

NUTRITION

NAME: _____

1. Good health, fitness, and wellness are important goals for all of us. To achieve these goals, practicing _____ is essential.
2. TRUE/FALSE (CIRCLE ONE): Eating well is considered to be a priority lifestyle, because sound nutritional habits can help you to look good, feel good, and to be fit, and healthy.
3. TRUE/FALSE (CIRCLE ONE): Eating well is something that only few people have the ability to achieve.
4. List the six (6) classifications of nutrients:
_____, _____, _____,
_____, _____, _____.
5. TRUE/FALSE (CIRCLE ONE): Water, vitamins, and minerals are the three nutrients that contain calories, and provide our bodies with energy.
6. Which carbohydrates contain vitamins, and minerals? _____
7. TRUE/FALSE (CIRCLE ONE): Fiber is a carbohydrate your body cannot digest, so it does not provide energy.
8. Even though fiber does not provide your body with energy or nutrients, it is important to: (Circle all that apply)
 - A. Helps build strong bones
 - B. Helps prevent disease such as cancer
 - C. Helps to digest food
9. In a healthy diet, about _____ percent of the total daily calories consumed should be carbohydrates. (circle one):
A. 10, B. 30 C. 55 D. 85
10. In addition to providing energy, what are five other functions fats provide?
_____, _____
_____, _____

11. Excess saturated fat in the diet can lead to _____, a hardening of the arteries that can lead to heart disease, stroke, and other health problems. (circle one):
A. Anemia B. Atherosclerosis C. Intransigence D. outer arteriolois
12. _____ Are made of 22 different amino acids, 14 of which can be made by the human body.
13. Which mineral helps produce red blood cells and is found in meats, dark green vegetables and whole grains?

14. The top level of the food guide pyramid includes _____, _____ & _____, which should be eaten sparingly.
15. (5 points extra credit) – The Food Guide Pyramid is out dated. What did the USDA create to replace the food guide pyramid to help you make healthy food choices? _____ You will need to look up the answer to this one on the internet.