

NUTRITION – You are what you eat!

1. You developed your current nutritional habits from your _____ and eating at a _____ house or with people from other races or cultures.
2. The main reason for eating anything is to get _____. However many people now eat certain foods because they _____ good.
3. There are six essential nutrients that we must consume to stay alive. They are:

4. The three nutrients that supply our bodies with energy and are used in this order are _____, _____, _____.
5. If we do not eat the proper nutrients we can become _____ or even _____. When people in the old days sailed from England to North America their food often spoiled and they went long times without certain kinds of foods. By not getting enough vitamin _____ many people developed _____ and died. The native Indians new that by drinking _____ made from tree _____ they could cure this disease.
6. Many sources suggest a person should drink _____ glasses of water a day. Water is important because it controls body _____.
7. Proteins are made up of what chemical substances called _____.
8. _____ amino acids are made by the body. The other _____ we get by eating certain foods.
9. Vegetarians who do not eat meat or fish or animal products must get the amino acids by eating other foods with protein like _____.
10. Fats that come from animal products is know as _____. Fat that comes from plant products is known as _____. Hydrogenated fat is _____.
11. Cholesterol is _____
12. Arteriosclerosis is _____
13. The four basic food groups are _____, _____, _____, _____.
14. A calorie of energy is _____
15. A kilojoule of energy is _____.
16. Two main functions of minerals in our body's are _____
_____.
17. Two main functions of vitamins in our bodies are _____
_____.
18. A persons basal metabolism is _____

19. 3 factors that affect basal needs are _____, _____, _____.
20. The energy balance equation is Input = _____ + _____
21. Input is the _____ we eat.
22. One pound of fat is equal to _____ calories.
23. One gram of fat is equal to _____ calories.
24. If a hotdog has a total of 150 calories and has 13 gram so fat. Then the calories of fat equal _____ and the percentage of fat in a hot dog would be _____.
25. Eating sweet foods, deserts, etc actually trigger the body to produce more _____ which actually rapidly reduces energy.
26. A good choice for a pregame meal for athletics would be _____ or _____ . A poor choice would be to eat _____.
27. Fat is a slow source of energy and once in the body makes you _____.
28. Drinks like sodas and coffee actually trigger the body to remove _____ because they contain _____.
29. Understanding which energy source is used allows you to understand better what type of exercise to do if you want to burn fat for example. You will want to do exercise at a _____ or _____ intensity to help burn fat from your body.
30. Skipping meals to try to lose weight is not a good idea because _____.
31. Two nutritional eating disorders are _____ and _____ . Symptoms of these disorders include _____ . IF you suspect someone has a nutritional eating disorder you should _____.
32. Most people eat portions that are larger that they require. A piece of meat for example should be about the size of a _____.
33. You can tell if a food is healthy for you or not by reading the food _____.
34. Very often people eat when they get _____ or to lift their spirits if they are _____.