Quiz one

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

- What are calories Units of body fuel
- 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
- 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

Patricia A. Potter, Anne Griffin Perry, Patricia Stockert, Amy Hall, Geralyn Ochs

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