

## Unit 5: NUTRITION

Page 1: **TITLE PAGE:** Include the following

A: Title of the booklet: NUTRITION

B: Your Name

C: An appropriate picture from pages 280-322

Page 2: **PROTEINS:** Include the following from page 283

A: Define: *Nutrient, calorie, protein, and amino acid*

B: Explain the purpose of proteins in your body.

C: How many calories per gram of protein?

D: Draw and label pictures of at least 4 foods that are good sources of proteins.

Page 3: **CARBOHYDRATES:** Include the following from page 284

A: Define: *Carbohydrate, fiber, simple carbohydrate, and glucose*

B: Explain the process by which complex carbohydrates are turned into energy.

C: How many calories per gram of carbohydrate?

D: Draw and Label pictures of at least 4 foods that are good sources of carbohydrates.

Page 4: **FATS:** Include the following from page 285

A: Define: *Fat, saturated fat, unsaturated fat, and cholesterol.*

B: Explain how Tran fatty acids are formed.

C: List the vitamins that are fat soluble.

D: Explain why fat is needed in our diet on a daily basis.

E. Draw and Label pictures of at least 4 foods that are good sources of fats.

### Assignment Lesson 26 Quiz

Page 5: **VITAMINS:** Include the following from page 286.

A: Define: *Vitamin, Fat soluble vitamin, water soluble vitamin*

B: List the "B" complex vitamins and their functions

C: Make a table listing the Fat soluble vitamins and their function

Page 6: **MINERALS:** Include the following from page 287.

A: Define: *Minerals*

B: Explain the difference between "macrominerals" and "trace minerals."

C: Make a table listing 4 macrominerals, their functions, and their sources.

D: Make a table listing 4 trace minerals, their functions, and their sources.

Page 7: **WATER:** Include the following from page 289.

A: Explain the function of water in our body.

B: Explain what dehydration is and what it's symptoms are.

C: What percent of the bodies mass is water?

### Assignment Lesson 27 Quiz

Page 8: **CARDIOVASCULAR DISEASE:** Include the following from pages 304-305

A: Define: *Cardiovascular disease, atherosclerosis, embolism*

B: What is the difference between (LDL)'s and (HDL)'s?

### Assignment Lesson 28 Quiz