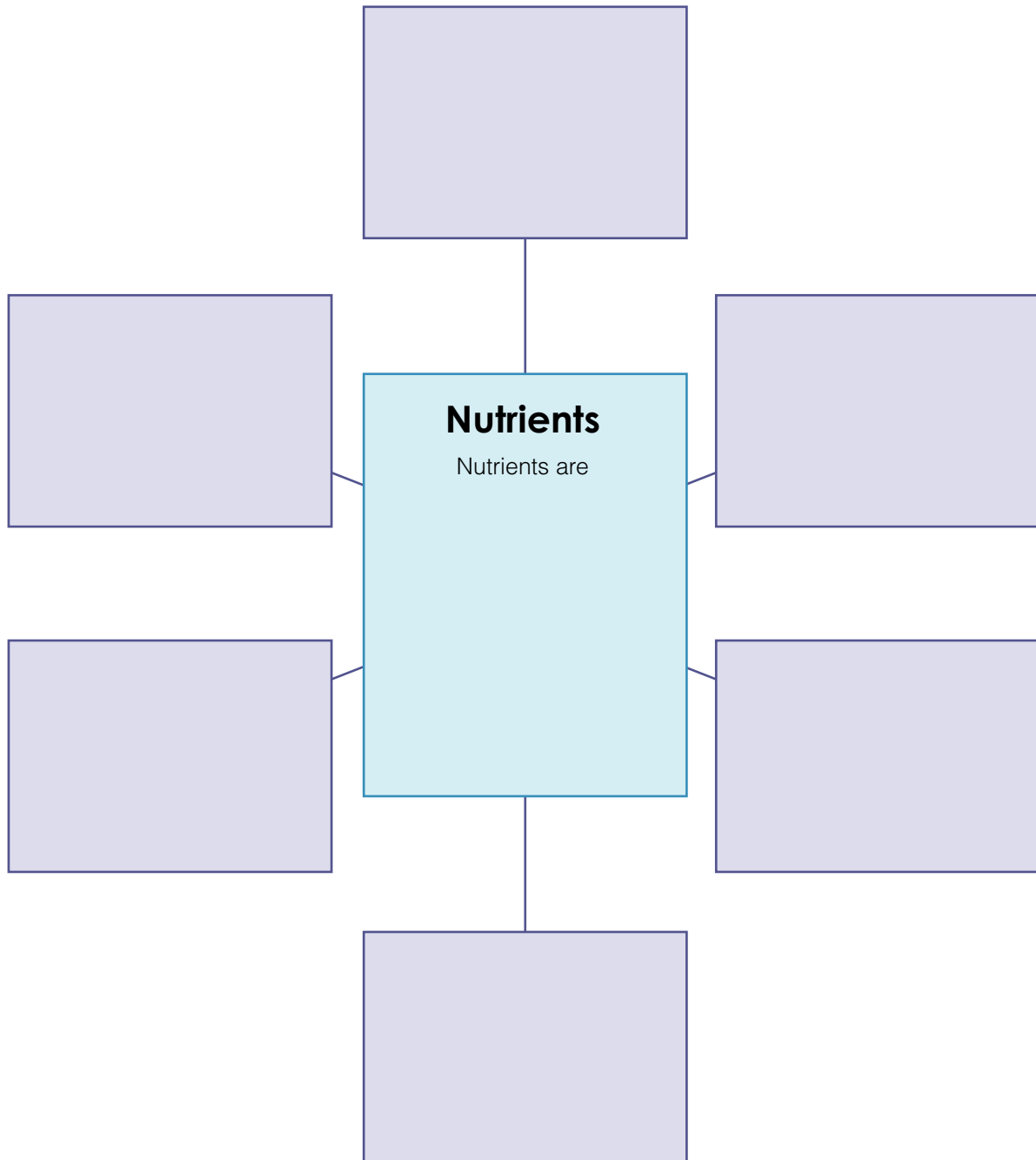


Nutrients and Your Health

1. Write the name of one nutrient in each box. Write down at least two notes in each box that will help you remember the nutrient and the foods that contain it.



