**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 tissue  1c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  1d. to help transport oxygen cells  1e. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **II. Nutrients that Provide Energy**  **Main Idea 2: Carbohydrates, proteins, and fats provide your body with energy and help maintain your body** | |
| 1. Define Carbohydrates  2. 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 Proteins  8. What are different types of protein?  9. Essential amino acids vs non –essential amino acids  10. What are the roles of protein?  11. Types of fats  12. 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 carbohydrates  1c. 1 carbohydrate gram = \_\_\_\_\_\_\_\_\_\_\_\_\_ calories  2a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, 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 foods  4a. Complex carbohydrates, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, are long chains of sugars linked together  4b. Common sources include grains, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, beans and root vegetables like potatoes.  5a. Fiber is a tough complex carbohydrate that the body cannot digest  5b. Fiber moves \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_through your digestive system  5c. Sources of fiber includes fruits and vegetables, whole grains, and products made from grains, nuts and seeds.  6a. the main source of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for your body  7a. nutrients the body uses to build and maintain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  7b. 1 protein gram = \_\_\_\_\_\_\_\_ calories  8a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(11) amino acids and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(9) amino acids (building blocks to build proteins in the body)  8b. other proteins are from animals sources, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and soy  9a. 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 cells  11a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: found in vegetable oil, nuts and seeds  11b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: found mostly in animal based foods  11c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: found in processed, package foods such as cookies and crackers  11d. 1 fat gram = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ calories  12a. 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 minerals  16. 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 body  15b. The body \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ produce minerals and it must get them from food  15c. Examples: Calcium, Phosphorus, Magnesium, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  16a. moves food through the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ system  16b. helps with digesting carbohydrates and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and aiding in other chemical reactions in the body  16c. transports nutrients and removes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  16d. stores and releases \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  16e. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the body through perspiration  16f. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the eyes, brain, and spinal cord  16g. lubricates the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |