

Intro to Nutrition BOOKWORK KEY

1. carbohydrates, fats, protein, minerals, vitamins, water
2. Glucose is a type of carbohydrate that is the preferred source of energy for the brain and central nervous system. Glycogen is a stored version of glucose.
3. The body uses protein to build and maintain all of its cells and tissues, including muscles, bones, skin, hair, fingernails, and organs. Protein also provides energy.
4. supplies energy to the body when food is unavailable, acts as a cushion to protect internal organs, provides a layer of insulation to help regulate body temperature
5. Macrominerals are those that your body needs in quantities greater than 100 milligrams per day to maintain good health. Trace minerals are those that your body needs in quantities less than 100 milligrams a day to stay healthy.
6. when you are outside in hot weather for a long period of time, when you are engaging in vigorous physical activity, when you are running a fever, when you are experiencing diarrhea or vomiting
7. Saturated fats are found primarily in animal based foods and is solid at room temperature. Unsaturated fats are liquid at room temperature and are found in plant-based foods. In general, unsaturated fats are better for your health than saturated fats.
8. Fiber lowers cholesterol, balances levels of glucose in the body, adds bulk to stools to prevent constipation, and can prevent overeating.

Lesson 3.1 Key Terms Review

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| 1. C | 8. D |
| 2. C | 9. A |
| 3. B | 10. B |
| 4. A | 11. A |
| 5. B | 12. D |
| 6. A | 13. B |
| 7. C | 14. C |

Lesson 5: Body Image Know and Understand ANSWER KEY

1. anorexia nervosa, bulimia nervosa, binge eating disorder
2. decreased bone density, brittle hair and nails, dry and yellowish skin, growth of fine hair all over the body (lanugo), mild anemia, muscle wasting and weakness, severe constipation, low blood pressure, feeling cold and tired, heart and brain damage, organ failure, infertility
3. chronically inflamed and sore throat, swollen salivary glands, worn tooth enamel, sensitive and decaying teeth, acid reflux disorder, intestinal distress and irritation, severe dehydration, electrolyte imbalance
4. stomach and intestinal damage, hypoglycemia
5. Answers may vary: All three eating disorders involve disturbances in eating behavior. Anorexia nervosa is characterized by very restricted eating and distinct eating rituals. Bulimia nervosa is characterized by recurrent episodes of eating enormous quantities of food and then purging (vomiting or excessive exercising). Binge-eating disorder is characterized by compulsive overeating in which people consume huge amounts of food, typically over a period of about two hours.
6. Answers may vary: in some families, a mother might use extreme weight-loss methods and set an example for her daughter. Negative interaction patterns within a family, such as controlling or disapproving parents, may also trigger disordered eating. Children may also develop eating disorders if their parents have eating disorders.

Vitamin and Mineral KEY:

1. A.) vitamin D, calcium, magnesium B.) dairy foods, canned fish with bones, tofu, green leafy vegetables, nuts
2. A.) vitamin A B.) carrots, kale, broccoli, dairy products, meat
3. A.) iron B.) red meat, fish, eggs
4. A.) sodium, chloride B.) table salt, milk, spinach
5. A.) vitamin C B.) citrus fruits, broccoli, tomatoes
6. A.) vitamin B9 B.) leafy vegetables, fortified cereals, bread
7. A.) vitamin K B.) liver, cereals, cabbage
8. A.) iodine B.) table salt, some types of fish, dairy products
9. A.) vitamins A, K, D, and E B.) Fat-soluble vitamins dissolve in the body's fats and are stored in the body for later. Watersoluble vitamins dissolve in water and are either used immediately or removed by the kidneys.
10. A.) macrominerals and trace minerals B.) Macrominerals are needed in quantities greater than 100 milligrams a day. Trace minerals are needed in small amounts of less than 100 milligrams daily.