Energy Nutrients and Foods

2. There are six categories of nutrients you need to be healthy. Describe the importance of each nutrient below and provide examples of foods for each category.

Nutrient	Importance	Foods
Carbohydrates		
Fats		
Proteins		
Vitamins		
Minerals		
Water		

Water and Other Beverages

3. You should drink _____ to _____ cups of water each day.
4. Water is important to health and well-being. What are the benefits of drinking water each day? Write one benefit in each of the following boxes.

Drinks High in Sugar and Analyzing Energy Drinks

5. Energy drinks and high-sugar drinks may be bad for your health. Identify the dangers of each type of drink in the following boxes.

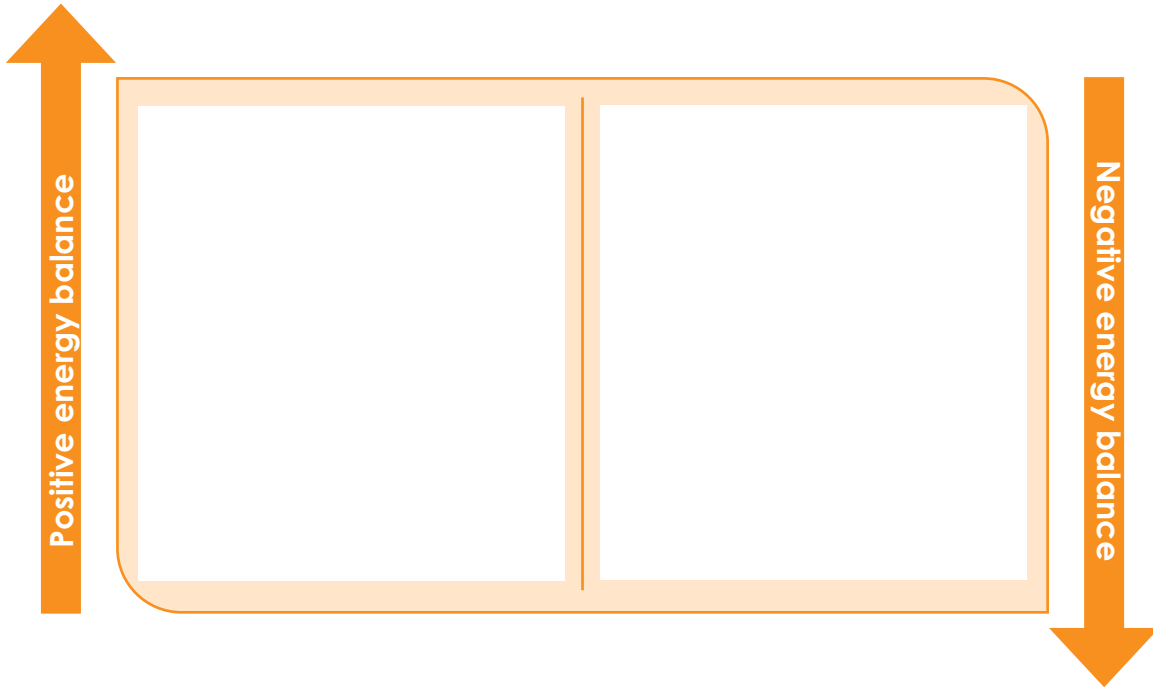
High-sugar drinks	Energy drinks

LESSON 4.2 Energy Balance, Hunger, and Appetite Note-Taking Guide

Energy Balance

1. Use the following graphic organizer to help you understand the difference between positive energy balance and negative energy balance. Compare and contrast the two terms, and identify key facts about each.

What is energy balance? _____



How You Burn Calories

2. Define metabolic rate and daily energy need.

Metabolic rate	Daily energy need

Daily Energy Need

3. Identify the caloric needs of teenage girls and boys.

	Aged 9-13	Aged 14-18
Girls		
Boys		

Determining Your Caloric Need

4. What are the steps you should use to help yourself set a goal for your daily caloric needs? Fill in the spaces below to identify all four steps.

