UNIT 3
CHAPTER 5
NUTRITION AND YOUR HEALTH

Exploring Health Terms

DIRECTIONS: Select the term that best completes the statement.

Appetite	Fiber	Lipid	Nutrition
Calories	Food Guide Pyramid	Minerals	Proteins
Carbohydrates	Hunger	Nutrients	Vitamins
Food Additives	Dietary Guidelines for Americans		Foodborne Illness
	Cross-Contamination		

1. _____ The process by which the body takes in and uses food.

2. _____ Units of heat that measure the energy used by the body and the energy that foods supply to the body..

3. _____ The substances in food that your body needs to function properly.

4. _____ The starches and sugars present in foods.

5. _____ An indigestible complex carbohydrate.

6. _____ Nutrients that help build and maintain body cells and tissues.

7. _____ A fatty substance that does not dissolve in water.

8. _____ A set of recommendations for healthful eating and active living prepared by the USDA and DHHS.

9. _____ A guide for making healthful daily food choices.

10. _____ Substances intentionally added to food to produce a desired effect.

11. _____ Another name for food poisoning.

12. _____ The spreading of bacteria or other pathogens from one food to another.

Recalling The Facts

DIRECTIONS: Using complete sentences, answer the following questions.

LESSON 1

1. How does hunger differ from appetite?

2. Give an example of how friends and peers can influence food choices.

3. Why is good nutrition especially important during the teen years?

LESSON 2

4. What is the relationship between glucose and glycogen?

5. How does water benefit the body?

6. List three minerals that are important for health.

LESSON 3

7. What are the ABC's of good health?

8. Most of the foods you eat each day should come from which three parts of the food guide pyramid?

LESSON 4

9. What does the percent daily value column of a food label tell you?

10. What are some symptoms of a food allergy?

11. How can you keep picnic foods safe to eat?