

Name \_\_\_\_\_

Date \_\_\_\_\_

## Study Guide

# Nutrients

Directions: Complete the lesson outline below by filling in the blanks.

## Influences on Your Food Choices

1. Factors that influence food choices include:

- a. \_\_\_\_\_,
- b. \_\_\_\_\_, and
- c. \_\_\_\_\_.

## Nutrients

2. Your body needs each of the following nutrients to maintain health:

- a. \_\_\_\_\_,
- b. \_\_\_\_\_,
- c. \_\_\_\_\_,
- d. \_\_\_\_\_,
- e. \_\_\_\_\_, and
- f. \_\_\_\_\_.

3. Two kinds of nutrients that supply your body with energy are

\_\_\_\_\_, which can be found in fruits and breads, and

\_\_\_\_\_, which can be found in animal foods and in plant products.

## Vitamins and Minerals

4. The fat-soluble vitamins that your body can store include vitamins

\_\_\_\_\_, \_\_\_\_\_,

\_\_\_\_\_, and \_\_\_\_\_.

5. To keep your teeth and gums healthy, you need vitamin

\_\_\_\_\_, which is found in citrus fruits.

6. Kidney beans and red meat are good sources of \_\_\_\_\_,

a mineral that helps carry oxygen throughout your body.

7. A mineral that is needed for nerve cell function is

\_\_\_\_\_, which is found in fish, broccoli, and bananas.

## Nutrition Across Cultures

8. Along with cabbage, noodles, and fish, tofu is an important food in

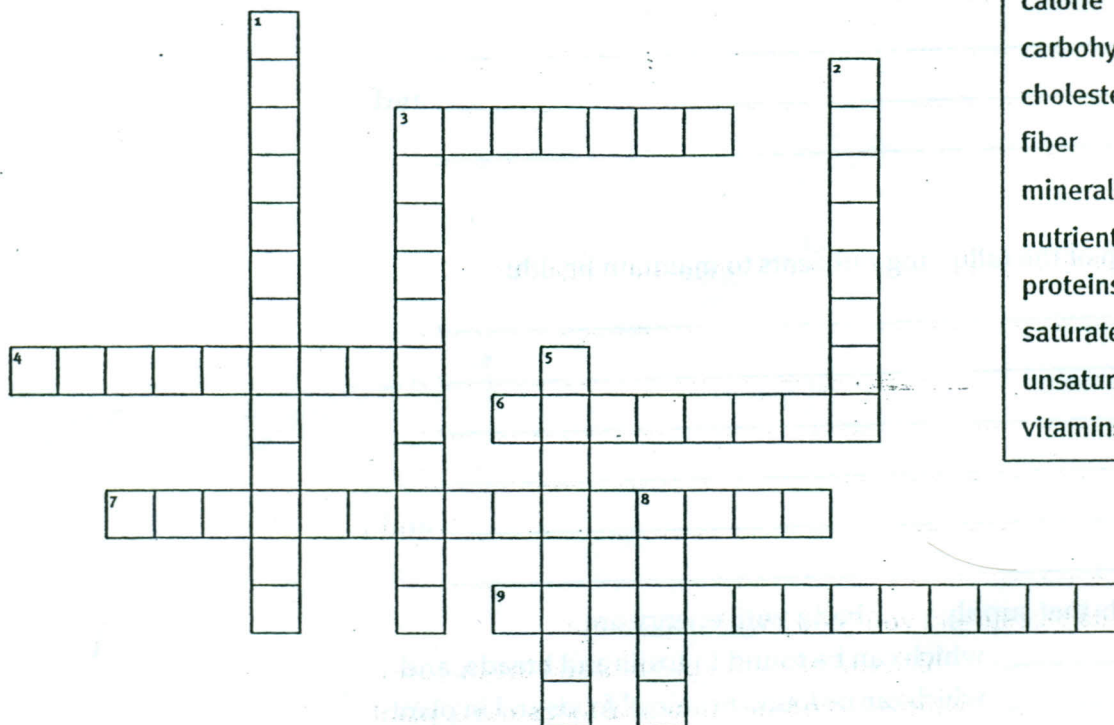
\_\_\_\_\_ culture.

9. Chickpeas, lamb, barley, and dates are common foods in the

\_\_\_\_\_ culture.

# Nutrients

Directions: Use the terms in the vocabulary box to complete the crossword puzzle.



## Vocabulary

calorie  
carbohydrates  
cholesterol  
fiber  
minerals  
nutrients  
proteins  
saturated fats  
unsaturated fats  
vitamins

### Across

- A unit of measure for both the energy supplied by food and the energy used by the body
- Chemical substances required by the body to build, repair, and maintain body tissues; regulate body processes; and provide energy
- Nutrients that make it possible for your body to process proteins, carbohydrates, and fats
- Sources of energy found in plant products and fish
- Sugars and starches that provide energy for your body

### Down

- Sources of energy found in many animal foods
- Nutrients that help your body build, repair, and maintain its tissues
- A soft, waxy, fatlike material produced by the body and found in such foods as meat, eggs, and dairy products
- Nutrients that help your body grow and develop
- The part of grains and plant foods that you cannot digest but that helps to move food and waste products through your body during digestion and elimination