1. Write down the recommended range of calories you need based on your sex and age using table 4.3.

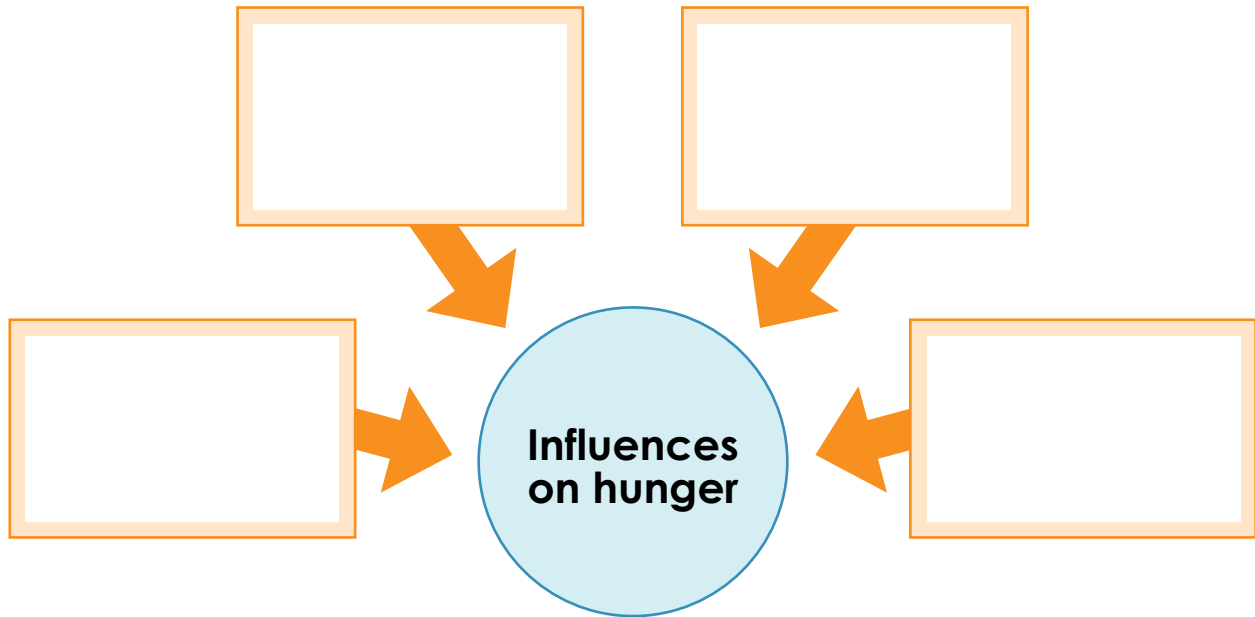
2. _____

3. _____

4. If you do more than 30 minutes of moderate or vigorous activity most days (like sports practice, dance, or cheer practice), choose the top of the range.

