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

**Directions:** Look at the Power Point on Chapters 4. Then answer the following questions.

Chapter 4

1. Define Nutrients:
2. Define Nutrition:
3. List 5 influences on your food choices:
4. List the 6 essential nutrients:
5. What is?

Carbohydrates:

Fats:

Proteins:

1. What happens to the carbohydrates that your body can not burn off?
2. What percentage of calories you consume daily should come from the carbohydrates that you eat?
3. What are amino acids?
4. There 22 different amino acids. Your body makes all but nine. What do you call the other nine and where do you get them?
5. What percentage of calories you consume daily should come from the proteins that you eat?
6. List the different types of fats:
7. Which are good fats and which are bad:

Good:

Bad:

1. What is cholesterol?
2. What percentage of calories you consume daily should come from the fats that you eat?
3. There is two types of lipoproteins associated with cholesterol. Which is the good and which is bad?

Good:

Bad:

1. Define vitamins:
2. Define minerals:
3. Dietary supplements are dangerous if used to enhance athletic performance. List 3 of them:

1)

2)

3)

1. What is water?
2. What percentage of your body weight is water?
3. How many cups of water should you consume daily?
4. What is a calorie?
5. How many calories does it take to burn 1 pound?
6. List 3 different types of information you can receive from a Nutrition Facts Panel (Food Label)

1.

2.

3.

1. List 4 guidelines to keep food safe:

1)

2)

3)

4)