**Nutrition Guided Notes:**

1. Refer to the snack you brought today and answer the questions called **“What do we already know about nutrition?”**

**A healthy diet satisfies \_\_\_\_\_ basic needs:**

1. \_\_\_\_\_\_\_\_\_\_ to power your activities
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to build your own body
3. Obtain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which you \_\_\_\_\_\_\_\_\_\_\_ make on your own.

**Chemical energy powers the body:**

1. What is a calorie?
2. What is a kilocalorie?
3. Describe a person’s basal metabolic rate (\_\_\_\_\_\_\_\_):
4. How many calories per day should the average adult female consume? Average adult male?
5. What could make a person’s caloric requirements increase?

**An animal’s diet must supply essential nutrients:**

1. Describe an essential nutrient.
2. What does it mean to be malnourished?
3. There are \_\_\_\_\_\_\_\_ amino acids. Our bodies are capable of making \_\_\_\_\_ of them. That means \_\_\_\_\_ are essential because they have to be obtained from the foods we eat.
4. Good sources of all essential amino acids are these foods:

**A healthy diet includes 13 vitamins and minerals.**

1. What is a vitamin and give an example.
2. What is a mineral and give an example.

**Breaking it down….**

1. Carbohydrates are broken down into \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or simple \_\_\_\_\_\_\_\_\_\_\_\_.
2. Lipids (fats) are broken down into \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Proteins are broken down into \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

**When your body has a choice….**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are burned first.
2. When all carbs are gone, \_\_\_\_\_\_\_\_\_ starts getting burned for energy. That’s cool cause \_\_\_\_\_\_\_\_\_\_ loss is starting to happen.
3. Uh oh. You’ve burned through all your carbs and fats, now your body is digesting \_\_\_\_\_\_\_\_\_\_\_.
4. Why is it such a big deal for your body to digest its proteins as a source of energy?
5. Eating disorders are often coupled with \_\_\_\_\_\_\_\_\_\_\_\_\_ disorders and the person needs treatment for both.

**What do food labels tell us about the foods we eat?:**

1. List the 3 main pieces of info we get from a food label

a.

b.

c.