Vital Vitamins:** **using page 13**

Vitamins DO NOT provide ______________ or build ______________ ______________, BUT your body cannot produce ______________ without them.

*Fat- soluble vitamins are; _____, _____, _____ and _____ -- they dissolve in fat. Excess amounts can ______________ _____ to ______________ levels in your body.*

6. Define **Minerals:**

**Mighty Minerals:** **using pages 15& 16:**

Your body uses minerals for many ______________. An example of a mineral is ______________. It helps red blood cells ______________ oxygen to all your cells. If you do not eat enough foods with iron, you may develop______________.

During your teen years your need for ______________ is the highest. Calcium, ______________, and ______________ help bones grow.

7. **Nutrients and Energy:** **using page 18**

Calories are not a food or nutrient, but are ______________ that ______________ energy.

Examples of energy in foods are; ______________, ______________, and ______________. Your body uses energy from the food you eat. Food provides ______________ so your body can do its work, even for ______________. When you balance the energy form your food and drinks with the amount your body ______________, you ______________ your ______________.