


FOOD AND NUTRIENTS

 PAGES 160 TO 166
Complete this concept review handout and keep it as a record of what you have learned.

DEFINITIONS

- Food is _____

- A nutrient is _____

NUTRIENTS

Nutrient	Function	Sources
Proteins	_____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____
_____	_____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____
_____	_____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____
_____	_____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____

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NUTRIENTS (CONT.)

Nutrient	Function	Sources
_____	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____

AVERAGE ENERGY CONTENT IN NUTRIENTS

Nutrients	Energy content	
	kJ/g	Cal/g
Carbohydrates		

RECOMMENDATIONS FROM CANADA'S FOOD GUIDE FOR 14- TO 18-YEAR-OLDS

Food groups	Number of servings per day		Servings
	Females	Males	
Fruits and vegetables	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____