

Name \_\_\_\_\_

Period \_\_\_\_\_

**Bookwork: Chapter 3 Lesson 1- What Nutrients Does Your Body Need?**

1. Define ***nutrients***:
  
2. Nutrients are important to provide the body with energy for daily activities and internal functions. What are ***three internal functions nutrients are important for?***
  
3. What ***three nutrients provide energy to your body?***
  
4. What ***three nutrients do not provide energy, but serve other functions in your body?***
  
5. Define ***carbohydrates***:
  
6. What are the ***three types of carbohydrates?***
  
7. Sugars such as fructose, glucose, sucrose, and lactose are classified as \_\_\_\_\_ carbohydrates.
  - a. What foods are a ***good source of sugar (simple carbohydrates)?***
  
8. Define ***glucose***:
  
9. Starches are called \_\_\_\_\_ carbohydrates.
  - a. What foods are a ***good source of starch?***
  
10. Define ***glycogen***:
  
  
11. Define ***fiber***:
  - a. What foods are a ***good source of fiber?***

12. What are **four health benefits of fiber?**
  
13. Define **cholesterol:**
  
14. Define **protein:**
  
15. Define **amino acids:**
  
16. What type of **amino acids are produced in the body?**
  
17. What type of **amino acids are not produced in the body and must be received in the foods we eat?**
  
18. What is the **difference between complete and incomplete proteins?**
  
19. No single plant source contains all the essential amino acids...so how do **vegetarians insure they are getting all the amino acids their body needs?**
  
  
20. Define **complimentary proteins:**
  
  
21. Define **fats:**
  
  
22. Define **saturated fats:**
  
  
23. Define **unsaturated fats:**
  
  
24. Define **trans fats:**
  
  
25. What are **three reasons why fat is important to our body's health?**

26. What **two types of fat** are believed to lead to health problems if eaten in excess?
27. Define **vitamins**:
28. **How many vitamins** does the body require in sufficient amounts?
29. Define **water-soluble vitamins**:
30. Define **fat-soluble vitamins**:
31. Does the book recommend taking a **vitamin supplement or eating a healthy and balanced diet to get the vitamins you need? Explain.**
32. Define **minerals**:
33. **How many different minerals** does your body need?
34. Define **osteoporosis**:
35. Define **anemia**:
36. What are **five ways that water helps the body**?
37. Define **dehydration**:
38. **How much water** does the book recommend individuals drink each day?
39. When might someone **require additional fluids to maintain hydration**?