

Chapter 6

Use with Section 1

REINFORCEMENT**● Nutrition**

Name the six nutrients available in food and briefly describe each:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Answer the following questions.

7. What foods supply saturated fats and unsaturated fats? _____

8. How much of a human body is water? _____
9. What are the six food groups? _____

10. Which food group is represented by pizza? _____

Use the tables in your textbook to answer the following questions.

11. Which minerals help make strong bones? _____
12. Which vitamin is essential for good eyesight? _____
13. In what way do we lose the most water? _____
14. Where is most of the body's water located? _____
15. What food sources provide vitamin C? _____
16. How does a person get iodine? _____