**Foods and Nutrition**

**Unit 4 Objectives: Nutrients and Energy**

Objective 14:

Define terms associated with nutrients, including RDA, daily value, calories, BMR and compute caloric levels and BMR for individuals.

Objective 15:

Define/identify the importance of carbohydrates, fats, and proteins; the sources and problems with excess and deficiency, and analyze your diet for carbohydrates, fats, and proteins.

Objective 16:

Define/identify the importance of fat soluble vitamins; the sources and problems with excess and deficiency, and analyze your diet for fat soluble vitamins.

Objective 17:

Define/identify the importance of water soluble vitamins; the sources and problems with excess and deficiency, and analyze your diet for water soluble vitamins.

Objective 18:

Define/identify the importance of minerals and water; the sources and problems with excess and deficiency, and analyze your diet for minerals and water.

Objective 19:

Identify a concern/unanswered question you have about vitamins/minerals/nutrients, research, and analyze your findings.

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