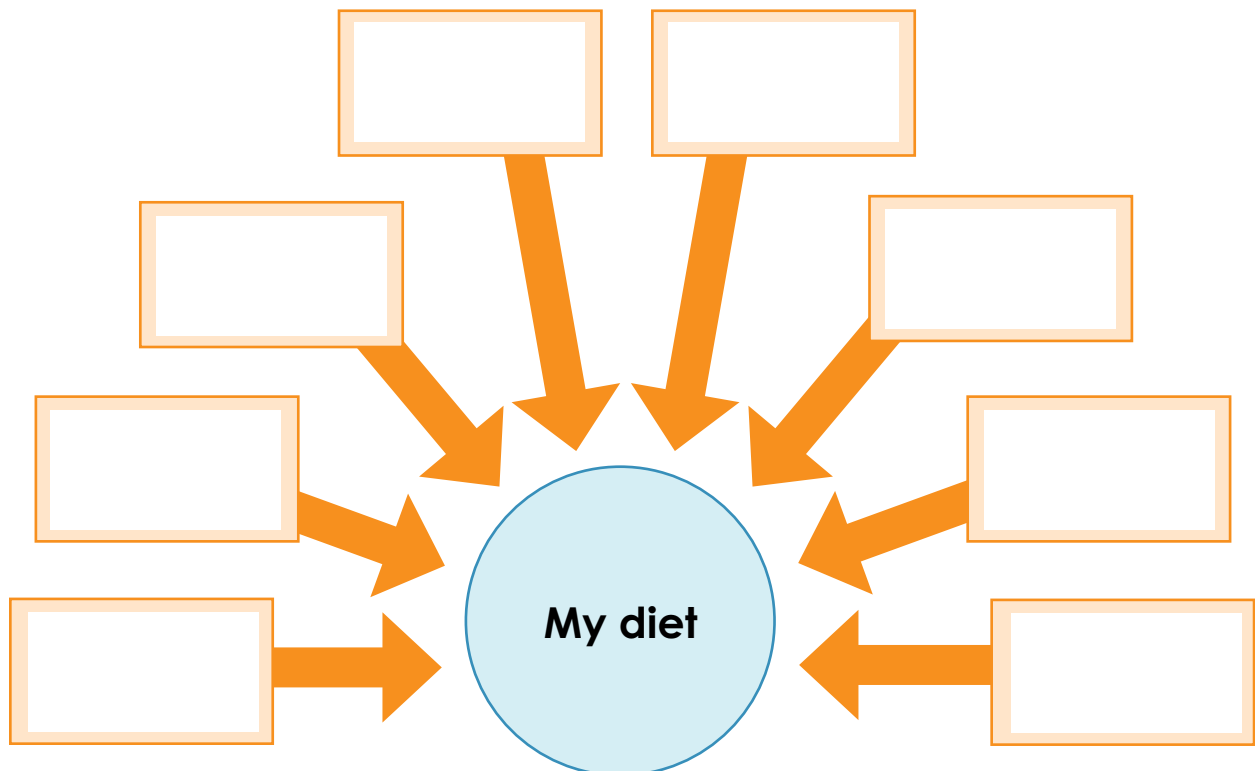
Understanding Your Hunger

5. Hunger is the communication inside your body that tells you when to eat. What can influence your hunger?



Influences on Your Appetite

6. Many things can influence your diet. Identify as many as you can that influence *your* diet. Write each influence in one of the following blank boxes.



CHAPTER 4 Food and Your Health

Lesson 4.2

7. In the following space, provide a brief summary statement about how these things might influence your diet.

Building a Healthy Diet

1. Identify and define the four keys of a healthy diet by completing the following chart. Either write the definition below the given key or fill in the blank for the missing key.

<p>Balanced</p> <div></div>	<p>_____</p> <ul style="list-style-type: none"> • Including lots of different foods 	<p>Moderate</p> <div></div>	<p>_____</p> <ul style="list-style-type: none"> • Getting enough calories and nutrients to stay healthy
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Accessing and Using Nutrition Information

2. Define biased information:

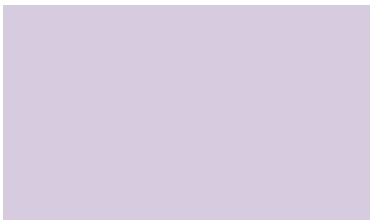
Biased information:	
---------------------	--

Dietary Guidelines for Americans

3. The Dietary Guidelines for Americans help us understand what we need to do to eat healthy. Fill in the blanks below to list the guidelines.
 - a. Follow a healthy _____ at every life stage.
 - b. Customize and enjoy _____ food and _____ choices to reflect personal preferences, cultural traditions, and budgetary considerations.
 - c. Focus on meeting _____ needs with nutrient-dense foods and beverages, and stay within _____ limits.
 - d. Limit foods and beverages higher in _____, _____, and _____, and limit _____ beverages.

