CHAPTER 7 STUDY GUIDE – NUTRITION

 ( revised 2014)

* Know the following terms: heart disease, water, RDA, junk food, healthful snack, & fiber.
* Eat a low fat, high nutrient diet following My Plate/My Pyramid Guidelines and eating nutrient dense foods.
* Junk food is high in calories and low in nutrients.
* The three energy nutrients are Cards, Protein, and Fat.
* Teens should get 3 cups of milk per day, along with additional calcium rich foods in order to ensure they get enough calcium to develop and maintain bone structure.
* Vegans (Vegetarians who consume meat-free diets) – Their primary nutritional concern is getting essential vitamins and minerals.
* Consuming high levels of SATURATED FAT is linked to increased HEART DISEASE.
* Athletes, infants, & people who are ill have different energy, nutrient, & fluid needs than most other people.
* Adults need less energy (calories) per pound of body weight then children & teens because they are not growing anymore.
* Healthful snacks are high – nutrient density foods.
* On a food label, be able to calculate what percentage of calories comes from fat.
* Evaluate a food label to determine if a food is junk food. Explain answer. See page 168 – 170 in book. Look at the amount of calories, fat calories, types of fat, as well as fiber, vitamins/minerals, % Daily Value of each.
* Evaluate a diet and determine whether he/she is getting too much or too little of any food group, and revise the diet. Replace high/fat sugar foods with low fat/high fiber and whole grain foods.
* Explain the relationship between diet and good health.
* Summarize the 3 Dietary Guidelines.