**Foods and Nutrition**

**Unit 4 Review Sheet**

1. Define the following:

a. daily values

b. malnutrition

c. calories

d. basal metabolic rate

2. What are the 6 categories of nutrients?

3. How many calories should the following populations consume daily?

a. teenage girls

b. pregnant women

c. teenage boys

d. average calories for BMR

e. % calories that come from fats

f. % calories that come from proteins

g. % calories that come from saturate fats

h. your BMR

4. Functions of:

a. carbohydrates

b. proteins

c. fats

5. What is cholesterol?

6. What are problems with too much fat?

7. What are problems with a carbohydrate deficiency?

8. What are sources of the following?

a. simple carbs

b. complex carbs

c. proteins

9. Too much protein is converted into \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

10. The vitamin that is good for bones and teeth is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

11. The “blood clotting” vitamin is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

12. The vitamin that is an antioxidant good for red blood cells and cells in the lungs is \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

13. The vitamin that is good for your eyes in the dark is \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

14. The vitamin K makes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, a protein blood needs to clot.

15. The only population that usually develops a vitamin E deficiency is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

16. The sources of vitamin D are:

17. If you don’t get enough vitamin K you might suffer from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

18. The vitamin that the body consumes directly from food and as a provitamin carotene is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

19. The chronic disease in which a person has abnormal red blood cells and neurological disturbances is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and is caused by a lack of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

20. The vitamin that produces collagen, which is part of connective tissue is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

21. The vitamin that helps your body fight infections is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

22. The vitamin that is crucial for pregnant women to get plenty of is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

23. The functions of riboflavin are…

24. Broccoli, asparagus, leafy vegetables, yogurt, strawberries, bananas, and oranges are food sources of \_\_\_\_\_\_\_\_\_\_\_.

25. Bleeding of the gums and bruising are examples of a deficiency of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

26. Skin lesions, soreness of the mouth, and a smooth red tongue are examples of deficiency of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

27. Heat and light destroy (3 vitamins):

28. If a pregnant woman does not consume enough folic acid their child might be born with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (3 words).

29. The mineral that is the most beneficial for bones and teeth is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

30. The mineral good for your red blood cells is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

31. The mineral that helps prevent dental carries is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

32. What are the functions of:

a. water

b. calcium

33. Drinking water/toothpaste is the main source of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

34. The mineral that is beneficial to your thyroid is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

35. You may experience anemia if your body doesn’t get enough \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

36. The minerals found in table salt are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

37. What percentage of water intake comes from:

a. foods you eat:

b. liquids you drink:

Reminder: Look over your standards for Unit 4!