Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block\_\_\_\_\_\_\_\_\_\_\_\_

Chapter 10 Review

Nutrition for Health

Use the following words to complete the sentence: nutrition, nutrients, calories, hunger, appetite, psychological

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the process by which the body takes in and uses\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the natural physical drive to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are units of heat energy that food supplies to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are substances your body needs to grow, repair itself, and provide you with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a desire, rather than a need to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ means directed toward the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. Describe the relationship between nutrients and calories.
8. List the benefits of good nutrition for teens, and lifelong.

Teens-

Lifelong-

1. Describe the following influences on food choices

Hunger and appetite-

Food and emotions-

Food and Environment-

1. Which nutrient is a type of carbohydrate?
2. Which nutrient helps maintain and build body cells and tissues?
3. Which nutrients help build strong bones?
4. Which substance does your body use fat to produce?
5. Which nutrients are sometimes water-soluble and sometimes fat-soluble?
6. Which health condition is related to a lack of calcium?
7. Which term refers to a response to a stimulus or influence?
8. List 5 ways your body uses nutrients.
9. Describe the types and role of each nutrient

|  |  |  |
| --- | --- | --- |
| Nutrient | Types | Role |
| Carbohydrates |  |  |
| Protein |  |  |
| Fats |  |  |
| Vitamins |  |  |
| Minerals |  |  |
| Water |  |  |

1. Explain MyPyramid and how it is designed to help you make healthful food choices
2. Explain how nutrient dense foods can help you stay fit
3. List tips for healthful eating and food choices

Breakfast-

Snacks-

Dinner Plate-

Restaurant meal-

Find the correct vocabulary word:

1. Substances intentionally added to food to produce a desired effect \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. A condition in which the body’s immune system reacts to substances in some foods\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Food poisoning \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. The process of treating a substance with heat to destroy or slow the grow of pathogens \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. A negative reaction to food that does not involve the immune system \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. An object of concern or interest \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Describe foodborne illness and how it occurs
5. List tips for keeping food safe

Clean-

Cook-

Separate-

Chill-

1. What is the difference between a food allergy and a food intolerance?