Foods Supply Nutrients

1. List four reasons why the body needs nutrients.
   The body needs nutrients to
   a. ____________________________________________________________.
   b. ____________________________________________________________.
   c. ____________________________________________________________.
   d. ____________________________________________________________.

2. List the nutrients that supply your body with energy.
   ____________________________________________________________
   ____________________________________________________________

Foods Supply Energy

3. Define the term metabolism.
   ____________________________________________________________
   ____________________________________________________________
Section 8-1: Note Taking Guide (continued)

Carbohydrates

4. Complete the concept map about carbohydrates.

<table>
<thead>
<tr>
<th>carbohydrates</th>
<th>a. simple</th>
<th>also known as</th>
<th>b. complex</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>found in</td>
<td></td>
<td>found in</td>
</tr>
<tr>
<td>c. __________</td>
<td>found in</td>
<td></td>
<td>e. __________</td>
</tr>
<tr>
<td>h. fruits __________</td>
<td>and</td>
<td></td>
<td>g. whole-wheat breads and</td>
</tr>
<tr>
<td>i. __________</td>
<td></td>
<td></td>
<td>j. __________</td>
</tr>
<tr>
<td>f. potatoes __________</td>
<td>and</td>
<td></td>
<td>k. __________</td>
</tr>
</tbody>
</table>

5. What percentage of your daily calories should come from carbohydrates?

___________________________________________________________
Section 8-1: Note Taking Guide (continued)

**Fats**

6. Compare unsaturated and saturated fats by completing the Venn diagram. Write similarities where the circles overlap, and differences on the left and right sides.

   ![Venn Diagram]

   Unsaturated Fats

   a. ____________________
   b. ____________________
   c. ____________________

d. supply energy, form cells, maintain body temperature, protect nerves

e. ____________________

   Saturated Fats

   f. ____________________
   g. ____________________

7. Why does the body need some cholesterol?
   ____________________________________________________________

8. Why can too much cholesterol in the diet be harmful?
   ____________________________________________________________

9. Compare the health effects of trans fats with those of unsaturated fats and saturated fats.
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
Section 8-1: Note Taking Guide (continued)

Proteins

10. Complete the outline by adding important details about proteins.

I. Proteins

________________________________________________________________
________________________________________________________________

A. Amino acids

________________________________________________________________
________________________________________________________________

B. Essential amino acids

________________________________________________________________
________________________________________________________________

C. Complete and incomplete proteins

________________________________________________________________
________________________________________________________________

D. Daily protein intake

________________________________________________________________
________________________________________________________________

E. Proteins for vegetarians

________________________________________________________________
________________________________________________________________

Name _________________________ Class ____________________ Date _______
Vitamins, Minerals, and Water (pp. 202–209)

Vitamins

1. Fat-soluble vitamins
   a. include _____________________________________________________.
   b. occur in _____________________________________________________.

2. Water-soluble vitamins
   a. include _____________________________________________________.
   b. occur in _____________________________________________________.

Minerals

3. Complete the table about minerals that your body needs.

<table>
<thead>
<tr>
<th>Mineral</th>
<th>Main Functions</th>
<th>Good Sources</th>
</tr>
</thead>
</table>
| Calcium | a. *formation of bones and teeth;*  
  *blood clotting; nerve function* | b. *milk, broccoli, tofu* |
| Potassium | c. ___________________________  
  ___________________________ | d. ___________________________  
  ___________________________ |
| Iron | e. ___________________________  
  ___________________________ | f. ___________________________  
  ___________________________ |
| Sodium | g. ___________________________  
  ___________________________ | h. ___________________________  
  ___________________________ |
Vitamin and Mineral Supplements

4. Complete the sentence below.
   Vitamin and mineral supplements are not usually necessary if __________________________________________.

Water

5. Complete the outline about the role that water plays in the body.

I. Water

   _________________________________________________________________
   _________________________________________________________________

   A. Water and homeostasis
   _________________________________________________________________
   _________________________________________________________________

   B. Preventing dehydration
   _________________________________________________________________
   _________________________________________________________________

   C. How much water?
   _________________________________________________________________
   _________________________________________________________________

   D. Water versus sports drinks
   _________________________________________________________________
   _________________________________________________________________
Guidelines for Healthful Eating (pp. 210–214)

The Dietary Guidelines

1. List four actions that the Dietary Guidelines recommend.
   a. ____________________________________________________________
   b. ____________________________________________________________
   c. ____________________________________________________________
   d. ____________________________________________________________

The “MyPyramid Plan”

2. Complete the outline by adding important details about the MyPyramid plan.
   I. The MyPyramid plan
      ____________________________________________________________
      ____________________________________________________________
   A. The colored bands
      ____________________________________________________________
      ____________________________________________________________
   B. The stair steps
      ____________________________________________________________
      ____________________________________________________________
   C. Creating your own MyPyramid plan
      ____________________________________________________________
      ____________________________________________________________
Section 8-3: **Note Taking Guide** (continued)

**Using the Food Guidelines**

3. Complete the graphic organizer about the *Dietary Guidelines* and the MyPyramid plan.

---

**Using the Food Guidelines**

| Meals                                      | Snacks                                    | Eating Out
|--------------------------------------------|-------------------------------------------|-------------
| a. You don't need every food group at every meal. | c.                                        | e.          |
| b.                                          | d.                                        | f.          |

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Choosing Food Wisely (pp. 220–223)

Why You Eat

1. Complete the graphic organizer about why you eat.

Main Idea: You eat for several reasons: to meet your nutritional needs, to satisfy your appetite, and to supply your body with energy.

