Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Health 12

**Nutrition Notes**

*Glencoe Health, Pages 250-287*

1. Define **Nutrition**:

2. Define **Nutrients**:

3. Define **Calorie**:

4. Healthful foods provide \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for physical activities, help you stay

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ alert, & keep you looking & feeling your best.

5. Nutrition affects your lifelong health. List **2 conditions** that can threaten your life as you age:

6. Define **Hunger**:

7. Define **Appetite**:

8. People may eat in response to an emotional need. Name **1** of these **emotions**:

9. **Explain** how each of the following **relates to food**:

A. Family & Culture:

B. Friends:

C. Time & Money:

D. Advertising:

10. Define **Carbohydrates**:

11. There are 3 types of carbohydrates. They are simple carbohydrates, complex carbohydrates & fiber.

A. Define **Simple Carbohydrates**:

B. Name **1 example** of foods that contain simple carbohydrates:

C. Define **Complex Carbohydrates**:

D. Name **1 example** of foods that contain complex carbohydrates:

E. Define **Fiber**:

F. Name **1 example** of foods that are high in fiber.

12. A. Define **Proteins**:

B. Name **1 food** that is high in protein:

13. A. Define **Fats**: (“The Role of Fats”, page 261)

B. Define **Unsaturated Fats**:

C. Name **1 example** of food high in unsaturated fat:

D. Define **Saturated Fats**:

E. Name **1 example** of a food high in saturated fat:

F. Define **Trans Fats**:

G. Name **1** **example** of a food high in trans fats.

H. Define **Cholesterol**:

14. Define **Vitamins**:

15. A. Define **Minerals**:

B. Define **Osteoporosis**:

16. List **3 functions of water** in the body:

17. A. Define **Dietary Guidelines for Americans**:

B. Make smart choices from every food \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

C. Find your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ between food & activity.

D. Get the most \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ out of your calories.

18. A. Define **My Pyramid**:

B. Use Figure 10.9 “My Pyramid” on page 267 to list the **5 main groups** of the pyramid:

C. Focus on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

D. Vary your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

E. Get your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-rich foods.

F. Make half your grains \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

G. Go lean with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

H. Limit certain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

19. Balancing Food & Physical Activity:

Teens should be physically active for \_\_\_\_\_\_\_\_\_\_\_\_minutes almost every day to avoid unhealthy weight gain.

20. List **2** examples of healthful, sensible snacks:

21. Eating Right When Eating Out:

A. Watch \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sizes.

B. Pay attention to how foods are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

C. Add \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ vegetables or fruits.

D. Go easy on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

E. Don’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your calories.

22. List **3** items listed on a food label: