

**Chapter 19**

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? \_\_\_\_\_