

Food and Nutrition Worksheet (Pg. 971-977)

Please answer the following questions on your own paper.

1. What are calories? How are they calculated?
2. Why is there a difference in calories between foods, such as fats and carbohydrates?
3. Why does it matter which foods you eat?
4. What does a nutritionist do?
5. List the 6 nutrients needed by the body.
6. What is the importance of water in the body?
7. How can human become dehydrated? What are some problems that could result from being dehydrated? How much water should the *average* person drink each day?
8. How does sweat help to maintain homeostasis?
9. Summarize each of the following categories of nutrients: carbohydrates, fats, proteins, vitamins and minerals. You do not need to copy the charts on page 974-975 into your notebook.
10. Why is fiber an important part of your diet?
11. How are vitamins and minerals similar? How are they different?
12. Which vitamins and minerals promote healthy bones? (Use the charts on page 974-975 to help)
13. What kinds of things are described on a nutrition label so we know if the food is healthy or not?