

AH I NUTRITION

Name _____

1. Materials needed by the individual cells for proper cell function are called _____.
2. A gram of fat contains _____ calories.
3. The main source of energy for the body is provided by _____.
4. To build and repair body tissue you need _____.
5. The most common bone disease in women is _____.
6. The minerals necessary to build bone and teeth are _____ and _____.
7. Iodine is required for the formation of the _____ hormone.
8. A vitamin needed to prevent night blindness is _____.
9. A food that has been identified to help lower cholesterol is _____.
10. A vitamin essential for blood clotting is _____.
11. Name three functions of water.
 - a. _____
 - b. _____
 - c. _____
12. Name four of the nutrients needed by the individual cells for proper cell functioning.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
13. True/False - A normal adult usually requires between 1500 and 2000 kilocalories a day depending on age, sex, body weight, and degree of physical activity.
14. True/False – Obesity is defined as being 15% over your optimum body weight for gender, height, and bone structure.
15. Define anorexia nervosa.
 - a. _____
16. Define bulimia.
 - a. _____
17. Identify at least five ways to maintain a healthy diet and prevent diseases such as diabetes, cancer, hypertension, and heart disease.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
18. True/False – Effective in May 1992, the Food and Drug Administration required nutritional labeling for most foods offered for sale and regulated by the FDA.
19. _____ is found only in plant foods like whole-grain breads, cereals, beans, and peas, and other vegetables and fruits.
20. Identify four factors that influence weight gain or loss.