

## 6<sup>th</sup> Grade Nutrition Study Guide

### 1. Define these vocab words:

- a. Sodium: Sodium is a mineral that helps control the amount of fluid in your body Too much salt can promote high blood pressure Reduce your sodium intake to less than 2,300 milligrams of sodium a day
- b. Cholesterol: a waxy chemical our bodies produce and needs small amounts
- c. Trans Fat: start of liquid and are made solid through processing
- d. Nutrition: nutrients are substances in food that your body need to carry out its normal functions
- e. MyPlate: fruits, veggies, grains, dairy and protein
- f. Saturated Fats: fats that are at solid room temp.
- g. Calorie: the energy needed to raise the temperature of 1 gram of water through
- h. Body Image: how you imagine yourself to look like
- i. Protein: nutrients that provide the building blocks your needs for growth. Sources include fish, meat, eggs, milk and other dairy products. Other sources are beans, nuts, and most soy-based products
- j. Fiber: A complex carbohydrate

### 2. List 3 reasons to eat fruits and veggies

- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including

# Personal Nutrition Study Guide

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