

## 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 principles 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

**Martin Dillon**



## **Nutrition And Wellness Study Guide Answer Key:**

**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 will find discussion of motivation and behavior modification an outstanding nutrition chapter and a chapter on healthy lifestyles

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