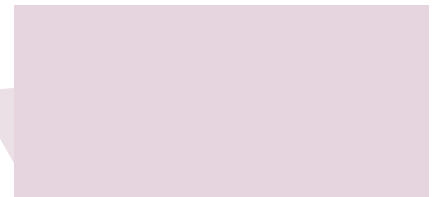
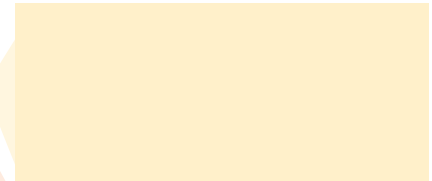
Reading Food Labels

4. Explain why each part of the nutrition facts label identified below is important.



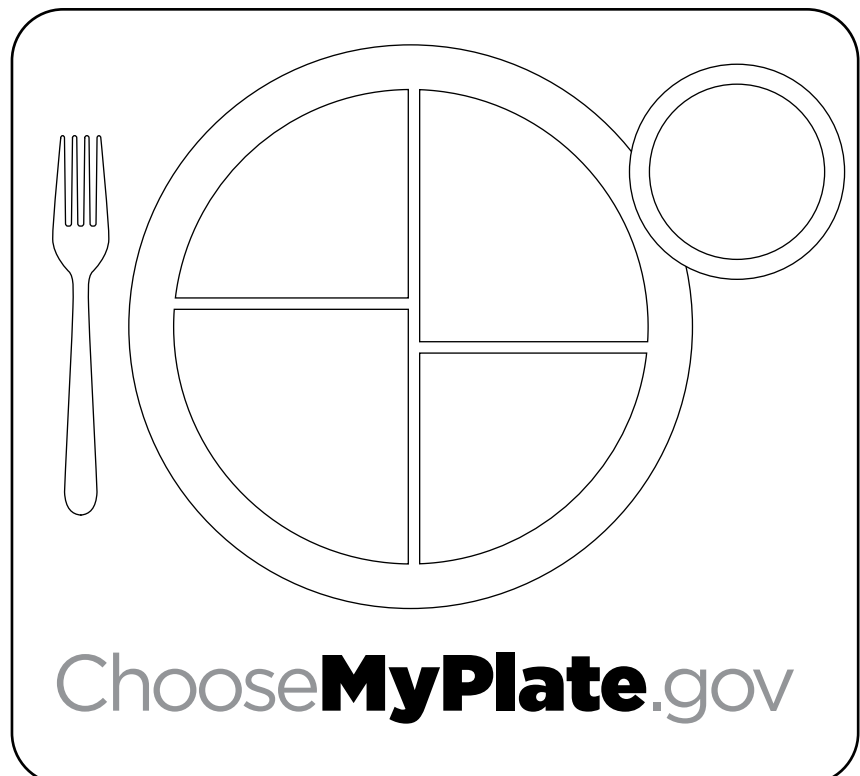
Nutrition Facts	
4 servings per container	
Serving size	1 1/2 cup (208g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



MyPlate

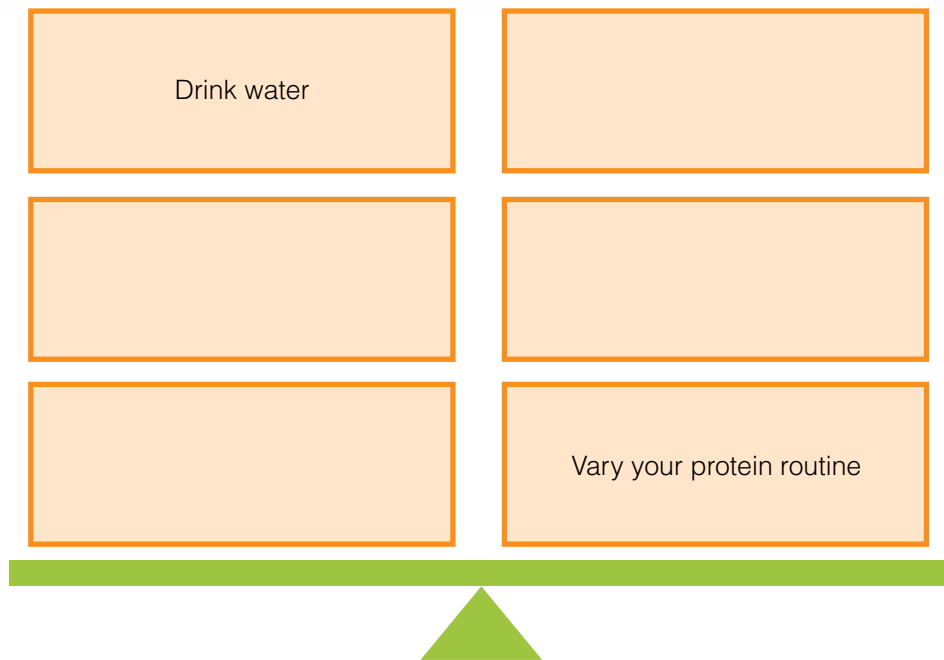
5. Write the appropriate food group in the following MyPlate model.



