

Nutrition:

- Define the term nutrition and identify the essential nutrients.
 - Study of how nutrients and energy content in food nourish the body and affect overall body functions and health
 - Essential nutrients = nutrients that must be obtained by food because the body can't make them in sufficient quantities to meet its needs and support health
- Discuss the factors that drive our food choices.
 - personal taste
 - culture and environment
 - social life and trends
 - nutritional knowledge
 - advertising
 - time, convenience, cost
 - health and nutrition
- Explain essential and non-essential nutrients and their primary roles.
 - **Carbohydrates** -- required in large amounts
 - **Carbohydrates** -- 4 kcal/g
 - Critical source of energy for the brain and red blood cells, helping regulate blood function
 - **Fat** -- 9 kcal/g
 - Required for synthesis of hormones and other compounds that regulate many body processes
 - **Protein** -- 4 kcal/g
 - Regulates fluid balance and facilitates chemical reactions
 - **Water** -- 0
 - Controls body temperature, involved in many chemical reactions
 - **Alcohol (not a nutrient)** -- 7 kcal/g
- **Electrolytes**
 - **Vitamins** -- participate in nearly every chemical reaction in body
 - Water soluble
 - Fat soluble
 - **Minerals** -- most cooperative with proteins to facilitate chemical reactions
 - Iodine or minerals
 - Trace minerals
- Describe the characteristics of a healthy and balanced diet and key principles of a healthy eating.
 - **Balanced dinner foods** -- provide healthy nutrients in appropriate amounts relative to each other
 - **Energy dense foods (empty calories)** -- provide calories and low amounts of nutrients
- Name the leading causes of death.
 - 1. Heart disease
 - 2. Cancer

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M Carnoy

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Introduction to Nutrition, Exercise, and Health Victor L. Katch, Frank I. Katch, William D. McArdle, 1993 A resource companion to the textbook Introduction to nutrition exercise and health. Its purpose is to facilitate understanding of the text by focusing on key terms and concepts and on specific questions within each chapter. Includes self assessment tests with answers and helpful hints for studying and preparing for exams **Nutrition for Health, Fitness, & Sport** Melvin H.

Williams, 1999 ***Journal of the American Dietetic Association***, 1996 ***An Invitation to Fitness and Wellness*** Dianne R. Hales, Charlene Zartman, 2001 This new book from best selling author Dianne Hales covers Fitness Nutrition Weight Control and some selected Wellness topics. It emphasizes fitness as the best means to achieving the goal of feeling our best and living our lives to their fullest and focuses on the key to living more happily and more healthfully personal responsibility **Fitness and Wellness** Werner W. K. Hoeger, Sharon A. Hoeger, 2002 This concise and inclusive text discusses the health related physical fitness components you need to cover while also providing beneficial information about wellness. Inside you'll find discussion of motivation and behavior modification an outstanding nutrition chapter and a chapter on healthy lifestyles ***Ie Pr/Labs Phys Fit W/Log*** Werner W. K. Hoeger, Sharon A. Hoeger, 2001-03 **Core Concepts in Health** Paul M. Insel, Walton T.

Roth, 1994 A revised and updated introductory textbook 6th ed 1991 that provides scientifically based information to students about topics and issues that concern them e.g. exercise stress nutrition weight management contraception intimate relationships HIV infection drugs and alcohol. The emphasis is on empowering students and involving them in taking responsibility for their health and well being. Annotation copyright by Book News Inc Portland OR **Subject Guide to Books in Print**, 2001 **Sports and Fitness Nutrition** Robert E. C. Wildman, Barry S. Miller, 2004 SPORTS AND FITNESS

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