

## STUDY GUIDE

## ● Nutrition

Check (✓) the statements that agree with the textbook.

- \_\_\_ 1. The human body makes vitamin D when the skin is exposed to sunlight.
- \_\_\_ 2. Nutrients provide energy and materials for cell development, growth, and repair.
- \_\_\_ 3. The human body is 90 percent water.
- \_\_\_ 4. The human body cannot construct essential amino acids inside body cells.
- \_\_\_ 5. Starch, cellulose, and sugar are three types of carbohydrates.
- \_\_\_ 6. Vitamins are organic nutrients that help the body use other nutrients.
- \_\_\_ 7. Protein molecules are made up of amino acids.
- \_\_\_ 8. Minerals are inorganic nutrients that regulate many chemical reactions in the body.
- \_\_\_ 9. Unsaturated fats and saturated fats are types of minerals.
- \_\_\_ 10. Carbohydrates are the main source of energy for your body.
- \_\_\_ 11. Minerals and water can be absorbed directly into the bloodstream.
- \_\_\_ 12. Calcium, potassium, and sodium are minerals needed by the human body.
- \_\_\_ 13. The four food groups are organized into a food pyramid.
- \_\_\_ 14. The body loses about two liters of water every day through excretion, perspiration, and respiration.

Match the description on the left with the term on the right by writing the correct letter in each blank. Some items on the right may not be used.

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|---|----------------|
| ___ 1. type of fat found in red meats                                       | a. amino acids |
| ___ 2. nutrient provided by citrus fruits                                   | b. fats        |
| ___ 3. subunits of a molecule of protein                                    | c. saturated   |
| ___ 4. nutrient needed for good eyesight and healthy skin                   | d. vitamin C   |
| ___ 5. nutrients that provide energy and help your body store some vitamins | e. vitamin A   |
| ___ 6. nutrient that carries oxygen in the blood                            | f. iron        |
|   | g. calcium     |