CHAPTER 4 Food and Your Health

Lesson 4.3

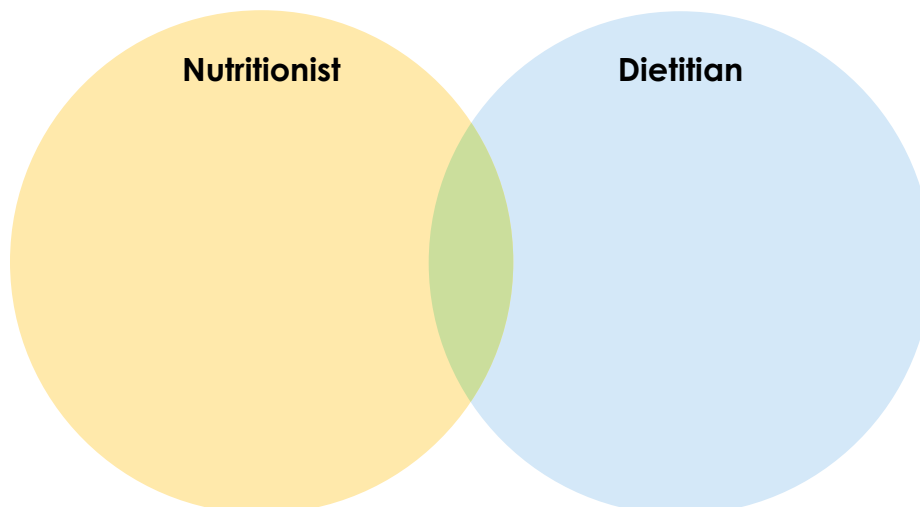
6. Complete the following diagram with four tips from the MyPlate plan to balance your calories and get the right types of foods.



7. How can you use the nutrition facts label and the MyPlate graphic tool to improve your eating habits?

Other Sources of Nutrition Information

8. What is the difference between a dietitian and a nutritionist? Put a star next to the best source of nutrition information.



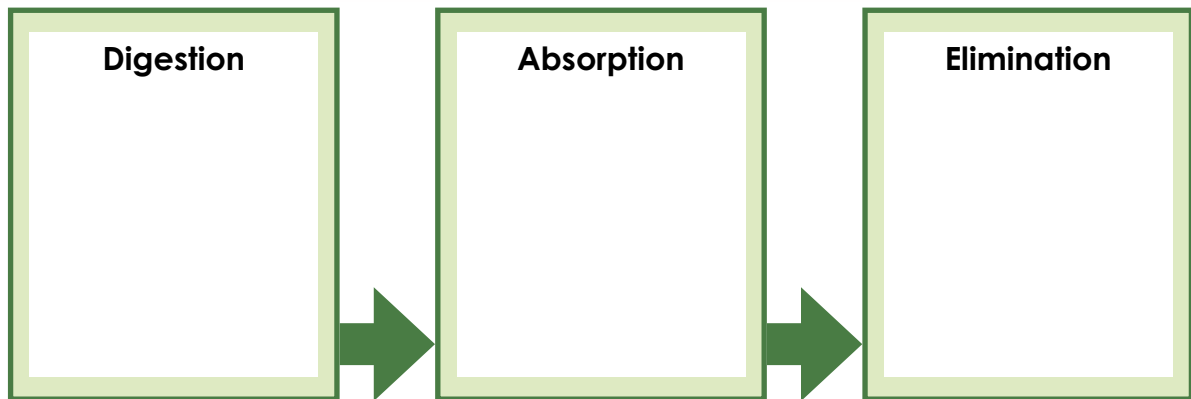
The Digestive System

1. Identify the major organs involved in digestion, and explain what each organ does to aid in digestion.

Major organ	What the organ does to aid in digestion

How Digestion Works

2. Describe digestion, absorption, and elimination.



Prebiotics and Probiotics

3. Compare and contrast prebiotics and probiotics.

Prebiotics	Probiotics

Short- and Long-Term Challenges to Digestive Health

4. Write the name of the digestive problem inside the following box where the description occurs.

A general feeling of stomach discomfort _____	When the movement of stool in the large intestine slows down _____	Small sores that occur inside your digestive tract _____
Swollen and painful veins in your anus and lower rectum _____	Runny stool from not fully absorbing liquid in your large intestine _____	

CHAPTER 4 Food and Your Health

Lesson 4.4

5. Label the digestive system challenges listed below as short-term or long-term.

Digestive System Challenges	Short- or Long-Term?
Lactose intolerance	
Constipation	
Ulcers	
Colon cancer	
Irritable bowel syndrome	
Hemorrhoids	
Diarrhea	
Colitis and Crohn's disease	
Heartburn	
Cirrhosis	
Vomiting	
Gas	
Indigestion	

The Urinary System

6. The primary purpose of the urinary system is filtering and cleaning. What are the organs that make up the urinary system? What are their functions?

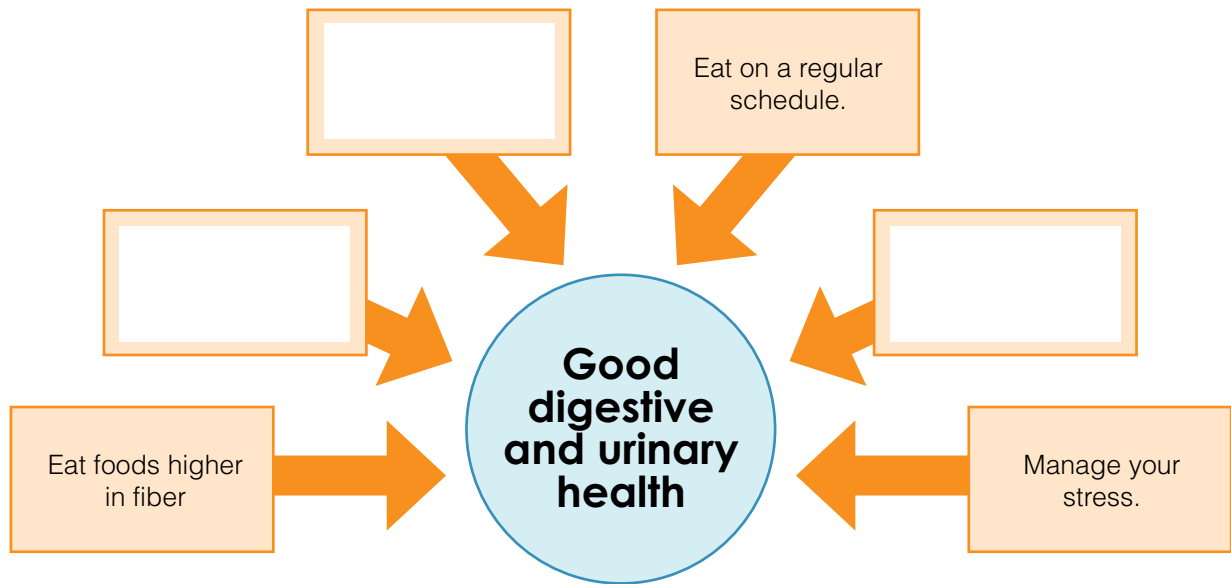
Major organ	• Description of the organ's functions

7. Name three things that might go wrong with the urinary system.

1. _____
2. _____
3. _____

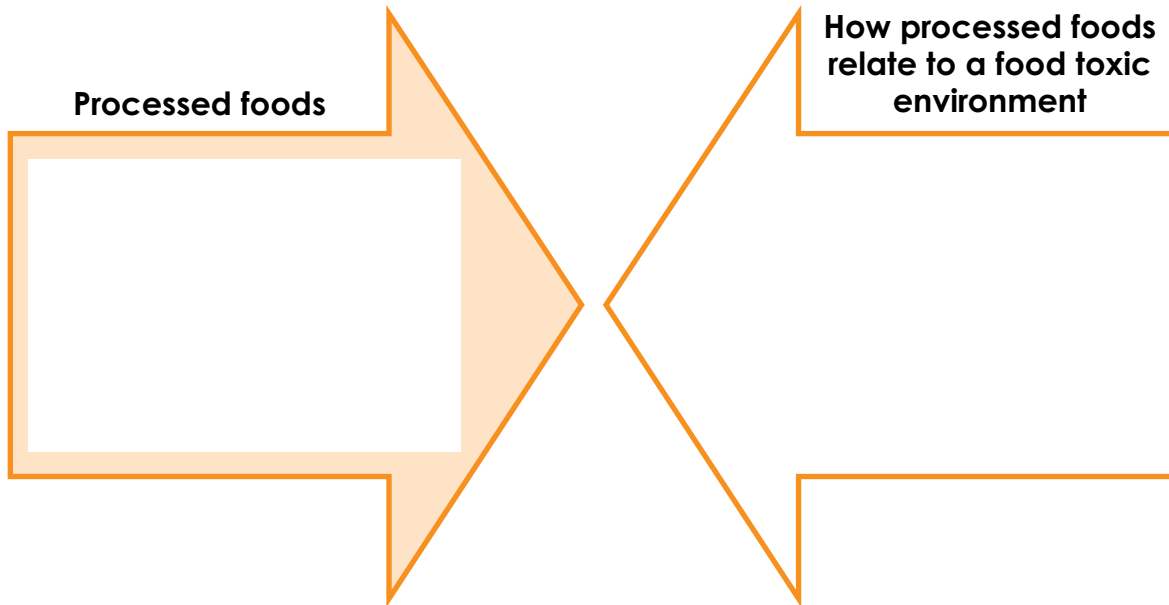
Maintaining Good Digestive and Urinary Health

8. Complete the following chart by indicating what can be done to maintain good digestive and urinary health.


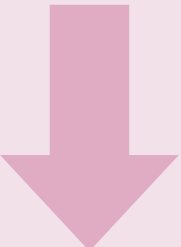


Nutrition, Health, and Disease

1. On the left, describe what processed foods are, and on the right explain how they relate to a food toxic environment.



2. Use the following diagram to identify the parts of a diet that increase and decrease your risk of disease and illness.

	Things that increase risk of disease: <div></div>
	Things that decrease risk of disease: <div></div>

Healthy and Unhealthy Fats

3. Compare and contrast saturated and unsaturated fats.

Saturated	Unsaturated

Antioxidants

4. List two foods that can help you and how they can affect you. List two foods that can harm you and how they can affect you.

Helpful foods	Helpful foods
How they affect you	How they affect you
Harmful foods	Harmful foods
How they affect you	How they affect you

Tips for Eating Out

5. What are three things you could do to make healthier choices when eating out?
1. _____
2. _____
3. _____

Steps to a Healthy Decision

6. Write down the steps you should use to make a healthy decision, and create your own example to explain each step.

Step	Example
1	
2	
3	
4	
5	

Choosing Healthy Convenience Foods

7. List at least two tips for choosing healthy snacks and then give at least five healthy snack options.

Tip 1	Tip 2
Healthy Snack Options	