

Nutrition:

- Define the term nutrition and identify the essential nutrients.
 - Study of how nutrients and compounds in food nourish the body and affect overall body functions and health.
 - Essential nutrients – nutrients that must be consumed 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
 - habits and emotions
- Explain essential and non-essential nutrients and their primary roles.
 - **Macronutrients** – required in large amounts
 - **Carbohydrates** – 4 kcal/g
 - Critical source of energy for the brain and red blood cells, helps regulate bowel function
 - **Lipids** – 4 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 temp and is involved in many chemical reactions
 - **Alcohol** (not a nutrient) – 7 kcal/g
 - **Micro nutrients**
 - **Vitamins** – participate in nearly every chemical reaction in body
 - Water soluble
 - Fat soluble
 - **Minerals** – most cooperate with proteins to facilitate chemical reactions
 - Major minerals
 - Trace minerals
- Describe the characteristics of a healthy and balanced diet and key principals of a healthy eating.
 - **Nutrient dense foods** – provide healthy nutrients in appreciable amounts relative to calories
 - **Energy dense foods (empty calories)** – provide calories and low amounts of nutrients
- Name the leading causes of death.
 - 1. Heart disease
 - 2. Cancer

Nutrition And Wellness Study Guide Answer Key

Daniel F McAuley



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