Hunger

is

a. ________________________

____________________________

____________________________

____________________________

____________________________

Basal Metabolic Rate

is

c. ________________________

____________________________

____________________________

____________________________

____________________________

Appetite

is

b. ________________________

____________________________

____________________________

____________________________

____________________________
Section 9-1: Note Taking Guide (continued)

2. Give an example of how each of the following factors affects your food choices.
   a. Personal preferences ________________________________________________
   ________________________________________________________________
   b. Cultural background ______________________________________________
   ________________________________________________________________
   c. Time and convenience _____________________________________________
   ________________________________________________________________
   d. Friends _________________________________________________________
   ________________________________________________________________
   e. The media _______________________________________________________
   ________________________________________________________________

Evaluating Food Choices

3. Complete the outline by adding details about the information that is available on food labels.

   I. Evaluating Food Choices
   ________________________________________________________________
   ________________________________________________________________
   A. Food labels
   ________________________________________________________________
   ________________________________________________________________
   B. Nutrient and health claims
   ________________________________________________________________
   ________________________________________________________________
   C. Daily Values
   ________________________________________________________________
   ________________________________________________________________
   D. Open dates
   ________________________________________________________________
What Weight Is Right for You?

1. List three factors that play a role in determining your weight.
   a. ____________________________________________________________
   b. ____________________________________________________________
   c. ____________________________________________________________

Body Mass Index

2. Complete the flowchart with the steps you should follow to calculate your body mass index (BMI).

   Step 1
   a. ____________________________________________________________

   Step 2
   b. ____________________________________________________________

   Step 3
   c. ____________________________________________________________
Section 9-2: Note Taking Guide (continued)

Overweight and Obesity

3. List four health problems associated with being overweight.
   a. _______________________________________________________________
   b. _______________________________________________________________
   c. _______________________________________________________________
   d. _______________________________________________________________

Underweight

4. List three health problems that can be linked to being underweight.
   a. _______________________________________________________________
   b. _______________________________________________________________
   c. _______________________________________________________________

Healthy Weight Management

5. For each of the strategies listed below, decide whether it is a sensible and safe approach for losing or gaining weight. Write weight loss, weight gain, both, or neither in the space provided.
   a. fad diet ________________________________________________________
   b. regular exercise _________________________________________________
   c. balanced diet ___________________________________________________
   d. skipping meals _________________________________________________
Nutrition for Individual Needs (pp. 233–236)

Diets for Diabetics

1. List three eating tips that diabetics should follow.
   a. ____________________________________________
   b. ____________________________________________
   c. ____________________________________________

Vegetarian Diets

2. Complete the concept map about the health benefits and health risks of vegetarian diets.

Vegetarian Diets

<table>
<thead>
<tr>
<th>health benefits</th>
<th>health risks</th>
</tr>
</thead>
<tbody>
<tr>
<td>that include</td>
<td>that include</td>
</tr>
</tbody>
</table>
| a. ______________
   ______________ |
| b. ______________
   ______________ |
| c. ______________
   ______________ |
| d. ______________
   ______________ |
| e. ______________
   ______________ |
| f. ______________
   ______________ |
| g. ______________
   ______________ |
Section 9-3: Note Taking Guide (continued)

**Food Sensitivities**

3. Complete the table with symptoms and causes of food allergies and food intolerances.

<table>
<thead>
<tr>
<th>Sensitivity</th>
<th>Symptoms</th>
<th>Common Causes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Food allergy</strong></td>
<td>a.</td>
<td>e.</td>
</tr>
<tr>
<td></td>
<td>b.</td>
<td>f.</td>
</tr>
<tr>
<td></td>
<td>c.</td>
<td>g.</td>
</tr>
<tr>
<td></td>
<td>d.</td>
<td>h.</td>
</tr>
<tr>
<td><strong>Food intolerance</strong></td>
<td>i.</td>
<td>m.</td>
</tr>
<tr>
<td></td>
<td>j.</td>
<td>n.</td>
</tr>
<tr>
<td></td>
<td>k.</td>
<td>o.</td>
</tr>
<tr>
<td></td>
<td>l.</td>
<td>p.</td>
</tr>
</tbody>
</table>

**Healthy Diets for Athletes**

4. Where do most nutritionists think that the extra calories an athlete needs should come from?

_____________________________________________________________________

_____________________________________________________________________

5. What factors determine the amount of water needed by an athlete in competition?

_____________________________________________________________________

_____________________________________________________________________

6. What is carbohydrate loading and is it necessary for the average athlete?

_____________________________________________________________________

_____________________________________________________________________