**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Pd: \_\_\_\_\_\_\_\_\_\_\_**

**Standard 2 and Objective 1a: Students will describe the primary nutrients and their functions**

**Chap 10 Lesson 2 Nutrients Pages 258-265**

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| **I. Giving your body what it needs****Main Idea 1: Each of the six nutrients has a specific job or vital function to keep you healthy** |
| 1. How does your body use nutrients? | 1a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_1b. to heal, and build and repair tissue1c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_1d. to help transport oxygen cells1e. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **II. Nutrients that Provide Energy****Main Idea 2: Carbohydrates, proteins, and fats provide your body with energy and help maintain your body** |
| 1. Define Carbohydrates2. What are the three types of carbohydrates?3. What are simple carbohydrates?4. What are complex carbohydrates?5. What is fiber?6. What is the role of carbohydrates?7. Define Proteins8. What are different types of protein?9. Essential amino acids vs non –essential amino acids10. What are the roles of protein?11. Types of fats12. What are the roles of fats?13. What is cholesterol? | 1a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ found in foods, which provide your body’s main source of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_1b. It is recommended that 45-65 percent of your daily calories are from carbohydrates1c. 1 carbohydrate gram = \_\_\_\_\_\_\_\_\_\_\_\_\_ calories2a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, complex and\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3a. simple carbohydrates are sugars such as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(found in fruit) and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(found in milk)3b. Simple carbohydrates can occur \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in foods or be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_to foods4a. Complex carbohydrates, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, are long chains of sugars linked together4b. Common sources include grains, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, beans and root vegetables like potatoes.5a. Fiber is a tough complex carbohydrate that the body cannot digest5b. Fiber moves \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_through your digestive system5c. Sources of fiber includes fruits and vegetables, whole grains, and products made from grains, nuts and seeds.6a. the main source of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for your body7a. nutrients the body uses to build and maintain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_7b. 1 protein gram = \_\_\_\_\_\_\_\_ calories8a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(11) amino acids and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(9) amino acids (building blocks to build proteins in the body)8b. other proteins are from animals sources, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and soy9a. Your body produces the 11 nonessential amino acids but it does not produce the 9 essential amino acids. Your body must get the essential amino acids from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.10a. Supports growth, maintains cells and tissues, provides energy, functions as hormones, helps carry \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to all blood cells11a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: found in vegetable oil, nuts and seeds11b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: found mostly in animal based foods11c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: found in processed, package foods such as cookies and crackers11d. 1 fat gram = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ calories12a. provided a concentrated form of energy, important for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ development, blood clotting and controlling \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as well as maintains healthy skin and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.13a. a waxy, fatlike substance; excess of this in your blood can build up inside of your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| **III. Other Types of Nutrients****Main Idea 3: Vitamins, minerals, and water do not provide energy, but perform a wide variety of body functions** |
| 14. What are vitamins?15. What are minerals16. Why is water important? | 14a. Compounds found in food that help \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ many body processes like blood clotting, forming and maintaining new cells and aids in \_\_\_\_\_\_\_\_\_\_ formation. Examples: A, D, E, K, B1, B2, B3, B6, B12, C, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_15a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ found in food that are used in the body15b. The body \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ produce minerals and it must get them from food15c. Examples: Calcium, Phosphorus, Magnesium, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_16a. moves food through the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ system16b. helps with digesting carbohydrates and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and aiding in other chemical reactions in the body16c. transports nutrients and removes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_16d. stores and releases \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_16e. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the body through perspiration16f. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the eyes, brain, and spinal cord16g. lubricates the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |