

6th Grade Nutrition Unit
Study Guide Answer Key

Quiz on:

Use your Nutrition Notes, Nutrition Cubes, Food Group Worksheet, and Calcium Worksheet to study the following information.

1. What are calories
Units of body fuel
2. How many calories does the average teen need?
1800-2800
3. What four factors/reasons affect how many calories an individual needs?
 - Activity level
 - Growth rate
 - Gender
 - Size of your body
4. What does the body do with the extra, unused calories?
Turns them in body fat
5. What are the benefits of exercise?
 - Helps maintain a healthy body weight
 - Builds and tones muscles, improves our mood and lung function
 - Makes us more flexible
6. What are the 6 essential nutrient groups
 - Carbohydrates
 - Fats
 - Proteins
 - Vitamins
 - Minerals
 - Water
7. What is the function of each of the 6 nutrient groups?
 - Carbohydrates-provides body with most of it's energy
 - Fats-used to store energy, carries vitamins around the body, form cell membranes, insulate body protects organs
 - Proteins-builds, repairs, and maintains body tissue
 - Vitamins-helps regulate body functions
 - Minerals-controls important chemical reactions in the body
 - Water-necessary for survival, keeps us hydrated, helps move food and nutrients through the body, aids in digestion

Nutrition And Wellness Study Guide Answer Key

A Loxley



Nutrition And Wellness Study Guide Answer Key:

The book delves into Nutrition And Wellness Study Guide Answer Key. Nutrition And Wellness Study Guide Answer Key is a crucial topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Nutrition And Wellness Study Guide Answer Key, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Nutrition And Wellness Study Guide Answer Key
 - Chapter 2: Essential Elements of Nutrition And Wellness Study Guide Answer Key
 - Chapter 3: Nutrition And Wellness Study Guide Answer Key in Everyday Life
 - Chapter 4: Nutrition And Wellness Study Guide Answer Key in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Nutrition And Wellness Study Guide Answer Key. The first chapter will explore what Nutrition And Wellness Study Guide Answer Key is, why Nutrition And Wellness Study Guide Answer Key is vital, and how to effectively learn about Nutrition And Wellness Study Guide Answer Key.
 3. In chapter 2, the author will delve into the foundational concepts of Nutrition And Wellness Study Guide Answer Key. This chapter will elucidate the essential principles that must be understood to grasp Nutrition And Wellness Study Guide Answer Key in its entirety.
 4. In chapter 3, the author will examine the practical applications of Nutrition And Wellness Study Guide Answer Key in daily life. The third chapter will showcase real-world examples of how Nutrition And Wellness Study Guide Answer Key can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Nutrition And Wellness Study Guide Answer Key in specific contexts. The fourth chapter will explore how Nutrition And Wellness Study Guide Answer Key is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Nutrition And Wellness Study Guide Answer Key. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Nutrition And Wellness Study Guide Answer Key.

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