**Foods and Nutrition**

**Unit 5 Review Sheet**

1. Identify the term for the following definitions:
   1. Body has trouble digesting or handling a component of food:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. inability to adequately digest lactose, which is a natural sugar found in milk:\_\_\_\_\_\_\_\_\_\_\_\_\_

c. sensitivity to food that involves the body’s immune system:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

d. body cannot control levels of sugar in the blood properly:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

e. special eating plan that helps to keep a medical condition under control:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What happens when the body is allergic to food? What are the side effects?
2. What happens when the body is intolerant to food? What are the side effects?
3. Identify the term for the following definitions:
   1. To get rid of food:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. refusing to maintain appropriate body weight:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. eats rapidly and then eats normal until their next binge:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

d. binging and purging:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

e. weighing more than 30% of your suggested weight:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. What are the characteristics of anorexia?

6. What are the characteristics of bulimia?

7. What are the 7 components of my plate? Briefly describe each component.

8. Draw the My Plate and label each section with the food category and the correct recommended amount **YOU** should eat each day from the category.