

# Nutrition Lesson 1

- \_\_\_\_\_ - substances in food that your body needs for normal functions.
- \_\_\_\_\_ - the process of taking in food and using it for energy, growth, and good health.

## The Six Categories of Nutrients

1. \_\_\_\_\_ - sugars and starches contained in foods. Your primary energy source.

2 types

- \_\_\_\_\_ - sugars found in fruit, milk, and table sugar.
- \_\_\_\_\_ - starches found in bread, rice, pasta, beans, and other vegetables.
- \_\_\_\_\_ - the tough, stinky part of raw fruits and vegetables, whole wheat, and other whole grains.

2. \_\_\_\_\_ - nutrients that are the building blocks your body needs for growth. Its necessary for the building and repair of body tissues. It produces enzymes, hormones, and other substances the body uses. It regulates body processes, such as water balancing, transporting nutrients, and making muscles contract. It keeps the body healthy by resisting diseases that are common to malnourished people. It Prevents one from becoming easily fatigued by producing stamina and energy. Examples \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

3. \_\_\_\_\_ - nutrients found in fatty animal tissue and plant oils.

2 types

- \_\_\_\_\_ - fats that are usually solid at room temperature. Meat and solid margarines. Can increase the risk of developing heart disease.

- \_\_\_\_\_ fats that are usually liquid at room temperature. Mostly found in plant based foods, olives, nuts, etc.
  - \_\_\_\_\_ - the waxy, fat-like substance that the body uses to build cells and make other substances.
4. \_\_\_\_\_ - nutrients that help regulate body functions and fight infections.

### Vitamins

\_\_\_\_ - Promotes healthy skin and normal vision. Dark green leaf vegetables.

\_\_\_\_ - Needed for a healthy nervous system.  
Poultry;eggs;meat;fish.

\_\_\_\_ - Needed for healthy teeth, gums, and bones; helps heal wounds and fight infection. Citrus fruits and most fruits.

\_\_\_\_ - Promotes strong bones and teeth and the absorption of calcium. Milk

5. \_\_\_\_\_ - substances the body uses to form healthy bones and teeth, keep blood healthy, and keep the heart and other organs working properly. Calcium, Iron, Magnesium, Zinc, Potassium are examples.

6. \_\_\_\_\_

# Nutrition Diary

<i>Day</i>	<i>Date</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snacks</i>
<i>Mon.</i>					
<i>Tues.</i>					
<i>Wed.</i>					
<i>Thurs.</i>					
<i>Fri.</i>					
<i>Sat.</i>					
<i>Sun.</i>					

*How healthy did you eat this week?*

*1- Unhealthy*

*2- Average- Healthy with the occasional junk food mixed in*

*3- Healthy – Hardly any junk food at all*